



Cheryl Wahl RHN

NORTH SHORE NUTRITION

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Green protein shake						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
2	scoop	Protein Powder	24.00	8.00	3.00	150.00
1	cup	Spinach, raw	0.86	1.09	0.12	6.90
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			26.93	32.10	7.60	279.55
AM Snack - Hard boiled egg & cucumber						
1	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
Totals:			6.80	2.80	5.00	84.00
Lunch - Open face turkey sandwich						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1/2	cup, sliced	Avocados, raw, all varieties	1.46	6.23	10.70	116.80
1	slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
1/2	tablespoon	Dijon mustard	0.00	0.00	0.00	7.50
2	leaves, outer	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
3	slice	Tomato, sliced, organic	0.00	0.00	0.00	12.00
3	ounce(s)	Turkey Breast slices, nitrate free	21.00	0.00	0.00	75.00
Totals:			27.45	44.06	11.87	381.82
PM Snack - Hummus and celery						
2	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
2	tablespoon	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			2.46	10.04	2.58	73.10
Dinner - Hamburger on portabello mushroom with yam						
1	patty (yield from 1/4 lb raw meat)	Beef, ground, 95% lean meat / 5% fat, patty, pan-broiled	22.19	0.00	5.11	141.04
1	tablespoon	Dijon mustard	0.00	0.00	0.00	15.00
1	piece, whole	Mushrooms, portabella, raw	2.10	4.26	0.17	21.84
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
3/4	cup	Yam -baked or boiled	1.50	28.20	0.15	118.50
Totals:			27.74	46.85	6.03	373.53
Actual Totals for Day # 1:			91.38	135.85	33.07	1192.00

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Oatmeal top with cinnamon, nuts, fruit						
1/2	cup, cooked	Cereals,oats,slowcooking	2.71	11.22	1.06	64.35
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	oz	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1/2	oz	Chia seeds, ground	2.21	6.22	4.36	69.46
1/2	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			7.72	27.89	14.88	258.69
AM Snack - Apple w/ goat cheese						
1/2	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1/2	oz	Cheese, goat, soft type	2.63	0.13	2.99	37.99
Totals:			2.78	10.63	3.24	78.49
Lunch - Spinach salad with beans & veggies						
1/4	cup	Chickpeas, cooked	3.63	11.24	1.06	67.24
1/2	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
1/3	tablespoon	Lemon juice	0.03	0.43	0.00	1.33
1/4	cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
1/2	cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
4	large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
1/2	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1	tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
3	cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals:			18.93	33.56	16.72	342.47
PM Snack - Yogurt parfait						
3/4	cup	Blueberries, raw	0.80	15.76	0.36	61.99
5	almond	Nuts, almonds, raw	1.06	0.99	2.53	28.90
1/2	tablespoon	Seeds, flaxseed, ground	1.10	1.73	2.53	32.04
4	ounce(s)	Yogurt, Greek, non-fat, plain	12.00	4.67	0.00	66.67
Totals:			14.97	23.14	5.42	189.59
Dinner - Shrimp & Kamut spaghetti						
1/2	cup	Kamut pasta	2.84	16.75	0.52	77.28
1/3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
1/2	cup	tomato, diced	0.00	4.00	0.00	19.00
1/2	cup	zucchini, drained	0.00	3.00	0.00	14.40
Totals:			26.99	25.78	8.75	297.00
Evening Snack - fresh kiwi fruit						
1	fruit without skin, medium	Kiwi fruit, raw	0.87	11.14	0.40	46.36
Totals:			0.87	11.14	0.40	46.36
Actual Totals for Day # 2:			72.25	132.14	49.40	1212.61

