



5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cinnamon, Nuts & Fruit					
½ cup, cooked	Cereals, oats, slow cooked	4.07	16.83	1.60	96.53
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
1 tablespoon	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:		9.08	33.50	15.41	290.86
AM Snack - Apple W/ Goat Cheese					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
Totals:		2.78	10.63	3.24	78.49
Lunch - Spinach Salad W/ Veg, Beans, Egg, Lemon Juice & Dressing					
½ cup	Chickpeas	7.27	22.48	2.12	134.48
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
½ 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
½ 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 cups	Spinach, raw	2.57	3.27	0.35	20.70
Totals:		26.10	36.03	12.59	350.29
PM Snack - Use Ground Flaxseed To Mix In Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
5 almonds	Nuts, almonds	1.06	0.99	2.53	28.90
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	9.76	13.08	0.31	95.34
Totals:		12.45	26.30	5.61	197.60
Dinner - Shrimp, Buckwheat; Mix Tom, Zucchini And Oil					
½ cup	Buckwheat groats, roasted, cooked	2.84	16.75	0.52	77.28
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ 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
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		26.99	25.78	8.75	297.00
Evening Snack - Fresh Kiwi Fruit With Walnuts					
1 fruit without skin, medium	Kiwi fruit,	0.87	11.14	0.40	46.36
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
Totals:		3.00	13.06	9.52	137.92
Actual Totals for Day:		80.39	145.30	55.13	1352.17
Actual % of Total Calories:		22.99	41.55	35.47	



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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Toast W/ Peanut Butter, Grapefruit & Egg					
1 slice	Bread, Sprouted Grain	5	15	0.5	80.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		12.06	28.65	10.75	247.37

AM Snack - Use Ground Flaxseed To Mix In Yogurt

½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1 container (6 oz)	Yogurt, plain, skim milk	6.50	8.72	0.20	63.56
Totals:		8.11	16.29	2.96	119.92

Lunch - Pita With Tuna, Mayo, Veggies And Dressing

1 pita, small	Bread, pita, whole-grain	3.14	17.60	0.83	85.12
1 tablespoon	Mayonnaise - low-fat	0.00	4.00	1.00	25.00
4 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
2 tablespoons	Salad dressing, Italian dressing, reduced calorie	0.08	1.88	5.60	56.00
2 leaves	Spinach, raw	0.57	0.73	0.08	4.60
4 ounce(s)	Tuna, light in water	20.00	0.00	1.33	120.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		23.94	27.30	10.72	320.46

PM Snack - Hummus, Crackers And Celery

4 stalks	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3 tablespoons	Hummus, home prepared	2.19	9.05	3.87	79.65
1 each	Crackers, light rye	1.00	7.00	0.00	30.00
Totals:		5.19	24.05	3.87	149.65

Dinner - Mix Spag W/Chicken, Broc, Tom, Garlic & Oil

½ 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
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2 ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
½ cup	Tomato, diced	0.00	1.00	0.00	4.75
Totals:		17.38	27.41	14.41	301.72

Evening Snack - Grapes And Seeds

15 each	Grapes - American	0.30	6.15	0.15	30.00
½ ounce	Seeds, pumpkin and squash seed kernels, roasted, no salt	4.67	1.90	5.97	73.99
Totals:		4.97	8.05	6.12	103.99

Actual Totals for Day:	71.65	131.76	48.83	1243.12
Actual % of Total Calories:	22.87	42.06	35.07	



5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal W/ Milk And Fruit					
½	Banana - med 8"	0.60	13.35	0.30	52.50
1 cup	High Fiber Cereal	13.00	30.00	1.00	140.00
1 cup	Milk – 1%	8.40	11.90	0.40	86.00
Totals:		22.00	55.25	1.70	278.50

AM Snack - Apple Topped With Peanut Butter

1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00

Lunch - Burger In Pita W/ Avoc, Veggies & Dressing

¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1 pita, small	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
1 tablespoon	Salad dressing, Italian dressing, reduced calorie	0.04	0.94	2.80	28.00
2 leaf	Spinach, raw	0.57	0.73	0.08	4.60
1 patty	Veggie burger, (recipe)	10.99	9.99	4.41	123.90
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		15.47	34.37	13.47	309.52

PM Snack - Kiwi And Almonds

1 fruit without skin, medium	Kiwi fruit, (Chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
10 almond	Nuts, almonds	1.70	1.58	4.05	46.24
Totals:		2.57	12.72	4.45	92.60

Dinner - Grilled Salmon, Pot, Asparagus Top W/ Feta And Oil

1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
½ ounce	Cheese, feta	2.01	0.58	3.02	37.42
3 ounce	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:		29.44	20.61	15.28	333.41

Evening Snack - Use Ground Flaxseed Mixed In Yogurt

½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49

Actual Totals for Day:	86.27	164.86	42.40	1302.52
Actual % of Total Calories:	24.90	47.58	27.53	



