

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Steel Cut Oats Cooked, Berries, Chia & Yoghurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ cup	Cereal, gluten-free oats, steel cut, cooked	2.50	13.50	1.00	75.00
Totals:		20.25	36.05	5.60	269.12
AM Snack - Guacamole With Celery					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:		1.15	10.25	8.80	122.50
Lunch - Grill Chicken W/ Lrg Salad, Light Feta & Dressing					
10 beans (4" long)	Beans, snap, green, raw	1.00	3.92	0.07	17.05
½ cup, shredded	Cabbage, freshly harvest, raw	0.42	1.88	0.06	8.40
5 medium	Carrots, baby, raw	0.32	4.12	0.07	17.50
½ ounce cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4 teaspoon	Oil & Vinegar	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		32.76	29.62	10.21	356.59
PM Snack - Tuna Salad On Crackers					
1 cup	Cucumber - slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1 tablespoon	Relish	0.10	5.30	0.10	20.00
3 ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
6	Crackers, brown rice	2.00	14.00	0.00	60.00
Totals:		25.40	28.60	1.60	207.00
Dinner - Broil Or Grill Fish, Steam Broccoli					
½ cup	Broccoli, frozen, chopped, steamed, no salt	2.85	4.92	0.11	25.76
4 ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1 tablespoon	Oil & Balsamic Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
Totals:		34.25	22.32	6.41	300.76
Evening Snack - Eat Almond Butter With A Spoon					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
Totals:		2.41	3.40	9.46	101.28
Actual Totals for Day		116.23	128.24	42.08	1357.25
Actual % of Total Calories:		34.25	37.79	21.70	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Mix Avocado, Cucumber, Tomato & Eat With Eggs					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
2 large	Eggs, organic, hard-boiled	2.00	0.00	10.00	140.00
3 slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:		13.95	7.05	18.80	258.50
AM Snack - Apple With Nuts					
1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
Totals:		2.43	22.92	9.63	172.56
Lunch - Fish, Buckwheat And Asparagus					
8 spears	Asparagus, frozen, broiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
3 ounces	Fish, halibut, cooked, dry heat	22.69	0.00	2.50	119.00
Totals:		31.86	32.69	4.45	286.38
PM Snack- Cottage Cheese And Blackberries					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		16.00	16.94	1.86	143.92
Dinner - Chicken With Sweet Pot. Add Your Own Spices.					
½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4 ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - sm. garden w/tomato, onion	1.30	15.50	1.40	99.00
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		28.26	41.80	2.72	345.30
Evening Snack - Brazil Nuts					
1 ounce (6-8 kernels)	Nuts, brazil nuts, raw	4.06	3.48	18.83	185.98
Totals:		4.06	3.48	18.83	185.98
Actual Totals for Day		96.56	124.88	56.29	1392.63
Actual % of Total Calories:		28.39	35.00	36.60	

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Yoghurt Parfait					
¾ cup	Amaranth Cereal	3.00	23.00	0.81	100.00
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		24.23	47.89	5.62	316.1
AM Snack - Hard-Boiled Egg With Peppers					
1 large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
1 whole	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:		7.20	9.20	5.20	108.00
Lunch - Turkey And Spinach Salad					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
¼ cup	Beans, adzuki, mature seeds, boiled, no salt	4.32	14.24	0.06	73.60
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
4 ounce(s)	Chicken Breast / White Meat	31.50	0.00	3.10	164.00
1 tablespoon	Oil & Vinegar	0.00	1.00	2.00	22.50
¼ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		39.55	24.76	14.31	382.80
PM Snack - Apple And Cottage Cheese					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56
Dinner - Bake Or Grill Chicken Top With Cheese & Salsa					
1 cup	Broccoli, frozen, chopped, steamed, drained, no salt	5.70	9.84	0.22	51.52
1/3 cup	Brown Rice - cooked	1.47	14.91	0.36	69.60
1 ounce(s)	Cheddar, mild shredded, light	8.00	1.00	5.00	80.00
4 ounce(s)	Chicken Breast / White Meat	31.50	0.00	3.10	164.00
3 tablespoon(s)	Salsa	0.00	0.00	0.00	4.00
Totals:		34.67	25.75	6.78	298.12
Evening Snack - Almond Butter On A Cracker					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
2	Crackers, brown rice	1.00	7.00	0.00	30.00
Totals:		3.41	10.40	9.46	131.28
Actual Totals for Day:		135.19	128.42	44.11	1416.86
Actual % of Total Calories:		38.16	36.25	21.99	

