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## Monday, July 27

1699 Calories • 152g Carbs (27g Fiber) • 59g Fat • 145g Protein

### BREAKFAST

345 Cal • 32g Carbs (5g Fiber) • 17g Fat • 15g Protein



#### Ham and Cheese Dunker with Boiled Eggs

1 Serving • 137 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 Serving:

1/3 large Egg (17 g)

1/3 slice (1 oz) Cheddar cheese(9.3 g)

2/3 oz Sliced ham (19 g)

2/3 slice White bread (17 g)



#### Granola

1 1/2 ounce • 208 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 ounce:

1 1/2 oz Granola (43 g)

### SNACK

451 Cal • 39g Carbs (2g Fiber) • 4g Fat • 65g Protein



#### Strawberry Cheesecake Pudding Protein Shake

1 serving • 236 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

4 oz Nonfat greek yogurt (113 g)

3/4 cup Ice cubes (178 g)

1/2 cup Water (118 g)

3 1/2 oz Sugar Free Fat Free Pudding Cheesecake Flavor (99 g)

1 scoop (30g) Whey protein powder (30 g)

1/2 cup, halves Strawberries (76 g)



#### Cottage Cheese & Grapes

1 serving • 215 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 cup, (not packed) Cottage cheese (226 g)

1/2 cup Grapes (76 g)

### LUNCH

338 Cal • 45g Carbs (6g Fiber) • 8g Fat • 23g Protein



Easy Grilled Lemon Chicken  
1/2 serving • 83 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
0.062 cup Lemon juice (15 g)  
0.062 cup Soy sauce (16 g)  
0.062 tsp Ginger (0.1 g)  
0.031 tsp Pepper (0.1 g)  
1/4 breast, bone and skin removed  
Chicken breast (59 g)



Lemon, Pine Nut, and Quinoa  
Salad  
2 serving • 255 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
1 cup Quinoa (185 g)  
20 nuts Pine nuts (3.4 g)  
1 lemon yields Lemon juice (47 g)

## SNACK

258 Cal • 13g Carbs (5g Fiber) • 13g Fat • 23g Protein



Quick Buffalo Chicken Salad  
1/2 serving • 114 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1 tbsp Pepper or hot sauce (14 g)  
1/4 cup Canned chicken (51 g)  
1/2 cup Spinach (15 g)  
1/2 medium Tomatoes (62 g)



Turkey and Avocado Wrap  
1 serving • 144 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/4 fruit Avocados (50 g)  
2 oz Deli cut turkey (57 g)

## DINNER

307 Cal • 23g Carbs (10g Fiber) • 17g Fat • 19g Protein



Asian Style Beef and Broccoli  
1/2 serving • 123 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1/8 tbsp Olive oil (1.7 g)  
3/8 cup chopped Broccoli (34 g)  
0.062 cup strips or slices Carrots (7.6 g)  
0.062 cup, chopped Onions (10 g)  
3/8 tbsp Soy sauce (6 g)  
0.062 cup Chicken broth (15 g)  
1 1/2 oz Beef top sirloin (43 g)



Celery & Hummus  
1 1/2 serving • 184 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:  
3 stalks, large (11 inches long)  
Celery (192 g)  
3/8 cup Hummus (92 g)

# Tuesday, July 28

1702 Calories • 147g Carbs (27g Fiber) • 57g Fat • 155g Protein

## BREAKFAST

305 Cal • 30g Carbs (9g Fiber) • 13g Fat • 16g Protein



### Black Bean Omelet

1 serving • 234 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1/2 tbsp Olive oil (6.8 g)
- 1 tbsp chopped Onions (10 g)
- 1 extra large Egg (56 g)
- 1/3 cup Canned black beans (87 g)
- 1 tomato Roma tomatoes (62 g)
- 1 tbsp Fresh cilantro (1 g)



### Whole Wheat Toast

1 serving • 71 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1 slice Whole-wheat bread (28 g)

## SNACK

514 Cal • 48g Carbs (4g Fiber) • 20g Fat • 37g Protein



### Rice Cake with Cheese Snack

2 serving • 255 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

- 4 cakes Rice cakes (36 g)
- 1 oz Cheddar cheese (28 g)
- 2 dash Pepper (0.2 g)



### Yogurt with Almonds & Honey

1 serving • 259 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 8 oz Nonfat greek yogurt (227 g)
- 1/8 cup, whole Almonds (18 g)
- 1 tsp Honey (7.1 g)

## LUNCH

292 Cal • 20g Carbs (6g Fiber) • 4g Fat • 43g Protein



### Cottage Cheese & Raspberries

1 1/2 serving • 292 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

- 1 1/2 cup, (not packed) Cottage cheese (339 g)
- 3/4 cup Raspberries (92 g)

## SNACK

256 Cal • 17g Carbs (2g Fiber) • 4g Fat • 39g Protein



### Turkey Lettuce Rollups

1 serving • 59 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 2 leaf outer Lettuce (48 g)
- 2 slice oval Sliced turkey (52 g)
- 1 dash Pepper (0.1 g)



### Cottage Cheese with Cucumber and Tomato

1 serving • 197 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1 cup, (not packed) Cottage cheese (226 g)
- 6 cherry tomato Cherry tomatoes (102 g)
- 1 cup slices Cucumber (104 g)