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Toast nut butter & grapefruit,						
1	slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
1/2	large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white,	1.05	13.41	0.17	53.12
1/2	tablespoon	Nuts, cashew butter, raw	1.40	2.21	3.95	46.96
Totals:			6.45	30.62	4.62	180.08
AM Snack - Yogurt parfait						
1/2	tablespoon	Seeds, flaxseed, ground	1.10	1.73	2.53	32.04
1/2	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
3	ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:			10.61	11.07	2.76	106.36
Lunch - Pita filled with tuna, feta, veggies & dressing						
1/2	pita, large (6-1/2" dia)	Bread, pita, spelt	3.14	17.60	0.83	85.12
1/4	cup, crumbled	Cheese, feta	5.33	1.53	7.98	99.00
4	large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
2	tablespoon	Salad dressing, italian dressing,	0.08	1.88	5.60	56.00
2	leaf	Spinach, raw	0.57	0.73	0.08	4.60
3	ounce(s)	Tuna, in water	15.00	0.00	1.00	90.00
1/2	cup	tomato, diced	0.00	2.00	0.00	9.50
Totals:			24.27	24.84	17.37	364.46
PM Snack - Hummus, crackers & celery						
4	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3	tablespoon	Hummus, home prepared	2.19	9.05	3.87	79.65
2	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			5.19	24.05	3.87	149.65
Dinner - Spaghetti with salmon & veggies						
1/2	cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
1	tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1/3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1 1/2	ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
1/2	cup	Spaghetti, kamut	3.73	18.58	0.38	86.80
1/4	cup	tomato, diced	0.00	1.00	0.00	4.75
Totals:			17.38	27.41	14.41	301.72
Evening Snack - Grapes & pumpkin seeds						
15	each	Grapes - red	0.30	6.15	0.15	30.00
1/2	oz	Seeds,pumpkinraw	4.67	1.90	5.97	73.99
Totals:			4.97	8.05	6.12	103.99
Actual Totals for Day # 3:			68.87	126.05	49.15	1206.27

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cereal with milk & fruit						
1/2	each	Banana - med 8"	0.60	13.35	0.30	52.50
1	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			14.60	45.35	5.30	232.50
AM Snack - Apple topped with almond butter						
1/2	tablespoon	Almond Butter, raw	1.20	1.70	4.75	50.50
1/2	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals:			1.35	12.20	5.00	91.00
Lunch - Veg burger in pita						
1/4	cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1/2	pita, large (6-1/2" dia)	Bread, pita, spelt	3.14	17.60	0.83	85.12
1	tablespoon	Salad dressing, italian dressing,	0.04	0.94	2.80	28.00
2	leaf	Spinach, raw	0.57	0.73	0.08	4.60
1	patty	Veggie burgers,	10.99	9.99	4.41	123.90
1/2	cup	tomato, diced	0.00	2.00	0.00	9.50
Totals:			15.47	34.37	13.47	309.52
PM Snack - Kiwi & almonds						
1	fruit without skin, medium	Kiwi fruit,	0.87	11.14	0.40	46.36
8	almond	Nuts, almonds, raw	1.70	1.58	4.05	46.24
Totals:			2.57	12.72	4.45	92.60
Dinner - Grilled salmon, & veggies						
8	spears	Asparagus, steamed	3.54	2.30	0.50	21.60
1/2	oz	Cheese, feta	2.01	0.58	3.02	37.42
3	oz	Fish, salmon, wild, cooked	21.62	0.00	6.91	154.70
1/3	tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
1	small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:			28.38	15.31	15.18	311.01
Evening Snack - Yogurt parfait						
1/2	cup	Blueberries, raw Seeds,	0.54	10.51	0.24	41.33
1/2	tablespoon	flaxseed, ground	1.10	1.73	2.53	32.04
1	container (6 oz)	Yogurt, plain,	13.01	17.43	0.41	127.12
Totals:			14.64	29.67	3.18	200.49
Actual Totals for Day # 4:			77.01	149.62	46.58	1237.12

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cereal top w/ fruit, walnuts						
1/2	cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	cup	Cereals ready-to-eat, KASHI GoLEAN by Kellogg	5.22	11.60	0.38	56.80
1/2	oz	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			8.89	26.02	13.75	229.69
AM Snack - Crackers with cheese						
1	oz	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			7.25	14.25	5.98	135.98
Lunch - Stuffed turkey meatballs & lentils						
1/2	cup	Broccoli, lightly steamed	2.85	4.92	0.11	25.76
1/4	cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
1/2	cup, pieces	Mushrooms, raw	0.54	0.57	0.06	3.85
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4	tablespoon	Tomato sauce, no salt added	0.78	4.45	0.12	22.20
3	each	Turkey Meatballs (see recipe)	15.00	6.00	6.00	150.00
Totals:			23.64	25.91	13.48	324.23
PM Snack - Yogurt parfait						
1/2	cup	Raspberries, raw Seeds,	0.74	7.34	0.40	31.98
1/2	oz	Chia seeds, ground	2.21	6.22	4.36	69.46
1	container (4 oz)	Yogurt, plain, low fat	5.93	7.96	1.75	71.19
Totals:			8.88	21.51	6.51	172.63
Dinner - Salmon, rice, eggplant with cheese						
1	tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1/2	cup (1" cubes)	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1/2	cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1 1/2	ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
Totals:			14.25	26.91	14.67	299.10
Evening Snack - Grapes & nuts						
15	each	Grapes - American	0.40	8.20	0.20	40.00
5	almonds, raw	Nuts, almonds, raw	1.06	0.99	2.53	28.90
Totals:			1.46	9.19	2.73	68.90
Actual Totals for Day # 5:			64.38	123.79	57.12	1230.52

