



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Oatmeal Top W/ Cinnamon Nuts, Fruit And An Egg</b>					
½ cup, cooked	Cereal, oats, steel cuts	2.71	11.22	1.06	64.35
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ ounce	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<b>Totals:</b>		<b>11.80</b>	<b>22.24</b>	<b>15.83</b>	<b>266.73</b>
<b>AM Snack - Apple W/ Almond Butter</b>					
1	Apple - small with peel	0.15	10.50	0.25	40.50
1 tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
<b>Totals:</b>		<b>1.36</b>	<b>12.20</b>	<b>4.98</b>	<b>91.14</b>
<b>Lunch - Spinach Salad W/ Veg, Beans, Chicken &amp; Dressing</b>					
3 ounce(s)	Chicken Breast / White Meat	18.00	0.00	0.00	93.00
¼ cup	Chickpeas	3.63	11.24	1.06	67.24
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
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 cup	Spinach, raw	2.57	3.27	0.35	20.70
<b>Totals:</b>		<b>30.93</b>	<b>33.56</b>	<b>11.72</b>	<b>365.47</b>
<b>PM Snack - Use Ground Flaxseed To Mix In Yogurt</b>					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
5 almond	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	13.01	17.43	0.41	127.12
<b>Totals:</b>		<b>15.70</b>	<b>30.66</b>	<b>5.71</b>	<b>229.38</b>
<b>Dinner - Shrimp, Quinoa; Mix Tom, Zucchini And Oil</b>					
1 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1 tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1/3 cup	Quinoa, cooked	2.44	11.82	1.07	66.60
3 ounce(s)	Tilapia - boiled or steamed	17.76	0.00	0.90	84.00
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
<b>Totals:</b>		<b>20.67</b>	<b>20.85</b>	<b>9.00</b>	<b>258.32</b>
<b>Evening Snack - Fresh Kiwi Fruit</b>					
1 fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1 oz (14 halves)	Nuts, walnuts	2.13	1.92	9.13	91.56
<b>Totals:</b>		<b>3.00</b>	<b>13.06</b>	<b>9.52</b>	<b>137.92</b>
<b>Actual Totals for Day:</b>		<b>83.46</b>	<b>132.56</b>	<b>56.75</b>	<b>1348.97</b>
<b>Actual % of Total Calories:</b>		<b>24.28</b>	<b>38.57</b>	<b>37.15</b>	



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Eggs, Spinach, Tomato And Feta</b>					
1 cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
½ cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
½ cup	Tomatoes, red, ripe, cooked	1.14	4.81	0.13	21.60
	<b>Totals:</b>	<b>35.04</b>	<b>19.95</b>	<b>16.53</b>	<b>350.10</b>
<b>AM Snack - Cashews And Strawberries</b>					
½ ounce	Nuts, cashew nuts, raw	2.58	4.28	6.22	78.39
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
	<b>Totals:</b>	<b>3.09</b>	<b>10.12</b>	<b>6.44</b>	<b>102.71</b>
<b>Lunch - Sub Sandwich</b>					
6 " sandwich	Oven Roasted Chicken Breast Sandwich	23.98	47.00	4.98	330.00
1 salad	Salad	2.99	11.98	1.00	59.99
	<b>Totals:</b>	<b>26.98</b>	<b>58.98</b>	<b>5.98</b>	<b>389.99</b>
<b>PM Snack - Mix Seeds And Apple</b>					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
	<b>Totals:</b>	<b>3.01</b>	<b>24.37</b>	<b>7.47</b>	<b>162.48</b>
<b>Dinner - Mix Spaghetti W/ Broc, Tom, Garlic, Chicken, Oil &amp; Parmesan</b>					
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
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1/3 table spoon	Garlic powder	0.47	2.03	0.03	9.32
¼ table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
1 medium	Zucchini - baby, raw	0.30	0.30	0.00	2.00
¼ cup	Tomato, diced	0.00	1.00	0.00	4.75
	<b>Totals:</b>	<b>32.28</b>	<b>27.71</b>	<b>5.66</b>	<b>308.22</b>
<b>Actual Totals for Day:</b>		<b>100.39</b>	<b>141.13</b>	<b>42.08</b>	<b>1313.50</b>
<b>Actual % of Total Calories:</b>		<b>29.86</b>	<b>41.98</b>	<b>28.16</b>	