## DINNER

335 Cal • 33g Carbs (6g Fiber) • 15g Fat • 20g Protein



**Strawberry Salad**  
 1/2 serving • 276 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
 1/2 tbsp Olive oil (6.8 g)  
 1/4 breast, bone and skin removed  
 Chicken breast (59 g)  
 3/4 cup, whole Strawberries (108 g)  
 1 cup Spinach (30 g)  
 1/4 cup Blueberries (37 g)  
 2 tbsp Vinaigrette Raspberry (30 g)  
 1/8 cup Croutons (5 g)



**Zucchini Spears with Parmesan**  
 1 serving • 59 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
 2/3 large Zucchini (215 g)  
 0.167 tsp Salt (1 g)  
 1 tbsp Parmesan cheese (5 g)

## Wednesday, July 29

1699 Calories • 150g Carbs (29g Fiber) • 60g Fat • 154g Protein

### BREAKFAST

332 Cal • 21g Carbs (3g Fiber) • 13g Fat • 34g Protein



**Turkey Egg White Omelet**  
 2 omelet • 332 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:  
 2 tsp Coconut oil (9 g)  
 1/2 cup, chopped Onions (80 g)  
 1/2 cup, chopped Green bell pepper  
 (74 g)  
 6 large Egg white (198 g)  
 4 tbsp Almond milk (60 g)  
 8 slice Deli cut turkey (80 g)

### SNACK

524 Cal • 41g Carbs (6g Fiber) • 10g Fat • 70g Protein



**Strawberry protein smoothie**  
 1/2 smoothie • 192 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 smoothie:  
 3/4 cup Water (178 g)  
 30 grams Whey protein powder (30 g)  
 1/2 tbsp Almond butter (8 g)  
 4 large (1-3/8" dia) Strawberries (72 g)



**Cottage Cheese & Peaches**  
 1 1/2 serving • 332 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:  
 1 1/2 cup, (not packed) Cottage  
 cheese (339 g)  
 1 1/2 medium (2-2/3" dia) Peaches  
 (225 g)

### LUNCH

308 Cal • 25g Carbs (10g Fiber) • 12g Fat • 30g Protein



**Spicy Yogurt Chicken Wrap**  
 1/2 serving • 132 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
 3 oz Chicken breast (85 g)  
 1/3 tsp Nonfat greek yogurt (1.7 g)  
 1/2 tbsp Lime juice (7.5 g)  
 1/4 tsp Pepper or hot sauce (1.2 g)  
 1/2 item Tortilla (1 g)  
 1/2 cup shredded Lettuce (24 g)



### Cucumber & Hummus

1 1/2 serving • 177 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

3/8 cup Hummus (92 g)

1 1/2 cup slices Cucumber (156 g)

## SNACK

230 Cal • 16g Carbs (1g Fiber) • 14g Fat • 12g Protein



### Peanut Butter Protein Balls

1 serving • 126 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/4 scoop (30g) Whey protein powder (7.5 g)

1/2 tbsp Honey (10 g)

1/2 tbsp Peanut Butter (8.2 g)

1/8 oz (approx 60 pcs) Semisweet chocolate (3.5 g)



### Caprese Salad

1/2 serving • 103 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

2 cherry tomato Cherry tomatoes (34 g)

1/2 oz Mozzarella cheese (14 g)

1/2 tbsp Olive oil (6.8 g)

1/8 cup leaves, whole Basil (3 g)

1/8 tsp Salt (0.8 g)

1/8 tsp Pepper (0.3 g)

## DINNER

305 Cal • 48g Carbs (9g Fiber) • 11g Fat • 8g Protein



### Vegan Potato Pancakes

1/2 pancake • 42 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 pancake:

0.15 Potato medium (2-1/4" to 3-1/4" dia) Potato (32 g)

0.025 medium (2-1/2" dia) Onions (2.8 g)

0.025 cup Buckwheat flour (3 g)

0.05 cloves, minced Garlic (0.2 g)

0.05 tsp Salt (0.3 g)

0 tsp Pepper (0 g)

0.05 tbsp Olive oil (0.7 g)



### Apples and Almond Butter on Toast

1 serving • 263 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 slice Whole-wheat bread (28 g)

1 tbsp Almond butter (16 g)

1 medium (3" dia) Apples (182 g)

## Thursday, July 30

1699 Calories • 150g Carbs (27g Fiber) • 59g Fat • 150g Protein

## BREAKFAST

303 Cal • 29g Carbs (4g Fiber) • 11g Fat • 23g Protein



### Peanut Butter and Apricot Jam Toast with Cottage Cheese

1 serving • 303 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 slice large Multi-grain bread (41 g)

1 tbsp Peanut butter (16 g)

1 tsp Jams and preserves (6.7 g)

1/2 cup, (not packed) Cottage cheese (113 g)

## SNACK

498 Cal • 33g Carbs (7g Fiber) • 21g Fat • 50g Protein



Turkey Lettuce Rollups  
2 serving • 119 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 leaf outer Lettuce (96 g)  
4 slice oval Sliced turkey (104 g)  
2 dash Pepper (0.2 g)