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs on toast with fruit						
1	slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
1/4	cup	Egg substitute, liquid	7.53	0.40	2.08	52.71
1	large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
1/2	large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
Totals:			18.87	29.37	8.05	263.33
AM Snack - Cucumber & pistachio nuts						
1/2	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1/2	oz	Nuts, pistachio nuts, raw	2.92	3.96	6.30	78.95
Totals:			3.32	5.36	6.30	85.95
Lunch - Salmon salad & soup. Add extra veg to salad.						
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
3	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1/2	cup	soup, Amy's Organic Minestrone Soup	1.50	8.50	0.50	45.00
Totals:			24.91	41.50	11.80	377.00
PM Snack - Apple and cottage cheese						
1/2	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1/2	cup	Cheese, cottage, lowfat, 1% milkfat,	14.01	3.05	1.13	81.36
Totals:			14.16	13.55	1.38	121.86
Dinner - Chicken, veggies & sweet potato						
1	cup, chopped	Broccoli, lightly steamed	3.71	11.20	0.64	54.60
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1/2	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1/2	cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
Totals:			25.82	36.51	2.09	256.60
Evening Snack - Sunflower seeds & blackberries						
1/2	cup	Blackberries, raw	1.00	6.92	0.35	30.96
1/2	oz	Seeds, sunflower raw	2.71	3.37	6.97	81.48
Totals:			3.71	10.29	7.32	112.44
Actual Totals for Day # 6:			90.79	136.59	36.94	1217.18

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs & blueberries						
1/2	cup	Blueberries, raw	0.54	10.51	0.24	41.33
2	large	Eggs, Organic	12.00	0.00	10.00	140.00
Totals:			12.54	10.51	10.24	181.32
AM Snack - Apple topped w/ peanut butter						
1/2	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1/2	tablespoon	Peanut Butter natural	2.00	1.75	4.08	47.50
Totals:			2.15	12.25	4.33	88.00
Lunch - Veggie burger						
1/4	cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1/2	pita, large (6-1/2" dia)	Bread, pita, spelt	3.14	17.60	0.83	85.12
1/3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1/2	cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
1	patty	Veggie burgers,	10.99	9.99	4.41	123.90
Totals:			16.60	35.68	17.75	357.44
PM Snack - Nuts & veg						
8	almond	Nuts, almonds, raw	1.70	1.58	4.05	46.24
1	whole	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:			2.72	7.10	4.25	70.04
Dinner - Halibut, veggies & rice						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
1/2	cup (1" pieces)	Cauliflower, steamed	1.14	2.55	0.28	14.26
3	oz	Fish, halibut, Pacific, cooked,	22.69	0.00	2.50	119.00
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1/2	cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:			28.20	30.53	10.98	333.78
Evening Snack - Yogurt parfait						
1/2	cup	Raspberries, raw	0.74	7.34	0.40	31.98
1/2	tablespoon	Seeds, flaxseed, ground	1.10	1.73	2.53	32.04
1	container (8 oz)	Yogurt, plain,	13.01	17.43	0.41	127.12
Totals:			14.84	26.51	3.34	191.14
Actual Totals for Day # 7:			77.06	122.58	50.88	1221.73