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Cereal W/ Milk, Fruit And Nuts</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	High Fiber Cereal	6.50	15.00	0.50	70.00
1 cup	Milk - skim, no-fat (or substitute)	8.40	11.90	0.40	86.00
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
<b>Totals:</b>		<b>19.03</b>	<b>42.71</b>	<b>6.67</b>	<b>275.72</b>
<b>AM Snack - Apple Topped With Peanut Butter</b>					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter, raw	2.00	1.75	4.08	47.50
<b>Totals:</b>		<b>2.15</b>	<b>12.25</b>	<b>4.33</b>	<b>88.00</b>
<b>Lunch – Burger &amp; Veggies (Add Condiments)</b>					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
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 medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
2 leaf	Spinach, raw	0.57	0.73	0.08	4.60
½	Bun, hamburger, Whole Wheat	3.50	14.50	0.50	80.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>		<b>28.94</b>	<b>34.59</b>	<b>11.64</b>	<b>367.54</b>
<b>PM Snack - Pear And Almonds</b>					
1 medium	Pear	0.87	11.14	0.40	46.36
8 almond	Nuts, almonds	1.70	1.58	4.05	46.24
<b>Totals:</b>		<b>2.57</b>	<b>12.72</b>	<b>4.45</b>	<b>92.60</b>
<b>Dinner - Grilled Salmon, Sweet Potato &amp; Asparagus</b>					
1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
3 ounce	Fish, salmon, wild, cooked, dry heat	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
<b>Totals:</b>		<b>27.43</b>	<b>20.03</b>	<b>12.26</b>	<b>295.99</b>
<b>Evening Snack - Use Ground Flaxseed Mixed In Yogurt</b>					
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
<b>Totals:</b>		<b>14.64</b>	<b>29.67</b>	<b>3.18</b>	<b>200.49</b>
<b>Actual Totals for Day:</b>		<b>94.76</b>	<b>151.97</b>	<b>42.52</b>	<b>1320.34</b>
<b>Actual % of Total Calories:</b>		<b>27.67</b>	<b>44.38</b>	<b>27.94</b>	



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Oatmeal Top W/ Fruit, Cinnamon &amp; Walnuts</b>					
1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 ounce (14 halves)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup	Cereal, oats, steel cut, cooked	2.50	13.50	1.00	75.00
<b>Totals:</b>		<b>5.32</b>	<b>28.62</b>	<b>10.47</b>	<b>216.88</b>
<b>AM Snack - Crackers With Cheese</b>					
1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2 each	Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>		<b>7.25</b>	<b>14.25</b>	<b>5.98</b>	<b>135.98</b>
<b>Lunch - Spaghetti Mix W/ Veg, Lentils, Tuna &amp; Oil</b>					
½ cup	Broccoli, frozen, chopped, 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 pieces	Mushrooms, raw	0.54	0.57	0.06	3.85
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
¼ cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
2 ounce(s)	Tuna, in water	10.00	0.00	0.67	60.00
<b>Totals:</b>		<b>23.49</b>	<b>41.57</b>	<b>8.80</b>	<b>333.66</b>
<b>PM Snack - Use Ground Flaxseed Mix In Yogurt</b>					
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
<b>Totals:</b>		<b>14.84</b>	<b>26.51</b>	<b>3.34</b>	<b>191.14</b>
<b>Dinner - Chicken, Rice, Eggplant Top W/ Cheese And Oil</b>					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
3 ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
½ cup (1" cubes)	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ table spoon	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
<b>Totals:</b>		<b>17.85</b>	<b>26.91</b>	<b>10.22</b>	<b>274.10</b>
<b>Evening Snack - Grapes And Nuts</b>					
15 each	Grapes - American	0.40	8.20	0.20	40.00
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
<b>Totals:</b>		<b>1.46</b>	<b>9.19</b>	<b>2.73</b>	<b>68.90</b>
<b>Actual Totals for Day:</b>		<b>70.22</b>	<b>147.05</b>	<b>41.54</b>	<b>1220.66</b>
<b>Actual % of Total Calories:</b>		<b>22.60</b>	<b>47.32</b>	<b>30.08</b>	



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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### Breakfast – Choose From A Breakfast Recipe

#### AM Snack - Use Ground Flaxseed Mix W/ Yogurt

1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
<b>Totals:</b>		<b>19.61</b>	<b>14.57</b>	<b>2.76</b>	<b>156.36</b>

#### Lunch - Turkey Pita With Vegetables

1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
¼ cup	Hummus, commercial	4.94	8.93	6.00	103.75
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
¼ cup, chopped	Tomatoes, orange, raw	0.46	1.26	0.08	6.32
4 ounce(s)	Turkey Breast slices, Organic	28.00	0.00	0.00	100.00
<b>Totals:</b>		<b>46.26</b>	<b>40.13</b>	<b>8.23</b>	<b>373.39</b>

#### PM Snack - Orange And Almonds

10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 each	Orange - medium	1.10	17.40	0.30	69.00
<b>Totals:</b>		<b>3.23</b>	<b>19.37</b>	<b>5.36</b>	<b>126.80</b>

#### Dinner - Couscous Mix W/Chicken, Bean, Pepper, Tomato & Oil

½ cup	Beans, white, boiled, no salt	8.71	22.46	0.31	124.41
2 ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
½ cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>		<b>25.28</b>	<b>49.28</b>	<b>8.34</b>	<b>377.32</b>