Peanut Butter & Carrots  
1/2 serving • 120 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1 tbsp Peanut butter (16 g)  
1/2 cup chopped Carrots (64 g)



Yogurt with Almonds & Honey  
1 serving • 259 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
8 oz Nonfat greek yogurt (227 g)  
1/8 cup, whole Almonds (18 g)  
1 tsp Honey (7.1 g)

## LUNCH

352 Cal • 26g Carbs (6g Fiber) • 15g Fat • 29g Protein



Tarragon and Dijon Chicken Salad  
1 1/2 serving • 168 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:  
3/8 cup Canned chicken (77 g)  
0.469 tbsp Mayonnaise-like dressing (6.9 g)  
1 1/8 tsp Dijon mustard (5.6 g)  
1 1/8 tsp, leaves Tarragon (0.7 g)  
3/8 tbsp Lemon juice (5.6 g)



Toast with Tomato and Hummus  
1 serving • 184 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 slice Whole-wheat bread (28 g)  
1/4 cup Hummus (62 g)  
1 Italian tomato Tomatoes (62 g)

## SNACK

226 Cal • 28g Carbs (6g Fiber) • 8g Fat • 13g Protein



Turkey Sandwich  
1/2 serving • 139 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1 slice Whole-wheat bread (28 g)  
1/2 tbsp Mayonnaise-like dressing (7.3 g)  
1 1/2 oz Deli cut turkey (43 g)  
1/2 leaf inner Lettuce (3 g)  
1/2 slice, medium (1/4" thick) Tomatoes (10 g)



Carrots with hummus  
1/2 serving • 87 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
2 1/2 tbsp Hummus (38 g)  
1/2 cup strips or slices Carrots (61 g)

## DINNER

320 Cal • 34g Carbs (4g Fiber) • 5g Fat • 35g Protein



Chicken Soup  
1 serving • 222 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
0.917 cup Chicken broth (220 g)  
2 oz Chicken breast (57 g)  
1/4 cup chopped Carrots (32 g)  
1/4 cup chopped Celery (25 g)  
0.167 cup, chopped Onions (27 g)  
0.083 tsp, leaves Thyme (0.1 g)  
1/2 cup Egg noodles (80 g)



### Cottage Cheese with Cucumber and Tomato

1/2 serving • 98 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/2 cup, (not packed) Cottage cheese (113 g)

3 cherry tomato Cherry tomatoes (51 g)

1/2 cup slices Cucumber (52 g)

## Friday, July 31

1698 Calories • 160g Carbs (32g Fiber) • 62g Fat • 138g Protein

### BREAKFAST

307 Cal • 32g Carbs (6g Fiber) • 11g Fat • 20g Protein



### Spinach, Pepper, and Tomato Scramble on Toast

1 serving • 307 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 spray, about 1/3 second Pam cooking spray (0.3 g)

2 medium Egg (88 g)

1/2 cup, sliced Red bell pepper (46 g)

1 cup Spinach (30 g)

1/2 cup, chopped or sliced Tomatoes (90 g)

2 slice Whole-wheat bread (56 g)

### SNACK

496 Cal • 61g Carbs (11g Fiber) • 19g Fat • 24g Protein



### Sun-Dried Tomato Turkey Rollups

1 serving • 321 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

2 oz Deli cut turkey (57 g)

3 tbsp Cream cheese (45 g)

1 tortilla (approx 7-8" dia) Tortillas (46 g)

1 cup Spinach (30 g)

5 piece Sun-dried tomatoes (10 g)



### Carrots with hummus

1 serving • 175 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

5 tbsp Hummus (75 g)

1 cup strips or slices Carrots (122 g)

### LUNCH

346 Cal • 14g Carbs (2g Fiber) • 16g Fat • 36g Protein



### Herb-Parmesan Chicken Breast

1/2 breast • 225 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 breast:

1/8 cloves, minced Garlic (0.4 g)

1/8 tsp Lemon peel (0.2 g)

0.062 cup Parsley (3.8 g)

1/2 breast, bone and skin removed Chicken breast (118 g)

1/8 dash Salt (0.1 g)

1/8 dash Pepper (0 g)

1/8 tbsp Butter (1.8 g)

1/8 tbsp Vegetable oil (1.8 g)

0.062 cup Chicken broth (15 g)

1/8 cup Parmesan cheese (12 g)





Feta Cucumber Boats  
1/2 serving • 121 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:  
1 cucumber (8-1/4") Cucumber (301 g)  
1 oz Feta cheese (28 g)  
1/8 tsp Salt (0.8 g)  
1/2 tsp Dill (0.1 g)  
1/8 tsp Pepper (0.3 g)

## SNACK

211 Cal • 25g Carbs (4g Fiber) • 1g Fat • 27g Protein



Light Raspberry yogurt  
1 1/2 cup • 211 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 cup:  
9 oz Nonfat greek yogurt (255 g)  
0.45 cup Raspberries (55 g)  
1 1/2 tsp Honey (11 g)

## DINNER

338 Cal • 29g Carbs (9g Fiber) • 14g Fat • 31g Protein



Cottage cheese and salsa  
1 1/2 serving • 150 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:  
3/4 cup, (not packed) Cottage cheese (170 g)  
6 tbsp Salsa (96 g)