DAY # 8

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs, fruit with cinnamon, nuts						
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
2	large	Eggs, Organic	12.00	0.00	10.00	140.00
1/2	oz	Nuts, walnuts, english	2.13	1.92	9.13	91.56
1/2	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:			14.79	10.46	19.46	264.88
AM Snack - kiwi						
1	fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
Totals:			0.87	11.14	0.40	46.36
Lunch - Chicken & bean salad						
1/2	cup	Beans, adzuki, mature seeds, boiled, no salt	8.65	28.49	0.12	147.20
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1	cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1	tablespoon	Salad dressing, italian dressing,	0.04	0.94	2.80	28.00
Totals:			29.19	33.42	4.12	290.20
PM Snack - Yogurt & blueberries						
1/2	cup	Blueberries, raw	0.54	10.51	0.24	41.33
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			18.54	17.51	0.24	141.32
Dinner - Shrimp, spaghetti with veggies						
1	tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
3	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
1/2	cup	Spaghetti, kamut	3.73	18.58	0.38	86.80
1	cup	tomato, diced	0.00	4.00	0.00	19.00
1	cup	zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:			23.41	25.78	16.71	355.75
Evening Snack - Cheese & crackers						
1	oz	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			7.25	14.25	5.98	135.98
Actual Totals for Day # 8:			94.05	112.56	46.89	1234.49

DAY # 9

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Blueberrie smoothie						
1	cup	Blueberries, raw	1.07	21.01	0.48	82.65
2	scoop	Protein Powder	24.00	8.00	3.00	150.00
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			26.07	31.01	7.48	272.65
AM Snack - Cashews						
1	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
Totals:			5.00	9.00	13.00	160.00
Lunch - Stuffed Turkey Meatballs & Spaghetti Squash						
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	cup, cubes	Squash, spaghetti, raw	0.65	6.98	0.58	31.31
3/4	cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
3	each	Turkey Meatballs (see recipe)	15.00	6.00	6.00	150.00
Totals:			21.74	37.74	7.58	303.62
PM Snack - Apple & almonds						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			3.30	24.05	7.50	162.50
Dinner - Coconut fish with veggies						
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
Totals:			28.84	11.68	17.48	301.48
Actual Totals for Day # 9:			84.95	113.48	53.04	1200.25

DAY # 10

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Puff pancakes with apple (see recipes)						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
			14.00	3.10	1.15	82.00
		Totals:	14.30	24.10	1.65	163.00
AM Snack - Hard boiled egg with peppers						
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
		Totals:	7.48	8.98	5.45	108.74
Lunch - Chicken & bean salad						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1/2	cup	Beans, adzuki, mature seeds, boiled, no salt	8.65	28.49	0.12	147.20
3	ounce(s)	Chicken Breast / White Meat	18.00	0.00	0.00	93.00
1/2	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
		Totals:	30.40	51.74	16.71	490.70
PM Snack - Hummus & celery						
6	each	Celery - raw stalk trimmed	3.00	12.00	0.00	60.00
2	tablespoon	Hummus, home prepared	1.46	6.04	2.58	53.10
		Totals:	4.46	18.04	2.58	113.10
Dinner - Japanese						
1	cup	Miso Soup	1.00	4.00	1.00	32.00
4	each	Salmon Sashimi	24.40	0.00	6.80	164.00
1/2	cup	Soybeans, green, boiled, drained, no salt	11.12	9.95	5.76	126.90
		Totals:	36.51	13.95	13.56	322.90
		Actual Totals for Day # 10:	93.15	116.80	39.95	1198.44

DAY # 11

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs on toast & berries						
1	slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
1	tablespoon	Nuts, cashew nuts, raw	1.32	2.81	3.99	49.36
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			12.34	29.48	9.94	248.00
AM Snack - Avocado & peppers						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			2.63	13.23	9.25	131.24
Lunch - Turkey sandwich & soup						
1	teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	large (4" long)	Pickles, cucumber, dill	0.84	5.56	0.26	24.30
3	ounce(s)	Turkey Breast slices, nitrate free	21.00	0.00	0.00	75.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
1	cup	soup, Amy's Organic Minestrone Soup	3.00	17.00	1.00	90.00
Totals:			27.03	36.95	1.41	252.60
PM Snack - Cottage cheese & chia						
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
1/2	oz	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
Totals:			30.21	12.42	6.66	233.46
Dinner - Salmon & rice						
1	cup	Broccoli, steamed	5.70	9.84	0.20	51.52
1/2	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
3	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
Totals:			26.96	34.69	11.30	341.52
Actual Totals for Day # 11:			99.17	126.78	38.56	1206.82