5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal Top W/ Fruit					
¾ cup	Blueberries, raw	0.80	15.76	0.36	61.99
½ cup	High Fiber Cereal	2.40	24.30	0.81	59.10
¼ cup	Whole Grain Cereal	5.22	11.60	0.38	56.80
1 cup	Milk - skim, no fat (or substitute)	8.40	11.90	0.40	86.00
Totals:		16.82	63.56	1.95	263.89
AM Snack - Crackers With Almond Butter					
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
2	Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		3.21	15.70	4.73	110.64
Lunch - Veg, Lentils, Turkey Meatballs & Sauce					
½ cup	Broccoli, frozen, chopped, boiled, drained, no salt	2.85	4.92	0.11	25.76
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup	Mushrooms, raw	0.54	0.57	0.06	3.85
½ 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	Turkey Meatballs	15.00	6.00	6.00	150.00
Totals:		23.64	25.91	13.48	324.23
PM Snack - Use Chia Seeds To Mix In Yogurt					
½ cup	Raspberries, raw	0.74	7.34	0.40	31.98
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		20.95	20.56	4.76	201.44
Dinner - Chicken, Rice, Eggplant Top W/ Cheese And Oil					
½ cup	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
3 ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
Totals:		21.74	26.71	18.49	364.55
Evening Snack - Grapes And Nuts					
15 each	Grapes - American	0.20	4.10	0.10	20.00
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
Totals:		1.26	5.09	2.63	48.90
Actual Totals for Day:		87.62	157.52	46.04	1313.65
Actual % of Total Calories:		25.13	45.17	29.70	



5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs Scrambled And Fruit					
1 slice	Bread, whole-grain	2.73	12.93	1.20	69.25
½ 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
½ large	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
Totals:		17.59	27.30	8.75	252.58
AM Snack - Cucumber And Pistachios					
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
½ ounce	Nuts, pistachio nuts, raw	2.92	3.96	6.30	78.95
Totals:		3.72	6.76	6.30	92.95
Lunch - Salmon Salad And 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	Crackers, light rye	2.00	14.00	0.00	60.00
½ cup	Soup, 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 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ cup	Cheese, cottage, low-fat, 1% milk, no sodium	14.01	3.05	1.13	81.36
Totals:		14.31	24.05	1.63	162.36
Dinner - Chicken, Veg And Sweet Potato					
1 cup, chopped	Broccoli, boiled, drained, no salt	3.71	11.20	0.64	54.60
3 ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
½ table spoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½ cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
Totals:		25.82	36.51	5.59	286.60
Evening Snack - Sunflower Seeds And Blackberries					
½ cup	Blackberries, raw	1.00	6.92	0.35	30.96
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
Totals:		3.71	10.29	7.32	112.44
Actual Totals for Day:		90.06	146.41	41.39	1283.93
Actual % of Total Calories:		27.32	44.42	28.26	



5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal W/ Milk And Fruit					
½	Banana - med 8"	0.60	13.35	0.30	52.50
½ cup	High Fiber Cereal	9.75	22.50	0.75	105.00
1 cup	Milk - skim, no-fat (or substitute)	8.40	11.90	0.40	86.00
Totals:		18.75	47.75	1.45	243.50

AM Snack - Apple Topped W/ Peanut Butter

1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00

Lunch - Veg Burg In Pita Top W/ Avoc, Cook Mush/On In Oil

¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1 pita, small (6-1/2" dia)	Bread, pita, whole-grain	3.14	17.60	0.83	85.12
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
½ 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, unprepared	10.99	9.99	4.41	123.90
Totals:		16.60	35.68	17.75	357.44

PM Snack - Nuts And Vegetables

4 each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:		5.15	15.50	5.27	121.60

Dinner - Halibut, Broc And Caul W/ Oil & Rice

½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
½ cup (1" pieces)	Cauliflower, boiled, drained, no salt	1.14	2.55	0.28	14.26
3 ounces	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ 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 - Use Ground Flaxseed Mix W/ Yogurt

½ cup	Raspberries, raw	0.74	7.34	0.40	31.98
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.84	26.51	3.34	191.14

Actual Totals for Day:	85.69	168.22	43.10	1335.47
Actual % of Total Calories:	24.42	47.94	27.64	



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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cinnamon, Nuts & Fruit					
½ cup, cooked	Cereals, oats, steel cut	4.07	16.83	1.60	96.53
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 cup	Milk - skim, no-fat (or substitute)	8.40	11.90	0.40	86.00
½ ounce (14 halves)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
	Totals:	15.26	39.19	11.45	307.41
AM Snack - Kiwi					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
	Totals:	0.87	11.14	0.40	46.36
Lunch - Egg And Bean Salad With Pita					
½ cup	Beans, adzuki, mature seeds, boiled, no salt	8.65	28.49	0.12	147.20
1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1 tablespoon	Salad dressing, Italian dressing, reduced calorie	0.04	0.94	2.80	28.00
	Totals:	19.12	51.58	9.05	359.82
PM Snack - Use Ground Flaxseed Mix With Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
	Totals:	14.64	29.67	3.18	200.49
Dinner - Shrimp, Mix Spag W/ Cheese, Oil, Tom & Zucchini					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
3 ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
	Totals:	23.41	25.78	9.71	290.75
Evening Snack - Cheese And Crackers					
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
2	Crackers, light rye	2.00	14.00	0.00	60.00
	Totals:	4.63	14.13	2.99	97.99
Actual Totals for Day:		77.93	171.49	36.78	1302.81
Actual % of Total Calories:		23.46	51.63	24.91	