Kale Chips  
1 1/2 serving • 188 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:  
3 cup, chopped Kale (201 g)  
3/4 tbsp Olive oil (10 g)  
0.188 tsp Salt (1.1 g)

# Saturday, August 1

1691 Calories • 160g Carbs (35g Fiber) • 57g Fat • 146g Protein

## BREAKFAST

340 Cal • 29g Carbs (13g Fiber) • 13g Fat • 30g Protein



Blackberry Yogurt Parfait  
1 serving • 340 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
8 oz Nonfat greek yogurt (227 g)  
1 cup Blackberries (144 g)  
10 almond Almonds (12 g)  
2 tbsp, ground Flaxseed (14 g)

## SNACK

496 Cal • 44g Carbs (4g Fiber) • 17g Fat • 44g Protein



Ham Pinwheels  
2 serving • 243 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:  
4 tbsp Cream cheese (60 g)  
2 slice Sliced ham (56 g)  
2 cup slices Cucumber (208 g)



Cottage Cheese with Banana  
1 serving • 253 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 small (6" to 6-7/8" long) Banana (101 g)  
1 cup, (not packed) Cottage cheese (226 g)

## LUNCH

326 Cal • 42g Carbs (8g Fiber) • 14g Fat • 13g Protein





Bacon Broccoli Salad  
1 1/2 cup • 153 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 cup:  
3/8 strip cooked Bacon (3 g)  
1 1/8 cup chopped Broccoli (102 g)  
0.094 cup, hulled Sunflower seed kernels (12 g)  
0.188 medium whole (2-3/5" dia) Tomatoes (23 g)  
0.062 cup Cranberries (7.5 g)  
0.188 tbsp Mayonnaise-like dressing (2.8 g)



Toast with Blueberries and Cream Cheese  
1 serving • 173 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 slice Whole-wheat bread (28 g)  
2 tbsp Cream cheese (30 g)  
1/2 cup Blueberries (74 g)

## SNACK

212 Cal • 19g Carbs (3g Fiber) • 2g Fat • 28g Protein



Cottage Cheese with Apples & Cinnamon  
1 serving • 212 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 cup, (not packed) Cottage cheese (226 g)  
1/2 medium (3" dia) Apples (91 g)  
1/4 tsp Cinnamon (0.7 g)

## DINNER

318 Cal • 26g Carbs (7g Fiber) • 11g Fat • 30g Protein



Spicy Chicken soup  
1 serving • 318 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1/2 breast, bone and skin removed Chicken breast (118 g)  
1/2 sprigs Fresh cilantro (1.1 g)  
1/2 pinch Cayenne pepper (0.2 g)  
1/4 tsp Lime juice (1.2 g)  
1/4 fruit Avocados (50 g)  
1/2 medium Carrots (30 g)  
1/2 Potato medium (2-1/4" to 3-1/4" dia) Potato (106 g)

## Recipe directions

### Ham and Cheese Dunker with Boiled Eggs

Directions are for original recipe of 3 Serving

1. Fill a small pot two-thirds full with water and bring to a boil.
2. With a paring knife, poke a small hole into the wider end of the eggs.
3. With a spoon, gently lower eggs into the boiling water and boil for precisely 5 minutes.
4. When eggs are done, carefully transfer them to a bowl of ice water.
5. Cut the cheddar cheese into strips, 4 inches long, 1/4 inch thick.
6. Roll out a piece of white bread until flat and dense.
7. Place a slice of ham on the bread, then top with a strip of cheddar.
8. Roll up the bread (like a jelly roll) until cheese and ham are entirely covered.
9. Fry the bread rolls for about 4 minutes in a buttered sauté pan over medium-high heat. Turn halfway through or when rolls are lightly browned.
10. Meanwhile, use an egg carton to cut out egg holders for each egg.
11. Take eggs out of ice water. Serve with the ham and cheese dunkers.

### **Strawberry Cheesecake Pudding Protein Shake**

Directions are for original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!

### **Cottage Cheese & Grapes**

Directions are for original recipe of 1 serving

1. Cut grapes in half. Mix grapes with cottage cheese and serve.

### **Easy Grilled Lemon Chicken**

Directions are for original recipe of 4 serving

1. Rinse chicken breasts and pat dry with paper towels. Stir together the lemon juice, soy sauce, ginger, and black pepper in a bowl; pour into a large, resealable plastic bag. Add the chicken breasts, seal the bag, and massage to evenly coat chicken with lemon juice mixture. Place in refrigerator to marinate at least 20 minutes, or up to 24 hours.
2. Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.
3. Drain and discard marinade from the bag, and place chicken on preheated grill. Cook until chicken is no longer pink and juices run clear, 6 to 8 minutes on each side.

### **Lemon, Pine Nut, and Quinoa Salad**

Directions are for original recipe of 1 serving

1. Cook quinoa as per package directions.
2. Toast pine nuts in a dry pan until golden.
3. Mix quinoa, toasted pine nuts, and lemon juice until well combined. Enjoy!

### **Quick Buffalo Chicken Salad**

Directions are for original recipe of 1 serving

1. Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy!