DAY # 12

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cherrie smoothie - blend ingredients						
1/2	cup, without pits	Cherries, sour, red, raw	0.78	9.44	0.23	38.75
2	scoop	Protein Powder	24.00	8.00	3.00	150.00
1/2	oz	chia seeds, ground	2.21	6.22	4.36	69.46
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			27.99	25.66	11.59	298.21
AM Snack - Cracker, goat cheese & cucumbers						
1/2	oz	Cheese, goat, soft type	2.59	0.12	2.95	37.52
1	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			5.39	16.92	2.95	111.52
Lunch - Chicken & lentil salad						
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1/4	cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
1/2	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1	cup	Vegetables - raw	5.20	23.80	0.20	108.00
1	tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			29.24	36.49	8.59	332.50
PM Snack - Apple & almonds						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			3.30	24.05	7.50	162.50
Dinner - Coconut fish & asparagus						
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			34.84	11.94	11.70	292.25
Actual Totals for Day # 12:			100.77	115.06	42.33	1196.98

DAY # 13

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Buckwheat, kefir & peaches						
1/2	cup	Buckwheat groats, roasted, cooked	2.84	16.75	0.52	77.28
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	cup	Kefir	5.50	6.00	1.00	55.00
1/2	cup slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals:			9.26	33.56	1.83	174.43
AM Snack - Hummus & cauliflower						
1	cup	Cauliflower, raw	1.98	5.30	0.10	25.00
2	tablespoon	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			3.44	11.34	2.68	78.10
Lunch - Tuna salad						
1	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	oz	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
1/2	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			41.95	26.95	15.74	414.14
PM Snack - Apple & cashew nut butter						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	tablespoon	Nuts, cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			3.11	25.41	8.41	174.92
Dinner - Steak & veggies						
3	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	23.00	0.00	7.00	164.90
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	cup	Vegetables - mixed, grilled	5.20	23.80	0.20	108.00
Totals:			28.20	23.80	20.80	389.90
Actual Totals for Day # 13:			85.96	121.05	49.46	1231.49

DAY # 14

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Mushroom omelette with cheese & veggies						
1	cubic inch	Cheese, cheddar	4.23	0.22	5.63	68.51
1	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
2	large	Eggs, Organic	12.00	0.00	10.00	140.00
1/2	cup, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
1/2	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	small	Tomato - sm. slices	1.00	5.70	0.40	26.00
Totals:			19.97	10.90	23.21	327.55
AM Snack - Grapefruit						
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
Totals:			1.20	23.80	0.20	92.00
Lunch - Turkey Stew with salad						
1	cup	Turkey Stew (see recipe)	13.00	30.00	9.00	250.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
Totals:			15.60	49.14	9.80	351.15
PM Snack - Guacamole with veggies						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			2.63	13.23	9.25	131.24
Dinner - Stuffed Meatballs with spagh squash (see recipe)						
4	oz	Beef, ground, 95% lean meat / 5% fat,	23.98	0.00	5.60	153.44
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	cup	Squash, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1	cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			30.64	35.41	7.01	321.97
Actual Totals for Day # 14:			70.04	132.49	49.47	1223.91

DAY # 15

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Fruit & cottage cheese						
1/2	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
1	cup	Raspberries, raw	1.48	14.69	0.80	63.96
1/2	oz	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
Totals:			17.69	24.00	6.31	215.42
AM Snack - Egg & cucumber						
1	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
Totals:			6.80	2.80	5.00	84.00
Lunch - Meatballs leftovers						
3	oz	Beef, ground, 95% lean meat / 5% fat,	17.98	0.00	4.20	115.08
1	cup, chopped	Kale, steamed	2.47	7.32	0.52	36.40
1	cup	Squash, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1	cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			24.65	35.41	5.61	283.61
PM Snack - Pear & walnuts						
1/2	oz (14 halves)	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals:			2.83	27.02	9.13	189.56
Dinner - Pizza, chicken & salad						
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	slice, large	Veggie Lover's Pizza	9.16	27.48	10.99	237.62
1	tablespoon	Vinegar, cider	0.00	0.14	0.00	3.15
Totals:			31.26	46.62	12.99	431.77
Actual Totals for Day # 15:			83.23	135.85	39.04	1204.36