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Eggs On Toast					
1 slice	Bread, Gluten Free, Flax	3.00	18.00	2.00	80.00
2 large	Egg, whole, scrambled	13.53	2.68	14.90	202.52
1 cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:		22.88	33.13	17.76	349.92
AM Snack - Blackberries And Raw Pumpkin Seeds					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ ounce (85 seeds)	Seeds, pumpkin and squash seeds, whole, roasted, no salt	2.63	7.62	2.75	63.22
Totals:		4.63	21.46	3.46	125.14
Lunch - Tuna Salad With Lentils And Veggies					
6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3 each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
½ cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1 tablespoon	Mayonnaise , light	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
4 ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals:		40.91	41.17	2.55	333.84
PM Snack - Apple And Cottage Cheese					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56
Dinner - Beef, Sweet Potato And Salad					
3 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	23.00	0.00	7.00	164.90
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		25.61	29.83	9.39	298.8
Evening Snack - Walnuts					
½ ounce (14 halves)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
Totals:		2.13	1.92	9.13	91.56
Actual Totals for Day:		111.30	134.93	42.03	1343.92
Actual % of Total Calories:		33.12	40.16	21.89	

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Scrambled Eggs, Spinach, Mushrooms & Crackers					
1/4 cup	Cheese, mild shredded	3.50	0.50	4.50	55.00
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
½ cup	Egg, white, raw	13.24	0.89	0.21	63.18
½ cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Crackers, brown rice	2.00	14.00	0.00	60.00
Totals:		27.38	18.92	12.24	292.78
AM Snack - Greek Yoghurt, Peaches And Cinnamon					
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 small	Peaches, raw	0.72	7.54	0.20	30.81
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
Totals:		15.87	16.07	0.30	123.14
Lunch - Turkey Meatballs With Spaghetti Squash					
1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 cup	Squash, winter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1 cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
3 ounces	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	25.00	0.00	7.00	200.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		30.08	28.37	8.17	332.89
PM Snack - Fruit And Nuts					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		4.13	15.81	5.77	119.72
Dinner - Chicken With Beans And Yam					
1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, drained no salt	2.01	8.71	0.23	37.80
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1 tsp, chopped	Chives, raw	0.03	0.04	0.01	0.30
1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		29.49	34.19	4.24	286.35
Evening Snack - Almonds					
12	Nuts, organic almonds	0.00	0.00	0.00	69.36
Totals:		0.00	0.00	0.00	69.36
Actual Totals for Day:		101.94	121.37	31.71	1224.24
Actual % of Total Calories:		34.60	41.19	24.22	

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 slice	Bread, Gluten Free, Flax	3.00	18.00	2.00	80.00
½ tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
	Totals:	17.83	39.73	10.92	297.82
AM Snack - Apple					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
	Totals:	0.15	10.50	0.25	40.50
Lunch - Add Egg & Bean Salad Toss W/Oil-Vinegar					
½ cup	Beans, adzuki, mature seed, boiled, with salt	8.65	28.49	0.12	147.20
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
	Totals:	17.74	51.85	8.02	354.70
PM Snack - Peppers And Nuts					
½ ounce (14 halves)	Nuts, walnuts,	2.13	1.92	9.13	91.56
1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
	Totals:	3.61	10.90	9.58	130.30
Dinner - Broil Or Grill Fish, Top Potato W/Salsa					
3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
½ cup	Potato - white medium	2.10	20.55	0.09	90.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
	Totals:	26.16	41.39	9.44	385.70
Evening Snack - Ice Cream					
½ cup	Ice Cream, No Sugar Added, Vanilla	2.54	15.12	4.28	98.67
	Totals:	2.54	15.12	4.28	98.67
	Actual Totals for Day:	69.03	166.49	40.99	1307.69
	Actual % of Total Calories:	21.11	50.92	21.94	

5 WEEKS TO A NEW YOU!!

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIE S
Breakfast - Top English Muffin W/Almond Butter					
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
3	Medjool dates, pitted	2.93	13.45	0.70	67.41
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
1 each	Orange - small	1.10	17.40	0.30	69.00
Totals:		9.1	30.16	10.33	237.14
AM Snack - Yogurt With Flax And Cinnamon					
1/3 teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:		10.37	7.14	3.01	92.78
Lunch - Top Potato W/Broccoli And Salsa					
1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
3 ounce(s)	Potato – sweet potato	2.10	20.55	0.09	90.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.92	154.70
Totals:		29.42	30.39	6.32	302.22
PM Snack - Greek Yogurt					
6 ounce(s)	Yogurt, Greek, non-fat, plain, sweetened with vanilla	16.50	6.42	0.00	91.67
Totals:		16.50	6.42	0.00	91.67
Dinner - Top Chicken W/Sauce And Cheese & Pasta					
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
4 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce – Low Sodium	4.00	10.00	6.00	110.00
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 large	Salad - large garden w/tomato, onion	1.95	15.50	1.60	99.00
Totals:		44.86	61.85	12.87	554.27
Evening Snack - Popcorn					
3 cups	Popcorn – Air popped plain	2.01	8.01	3.00	69.00
Totals:		2.01	8.01	3.00	69.00
Actual Totals for Day:		67.4	84.12	23.66	1357.08
Actual % of Total Calories:		20.22	24.66	11.91	