### **Turkey and Avocado Wrap**

Directions are for original recipe of 1 serving

1. Core and cut avocado.
2. Wrap avocado in turkey and enjoy!

### **Asian Style Beef and Broccoli**

Directions are for original recipe of 4 serving

1. (Canned chicken stock will do fine) In a 10" skillet or wok heat the oil. Add the prepared vegetables.
2. Cook, stirring quickly and frequently until the vegetables are crisp tender and the onions are browned.
3. Stir in the beef strips and cook until done.
4. Add in the chicken broth and soy sauce. Optional to add cornstarch or guar gum to thicken the sauce.
5. Eat hot and enjoy!

### **Celery & Hummus**

Directions are for original recipe of 1 serving

1. Eat celery with hummus.

### **Black Bean Omelet**

Directions are for original recipe of 1 serving

1. Chop onion and tomato. Heat oil in a pan over medium heat. Once hot and the chopped onion and sauté until tender and translucent; set aside.
2. Whisk egg in a bowl. Pour into the hot pan and cook as an omelet, allowing the mixture to evenly coat the bottom of the pan and rotating as necessary to distribute the eggs evenly. Place beans in center with tomato and onion. Carefully fold eggs over to create omelet. Serve immediately, garnished with cilantro. Enjoy!

### **Whole Wheat Toast**

Directions are for original recipe of 1 serving

1. Put a slice of whole wheat bread into the toaster. Eat by itself or as a side.

### **Rice Cake with Cheese Snack**

Directions are for original recipe of 1 serving

1. Cut thin slices of cheese and place on top of rice cake. Microwave for 20 seconds, if desired. Sprinkle with black pepper and enjoy!

### **Yogurt with Almonds & Honey**

Directions are for original recipe of 1 serving

1. Rough-chop almonds and mix into yogurt and honey. Enjoy!

### **Cottage Cheese & Raspberries**

Directions are for original recipe of 1 serving

1. Combine cottage cheese and raspberries; serve.

### **Turkey Lettuce Rollups**

Directions are for original recipe of 1 serving

1. Lay out a large slice of lettuce, top with turkey. Sprinkle pepper over top and roll up. Repeat with remaining lettuce, turkey, and pepper. Enjoy!

### **Cottage Cheese with Cucumber and Tomato**

Directions are for original recipe of 1 serving

1. Chop cucumbers and tomatoes. Mix with cottage cheese and serve.

### **Strawberry Salad**

Directions are for original recipe of 1 serving

1. Heat oil in a pan over medium-high heat. Once hot add chicken to the pan and cook for 5-7 minutes per side, or until cooked through and no longer pink. Let rest 5 minutes before chopping into bite sized pieces.
2. Wash and cut strawberries in half.
3. Cut spinach into bite sizes.
4. Toss all the ingredients together until mixed well and dressing has evenly coated the ingredients.
5. Enjoy!

### **Zucchini Spears with Parmesan**

Directions are for original recipe of 3 serving

1. Bring a large pot of salted water to boil. Preheat broiler.
2. Cut zucchini lengthwise and cut into 1/4 inch wedges.
3. Cook zucchini in boiling water until crisp-tender, about 1 minute. Drain and place on a baking sheet.
4. Sprinkle with salt and parmesan cheese. Broil until cheese is melted and browned. Enjoy!

### **Turkey Egg White Omelet**

Directions are for original recipe of 1 omelet

1. Dice the onion and pepper. Lightly sauté in coconut oil over medium heat until tender, then remove vegetables from the pan and set aside.
2. Whisk egg white to fluffy, then add almond milk to egg whites. Pour eggs into skillet and let bottom firm slightly.
3. Put vegetables into eggs. Toss in chopped turkey. When partly cooked, fold egg over vegetables twice as you roll with your spatula into omelet form.
4. Continue cooking until eggs are cooked through. Plate and enjoy.

### **Strawberry protein smoothie**

Directions are for original recipe of 1 smoothie

1. Add 6 ice cubes to the mix and blend for 30 seconds

### **Cottage Cheese & Peaches**

Directions are for original recipe of 1 serving

1. Cut peach in half and remove pit.
2. Cut peach into bite-size pieces and mix with cottage cheese. Enjoy!

### **Spicy Yogurt Chicken Wrap**

Directions are for original recipe of 1 serving

1. Bring a pot of water to boil. Add chicken breast to water and boil for 8-12 minutes, or until chicken is cooked through and no longer pink. Drain and set aside to cool slightly. Chop into bite sized pieces.
2. Toss chicken with the yogurt, lime juice, and hot sauce.
3. Top tortilla with lettuce and the chicken mixture. Enjoy!

### **Cucumber & Hummus**

Directions are for original recipe of 1 serving

1. Cut cucumber into round slices and eat with hummus.

### **Peanut Butter Protein Balls**

Directions are for original recipe of 4 serving

1. Put the protein powder in a bowl, then stir in the the honey and peanut butter. Stir until everything is incorporated (it takes a while). Add chocolate chips and stir once more, until combined.
2. Roll into balls with your hands. Serve immediately or refrigerate for later. Enjoy!

### **Caprese Salad**

Directions are for original recipe of 1 serving

1. Slice tomatoes in half. Slice mozzarella into bite size pieces. Tear basil leaves into pieces. Mix. Drizzle with olive oil, salt, and pepper. Enjoy!