DAY # 16

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Strawberrie & banana protein shake						
1/2	each	Banana - med 8"	0.60	13.35	0.30	52.50
2	scoop	Protein Powder	24.00	8.00	3.00	150.00
1	cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
2	cup	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
Totals:			27.62	37.02	11.76	331.14
AM Snack - Feta, cucumber & tomato with EVOO						
1	cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
1	cup	Cucumber - raw, chopped	0.80	2.80	0.00	14.00
1	small	Tomato - sm. chopped	1.00	5.70	0.40	26.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			4.24	10.10	4.02	89.54
Lunch - Spicy smoked salmon with crackers & cream cheese						
5	medium	Carrots - baby, raw	0.00	0.00	0.00	20.00
1	ounce(s)	Cream Cheese, Light, Philli brand	3.00	2.00	5.00	60.00
3	oz	Fish, salmon, smoked, (lox), regular	15.36	0.00	3.63	98.28
2	cup, shredded	Lettuce, green leaf, raw	0.98	2.01	0.11	10.80
1/2	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1	tablespoon	Peppers, hot, chili, mature red, canned, chili sauce	0.14	0.58	0.09	3.15
1	tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			21.55	21.32	15.83	326.31
PM Snack - Apple & cashew nut butter						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	tablespoon	Nuts, cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			3.11	25.41	8.41	174.92
Dinner - Kamut pasta with shrimp						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
3	oz	Crustaceans, shrimp, moist heat	17.77	0.00	0.92	84.15
1/2	cup	Kamut, cooked	5.55	26.20	0.78	125.56
1/2	cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
Totals:			26.76	40.84	2.26	282.15
Actual Totals for Day # 16:			83.28	134.69	42.27	1204.06

DAY # 17

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Greek yogurt & blackberries						
1	cup	Blackberries, raw	2.00	13.84	0.71	61.92
1/3	tablespoon	Honey, unpasteurized raw	0.03	5.19	0.00	19.20
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			20.03	26.03	0.71	181.12
AM Snack - Hummus & celery						
4	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
2	tablespoon	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			3.46	14.04	2.58	93.10
Lunch - Open face roast beef sandwich with salad						
1	slice	Bread, Ezekiel Sprouted Grain, Low Sodium	4.00	15.00	0.50	80.00
1/2	tablespoon	Dijon mustard	0.00	0.00	0.00	7.50
2	leaves, inner	Lettuce, red leaf, raw	0.07	0.12	0.01	0.83
1/2	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
2	ounce(s)	Roast Beef, Slices, nitrate free	14.00	0.00	3.00	90.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
Totals:			20.69	35.02	11.31	340.99
PM Snack - Pear with almonds						
1/2	ounce(s)	Almonds, raw	3.00	3.05	7.00	81.50
1	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals:			3.70	28.15	7.00	179.50
Dinner - Sushi						
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
2	each	Salmon Sashimi	12.20	0.00	3.40	82.00
6	pack	Spicy Salmon Rolls 6 pcs	9.00	46.50	3.40	248.00
1	teaspoon	Vinegar, apple cider	0.00	0.05	0.00	1.05
Totals:			23.15	60.80	7.40	405.05
Actual Totals for Day # 17:			71.03	164.03	28.99	1199.76

DAY # 18

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Coconut flour pancakes (see recipe)						
1	tablespoon	Almond Butter	2.40	3.40	9.50	101.00
3	tablespoon	Coconut Flour	2.93	11.85	2.93	88.50
2	large	Eggs, Organic	12.00	0.00	10.00	140.00
Totals:			17.33	15.25	22.43	329.50
AM Snack - Greek yogurt with cinnamon						
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
6	ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			18.15	9.70	0.10	109.00
Lunch - Spinach & goat cheese salad						
1	oz	Cheese, goat, hard type	8.65	0.62	10.09	128.14
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
1/2	oz (167 kernels)	Nuts, pine nuts, raw	1.92	1.83	9.57	94.22
3	cup	Spinach, raw	2.57	3.27	0.35	20.70
1/2	cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1	tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			19.73	14.27	25.24	351.46
PM Snack - Hummus & broccoli						
1	cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
2	tablespoon	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			3.57	9.76	2.83	72.98
Dinner - Steak & cauliflower rice (see recipe)						
4	oz	Beef, bottomsirloin, tri-tip steak, lean and fat, 1/4" trim, all grades,	23.56	0.00	13.82	225.67
1	cup (1" pieces)	Cauliflower,	2.28	5.10	0.56	28.52
1	cup	Coleslaw, home-prepared	0.77	7.45	1.57	41.40
1/2	cup pieces	Mushrooms, shiitake, cooked, no salt	1.13	10.43	0.16	40.60
2	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
Totals:			27.95	24.78	16.11	344.19
Actual Totals for Day # 18:			86.73	73.76	66.70	1207.13