#### Evening Snack - Sunflower Seeds

½ ounce	Seeds, sunflower seed kernels, raw	2.71	3.37	6.97	81.48
<b>Totals:</b>		<b>2.71</b>	<b>3.37</b>	<b>6.97</b>	<b>81.48</b>

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**Actual Totals for Day: 97.08      126.73      31.67      1115.36**

**Actual % of Total Calories: 32.90      42.95      24.15**



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Cereal W/ Milk, Fruit And Egg</b>					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ cup	High Fiber Cereal	6.50	15.00	0.50	70.00
1 cup	Milk - skim, no-fat	8.40	11.90	0.40	86.00
<b>Totals:</b>		<b>21.73</b>	<b>37.97</b>	<b>6.44</b>	<b>274.82</b>

### AM Snack - Apple Topped W/ Peanut Butter

1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>		<b>2.30</b>	<b>22.75</b>	<b>4.58</b>	<b>128.50</b>

### Lunch - Salad With Chicken And Sesame Dressing

1 cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
¼ cup, cubes	Avocados, raw, all varieties	0.75	3.20	5.50	60.00
7 medium	Carrots, baby, raw	0.45	5.77	0.09	24.50
2	Celery - raw stalk, trimmed	1.00	4.00	0.00	20.00
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1 tablespoon	Salad Dressing, from recipes	0.00	2.50	0.50	17.50
<b>Totals:</b>		<b>27.91</b>	<b>18.11</b>	<b>6.32</b>	<b>262.57</b>

### PM Snack - Nuts And Fruit

10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1	Pear - medium w/peel	0.70	25.10	0.00	98.00
<b>Totals:</b>		<b>2.83</b>	<b>27.07</b>	<b>5.06</b>	<b>155.80</b>

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

½ cup, chopped	Broccoli, steamed, drained, no salt	1.86	5.60	0.32	27.30
½ cup	Cauliflower, boiled, drained, no salt	1.14	2.55	0.28	14.26
3 oz	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
<b>Totals:</b>		<b>28.20</b>	<b>30.53</b>	<b>10.98</b>	<b>333.78</b>

### Evening Snack - Popcorn

3 cup	Snacks, popcorn, air popped	2.46	18.99	10.89	178.53
<b>Totals:</b>		<b>2.46</b>	<b>18.99</b>	<b>10.89</b>	<b>178.53</b>

<b>Actual Totals for Day:</b>	<b>85.43</b>	<b>155.43</b>	<b>44.26</b>	<b>1334.01</b>
<b>Actual % of Total Calories:</b>	<b>25.09</b>	<b>45.65</b>	<b>29.25</b>	



## 5 Weeks to Fabulous

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Oatmeal Top W/ Cinnamon, Nuts &amp; Fruit</b>					
½ cup, cooked	Cereal, oats	4.07	16.83	1.60	96.53
1/3 teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 cup	Milk - skim, no-fat	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
<b>Totals:</b>		<b>15.26</b>	<b>39.19</b>	<b>11.45</b>	<b>307.41</b>
<b>AM Snack - Kiwi</b>					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
<b>Totals:</b>		<b>0.87</b>	<b>11.14</b>	<b>0.40</b>	<b>46.36</b>
<b>Lunch - Hummus On Pita With Tuna And Salad W/ Dressing</b>					
1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
½ can	Fish, tuna, light, canned in water	21.05	0.00	0.68	95.70
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
¼ cup	Hummus, commercial	4.94	8.93	6.00	103.75
1 tablespoon	Salad dressing, recipes	0.04	0.94	2.80	28.00
<b>Totals:</b>		<b>30.16</b>	<b>31.47</b>	<b>10.31</b>	<b>334.57</b>
<b>PM Snack - Use Ground Chia Seeds Mix With Yogurt</b>					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
1 tablespoon	Seeds, chia, ground	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
<b>Totals:</b>		<b>14.64</b>	<b>29.67</b>	<b>3.18</b>	<b>200.49</b>
<b>Dinner - Shrimp, Mix Spag W/ Cheese, Oil, Tomato &amp; Zucchini</b>					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ tablespoon	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
<b>Totals:</b>		<b>23.41</b>	<b>25.78</b>	<b>9.71</b>	<b>290.75</b>
<b>Evening Snack - Cheese And Crackers</b>					
1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2	Crackers, light rye	1.29	7.64	0.23	37.40
<b>Totals:</b>		<b>6.54</b>	<b>7.89</b>	<b>6.21</b>	<b>113.38</b>
<b>Actual Totals for Day:</b>		<b>90.89</b>	<b>145.14</b>	<b>41.25</b>	<b>1292.95</b>
<b>Actual % of Total Calories:</b>		<b>27.64</b>	<b>44.14</b>	<b>28.22</b>	