### **Vegan Potato Pancakes**

Directions are for original recipe of 10 pancake

1. Grate potatoes, dice onion, and mince garlic.
2. Combine all ingredients (other than oil) in a large bowl.
3. Add oil to a large skillet over medium-high heat. Form mixture into loose patties and add to the pan. Fry a couple of minutes until bottom is golden brown, flip, and do the same on the other side. Repeat until batter is used up.

### **Apples and Almond Butter on Toast**

Directions are for original recipe of 1 serving

1. Toast bread. While bread is toasting, cut half of an apple into slices.
2. Top toast with almond butter and sliced apples. Enjoy!

### **Peanut Butter and Apricot Jam Toast with Cottage Cheese**

Directions are for original recipe of 1 serving

1. Toast bread. Top with peanut butter and jam.
2. Serve with cottage cheese and enjoy!

### **Peanut Butter & Carrots**

Directions are for original recipe of 1 serving

1. Spread peanut butter on carrots and enjoy!

### **Tarragon and Dijon Chicken Salad**

Directions are for original recipe of 4 serving

1. Combine all ingredients in a bowl and mix well. Use as desired. Enjoy!

### **Toast with Tomato and Hummus**

Directions are for original recipe of 1 serving

1. Toast bread to your liking. Spread with hummus, then top with sliced tomatoes.

### **Turkey Sandwich**

Directions are for original recipe of 1 serving

1. Spread mayonnaise onto bread slices. Top with turkey, lettuce, and tomato. Bring sandwich halves together and enjoy!

### **Carrots with hummus**

Directions are for original recipe of 1 serving

1. Dip carrots into hummus, eat.

### **Chicken Soup**

Directions are for original recipe of 6 serving

1. In a large pot, add all the ingredients, except the noodles. Bring to a boil.
2. Reduce heat to low, cover and simmer for 10 minutes.
3. Remove the cover, stir in noodles. Cook uncovered for 8 more minutes. Serve and enjoy!
4. Recipe inspired by: <http://www.skinnykitchen.com/recipes/comforting-chicken-soup/>

### **Spinach, Pepper, and Tomato Scramble on Toast**

Directions are for original recipe of 1 serving

1. Beat the eggs in a bowl. Chop peppers, tomato, and spinach.
2. Coat a skillet with non-stick spray. Add peppers and sauté about 5 minutes, until tender. Add beaten eggs, spinach, and tomatoes. Scramble until eggs are set.
3. Toast bread.
4. Top toast with the eggs and enjoy!

### **Sun-Dried Tomato Turkey Rollups**

Directions are for original recipe of 1 serving

1. Chop sun-dried tomatoes into thin strips.
2. Spread cream cheese on tortilla, then place turkey, spinach and sun-dried tomatoes inside. Roll up, cut in half, and enjoy!

### **Herb-Parmesan Chicken Breast**

Directions are for original recipe of 4 breast

1. Place lemon zest, garlic and parsley on a cutting board. Gather and chop repeatedly until mixture resembles coarse sand. Set aside.
2. Place chicken between 2 sheets of waxed paper and pound flat with a rolling pin. Season with salt and pepper.
3. Melt butter in a large skillet with oil over medium-high heat. Add chicken; cook until browned, 2 to 3 minutes per side. Transfer to a plate and cover loosely with foil to keep warm.
4. Pour off fat from skillet and add broth. Increase heat to high and bring to a boil, stirring to pick up browned bits. Boil until liquid has thickened and reduced to 2 Tbsp., about 2 minutes.
5. Return chicken to skillet; top with cheese. Reduce heat to medium and cover. Heat until cheese is melted and chicken is cooked through, 3 minutes. Transfer to plates and drizzle with juices from skillet. Sprinkle with lemon-garlic mixture.

### **Feta Cucumber Boats**

Directions are for original recipe of 1 serving

1. Wash then cut the cumpers lengthwise. Carefully remove the seeds by scooping them out with a small spoon. Then, cut a small, thin strip off the bottom of the underside of the cucumber "boat" so that the cucumber half will set level, without falling over.
2. Use the other half of the cucumber and dice into 1/4 inch pieces. Combine the diced cucumbers with crumbled feta cheese, dill, salt and pepper.
3. Spoon the mixture into the cucumber boats, then slice into 1 1/2 inch pieces. Serve immediately.

### **Light Raspberry yogurt**

Directions are for original recipe of 1 cup

1. In a cup, mix raspberries with nonfat greek yogurt (I suggest using a fork to add smoothness) and honey. Let rest in the freezer for extra 10 minutes if you'd like a "froyo" texture, then beat with a fork again. Enjoy!

### **Cottage cheese and salsa**

Directions are for original recipe of 1 serving

1. Use chunky salsa for a better texture. Mix the two together and eat.

### **Kale Chips**

Directions are for original recipe of 2 serving

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!

### **Blackberry Yogurt Parfait**

Directions are for original recipe of 1 serving

1. Top yogurt with the blackberries, almonds, and flax. Serve and enjoy!

### **Ham Pinwheels**

Directions are for original recipe of 1 serving

1. Spread cream cheese on slice of ham. Roll up and cut into rounds.
2. Place one round on each slice of cucumber. Enjoy!