DAY # 19

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Peanut Butter Protein Shake - blend ingredients						
1/2	each	Banana - med 8"	0.60	13.35	0.30	52.50
1/2	tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
2	scoop	Protein Powder	24.00	8.00	3.00	150.00
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
Totals:			27.60	25.10	11.38	290.00
AM Snack - Avocado & peppers						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			2.63	13.23	9.25	131.24
Lunch - Low carb noodles with salmon & veg						
3	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
1	tablespoon	Seeds, sesame seeds, whole, raw	1.60	2.11	4.47	51.57
3	ounce(s)	Shirataki Noodles	0.00	1.00	0.00	0.00
1	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
1	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
Totals:			25.61	28.21	15.17	344.57
PM Snack - Apple & cashew nut butter						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1/2	tablespoon	Nuts, cashew butter, raw	1.40	2.21	3.95	46.96
Totals:			1.70	23.21	4.45	127.96
Dinner - Mexican Stir fry chicken & black beans						
1/4	cup	Beans, black, boiled, no salt	3.81	10.20	0.23	56.76
1	cup, shredded	Cabbage, stir fry	1.53	6.69	0.65	33.00
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1	teaspoon	Oil, peanut, salad or cooking	0.00	0.00	4.00	35.36
2	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
1	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
1/8	cup, chopped or diced	Peppers, hot chili, green, raw	0.38	1.77	0.04	7.50
4	table spoon	Salsa - medium, no sugar added	0.00	0.00	0.00	8.00
Totals:			33.11	29.66	6.71	310.62
Actual Totals for Day # 19:			90.65	119.41	46.96	1204.39

DAY # 20

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Oatmeal & hard boiled egg						
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	large	Eggs, Organic hard boiled	6.00	0.00	5.00	70.00
1/2	oz	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1	pack	hot cereal, Arrowhead Mills, Organic Oatmeal	4.00	19.00	2.00	110.00
Totals:			12.36	27.92	11.46	258.46
AM Snack - Apple with cheese						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	cubic inch	Cheese, low fat, cheddar or colby	4.14	0.32	1.19	29.41
Totals:			4.44	21.32	1.69	110.41
Lunch - Turkey Veggie Stew with extra turkey & salad						
2	ounce(s)	Turkey Breast / White Meat	13.00	0.00	0.80	62.00
1	cup	Turkey Veggie Stew (see recipe)	13.00	30.00	9.00	250.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			28.68	51.72	10.60	424.08
PM Snack - grapefruit						
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
Totals:			1.20	23.80	0.20	92.00
Dinner - Fish & vegetables						
8	spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	oz	Fish, whitefish, cooked, dry heat	20.80	0.00	6.38	146.20
1	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	cup, sliced	Squash, zucchini, includesskin, boiled, drained, no salt	1.15	7.07	0.09	28.80
Totals:			25.49	9.38	20.98	316.60
Actual Totals for Day # 20:			72.17	134.14	44.93	1201.55

DAY # 21

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Scrambled eggs with spinach & onion						
4	each	Egg - boiled white only	14.00	1.20	0.00	68.00
1	large	Eggs, Organic	6.00	0.00	5.00	70.00
1	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
1	cup	Spinach - steamed	5.40	6.80	0.40	42.00
		Totals:	25.50	8.90	19.40	304.00
AM Snack - Pear with walnuts						
1/2	oz (14 halves)	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
		Totals:	2.83	27.02	9.13	189.56
Lunch - Subway						
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	sandwich	Subway 6" Turkey Breast Sandwich	18.00	45.98	4.48	280.00
		Totals:	20.60	64.98	5.28	378.00
PM Snack - Blueberries & pumpkin seeds						
1/2	cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	oz	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
		Totals:	5.21	12.41	6.21	115.32
Dinner - Fish & broccoli rabe						
1/2	cup, chopped	Broccoli rabe (see receipe)	3.71	11.20	0.64	54.60
1/2	tablespoon	Coconut oil	0.00	0.00	6.80	58.50
3	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
		Totals:	26.21	11.20	10.44	233.10
Actual Totals for Day # 21:			80.35	124.51	50.46	1219.98