### **Cottage Cheese with Banana**

Directions are for original recipe of 1 serving

1. Slice banana and combine with cottage cheese. Serve.

### **Bacon Broccoli Salad**

Directions are for original recipe of 8 cup

1. Cook bacon in a pan over medium heat until desired crispiness is reached. Drain and chop.
2. Bring a pot of water to a boil. Blanche broccoli in boiling water for about 3 minutes. Drain and rinse under cool water.
3. Mix all ingredients in large bowl. Serve and enjoy!

### **Toast with Blueberries and Cream Cheese**

Directions are for original recipe of 1 serving

1. Toast bread to your liking.
2. Spread cream cheese on toast, top with berries and enjoy!

### **Cottage Cheese with Apples & Cinnamon**

Directions are for original recipe of 1 serving

1. Chop apple into bite-size pieces. Mix with cottage cheese and a dash of cinnamon. Enjoy!

### **Spicy Chicken soup**

Directions are for original recipe of 2 serving

1. Boil chicken for 15 mins with enough water to cover the pieces. Shred when cooked. KEEP broth!
  2. Peel and cut carrot and potato into small pieces. Place chicken, carrots, potato and cayenne pepper back into pot with broth and cook for 5 minutes.
  3. Diced avocado.
  4. Serve in bowl, garnish with avocado, cilantro leave, and drizzle the lime juice over it or serve with 1 lime slice per serving.
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# Grocery List












From 2020-07-27 to 2020-08-01

This list has subtracted any foods you have in your Pantry.



## VEGETABLES

	Sun-dried tomatoes	1/4 cup (14 g)
	Fresh cilantro Coriander leaves, raw	2 1/4 tbsp (2.25 g)
	Spinach Raw	3 1/2 cup (105 g)
	Zucchini Summer squash, includes skin, raw	1 1/4 medium (245 g)
	Green bell pepper Sweet, green, raw	2/3 medium (approx 2-3/4" long, 2-1/2" dia) (79 g)
	Lettuce Romaine or cos, raw	4 1/4 cup shredded (200 g)
	Cucumber With peel, raw	2 3/4 cucumber (8-1/4") (828 g)
	Cherry tomatoes Red, ripe, raw, year round average	1 1/3 cup cherry tomatoes (199 g)
	Tomatoes Red, ripe, raw, year round average	2 1/4 medium whole (2-3/5" dia) (277 g)
	Red bell pepper Sweet, raw	1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60 g)
	Parsley Raw	1 tbsp (3.8 g)
	Kale Raw	3 cup, chopped (201 g)
	Potato Flesh and skin, raw	1/2 Potato large (3" to 4-1/4" dia) (184 g)
	Roma tomatoes Red, ripe, raw. Also called Italian or plum tomato	1 tomato (62 g)
	Celery Raw	5 1/2 stalk, medium (7-1/2" - 8" long) (220 g)
	Broccoli Raw	1 1/2 cup chopped (136 g)



	Carrots Raw	4 1/2 large (7-1/4" to 8-1/2" long) (324 g)
	Onions Raw	1 1/4 medium (2-1/2" dia) (138 g)
	Garlic Raw	1/4 clove (0.75 g)
<b>FRUITS AND FRUIT JUICES</b>		
	Grapes Red or green, raw (european type, such as thompson seedless)	1/2 cup (76 g)
	Blackberries Raw	1 cup (144 g)
	Cranberries Sweetened, dried	1/4 cup (10 g)
	Raspberries Raw	1 1/4 cup (154 g)
	Strawberries Raw	2 cup, whole (288 g)
	Blueberries Raw	3/4 cup (111 g)
	Apples With skin	1 1/2 medium (3" dia) (273 g)
	Lime juice Raw	1/4 cup (60 g)
	Lemon juice Raw	4 2/3 tbsp (70 g)
	Lemon peel Raw	1/4 tbsp (1.5 g)
	Avocados Raw, All commercial varieties	1/2 fruit (100 g)
	Banana Raw	1 medium (7" to 7-7/8" long) (118 g)
	Peaches Raw	1 1/2 medium (2-2/3" dia) (225 g)
<b>DAIRY PRODUCTS</b>		
	Sugar Free Fat Free Pudding Cheesecake Flavor Jell-O	1 Serving (100 g)

	<b>Parmesan cheese</b> Shredded	3 tbsp (15 g)
	<b>Egg</b> Whole, fresh eggs	3 1/4 large (162 g)
	<b>Cheddar cheese</b>	1 1/3 oz (38 g)
	<b>Egg white</b> Raw, fresh eggs	5 egg white (separated from yolk) (200 g)
	<b>Whey protein powder</b> Gold Standard, Any flavor, 100% whey protein	2 1/4 scoop (30g) (68 g)
	<b>Mozzarella cheese</b> Part skim milk	1/2 oz (14 g)
	<b>Butter</b> Unsalted	1/4 tbsp (3.55 g)
	<b>Feta cheese</b>	1 oz (28 g)
	<b>Cream cheese</b> Low fat	9 tbsp (135 g)
	<b>Nonfat greek yogurt</b> Nonfat, plain	4 1/2 cup (1.08 kg)
	<b>Cottage cheese</b> Lowfat, 1% milkfat	8 3/4 cup, (not packed) (1.98 kg)


## BEVERAGES

	<b>Ice cubes</b> Frozen water	8 1/4 cube (183 g)
	<b>Water</b> Plain, clean water	1 1/4 cup (296 g)

## POULTRY PRODUCTS

	<b>Chicken breast</b> Broilers or fryers, meat only, raw	2 1/8 breast, bone and skin removed (502 g)
	<b>Canned chicken</b> No broth	2/3 cup (137 g)

## BEEF PRODUCTS

	<b>Beef top sirloin</b> Separable lean and fat, trimmed to 1/8" fat, all grades, raw	1 1/2 oz (43 g)
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## PORK PRODUCTS



**Bacon**  
Pork, cured, cooked, pan-fried

1/2 strip cooked (4 g)

## SAUSAGE AND LUNCH MEAT



**Deli cut turkey**  
White, rotisserie

23 2/3 slice (237 g)



**Sliced turkey**  
Light meat

6 slice oval (156 g)



**Sliced ham**  
Regular (approximately 11% fat)

2 3/4 slice (77 g)

## SPICES AND HERBS



**Ginger**  
Spices, ground

1/4 tbsp (1.35 g)



**Basil**  
Fresh

6 leaf, whole (3 g)



**Dijon mustard**  
Grey poupon

1/2 tbsp (7.5 g)



**Tarragon**  
Spices, dried

1/2 tbsp, leaves (0.9 g)



**Thyme**  
Spices, dried

1/4 tbsp, leaves (0.675 g)



**Dill**  
Fresh

1/4 tbsp (0.1375 g)



**Cayenne pepper**  
Spices, red or cayenne

1/4 tbsp (1.32 g)



**Cinnamon**  
Spices, ground

1/4 tbsp (1.95 g)



**Salt**  
Table

1/4 tbsp (4.5 g)



**Pepper**  
Spices, black

1/4 tbsp (1.6 g)

## SOUPS AND SAUCES



**Vinaigrette Raspberry**  
Compliments

2 tbsp (30 g)



















**Pepper or hot sauce**  
Ready-to-serve















3 1/3 tsp (16 g)



**Chicken broth**  
Soup, canned, less/reduced sodium

1 1/4 cup (300 g)

	<b>Salsa</b> Sauce, ready-to-serve	1/2 cup (130 g)
<b>SOY &amp; LEGUMES</b>		
	<b>Canned black beans</b> Low sodium, drained	1/3 cup (87 g)
	<b>Hummus</b> Commercial	24 tbsp (360 g)
	<b>Peanut butter</b> Chunk style, without salt	2 tbsp (32 g)
	<b>Soy sauce</b> Made from soy and wheat (shoyu)	1 1/2 tbsp (24 g)
<b>NUT AND SEED PRODUCTS</b>		
	<b>Pine nuts</b> Nuts, dried	1/4 cup (34 g)
	<b>Almond butter</b> Nuts, plain, without salt added	1 1/2 tbsp (24 g)
	<b>Flaxseed</b> Seeds	1/4 cup, whole (42 g)
	<b>Sunflower seed kernels</b> Seeds, dry roasted, without salt	1 1/2 tbsp (13 g)
	<b>Almonds</b> Nuts, raw	1/3 cup, whole (48 g)
	<b>Almond milk</b> Plain	1/4 cup (60 g)
	<b>Peanut Butter</b> Creamy Natural - Jif	1/2 tbsp (8.2 g)
<b>BREAKFAST CEREALS</b>		
	<b>Granola</b> Cereals ready-to-eat, homemade	1/2 cup (61 g)
<b>BAKED PRODUCTS</b>		
	<b>White bread</b> Commercially prepared (includes soft bread crumbs)	2/3 slice (17 g)
	<b>Tortillas</b> Ready-to-bake or -fry, flour	1 tortilla (approx 7-8" dia) (46 g)
	<b>Whole-wheat bread</b> Commercially prepared	8 slice (224 g)

	Croutons Seasoned	1/4 cup (10 g)
	Tortilla Reduced Carb - Trader Joe's	1/2 item (1 g)
<b>GRAINS AND PASTA</b>		
	Quinoa Cooked	1 cup (185 g)
	Buckwheat flour Whole-groat	1/4 cup (30 g)
	Egg noodles Cooked, enriched	1/2 cup (80 g)
<b>FATS AND OILS</b>		
	Mayonnaise-like dressing Regular, with salt	1 1/4 tbsp (18 g)
	Coconut oil	2/3 tbsp (9.1 g)
	Pam cooking spray Oil, original	1 spray , about 1/3 second (0.3 g)
	Vegetable oil Natreon canola, high stability, non trans, high oleic (70%)	1/4 tbsp (3.5 g)
	Olive oil Salad or cooking	2 1/2 tbsp (34 g)
<b>SWEETS</b>		
	Semisweet chocolate Candies	1/4 cup chips (6 oz package) (42 g)
	Jams and preserves	1/3 tbsp (6.7 g)
	Honey	1 3/4 tbsp (37 g)
<b>SNACKS</b>		
	Rice cakes Snacks, brown rice, plain	4 cake (36 g)