

1200 CALORIE HEALTHY LIVING MEAL PLAN

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	Scoops	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 and 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	Avocados, sliced, 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	Slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
3	Ounces	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 stack trimmed	1.00	4.00	0.00	20.00
2	Each	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			2.46	10.04	2.58	73.10
Dinner – Hamburger on Portabella Mushroom with Yam						
1	Patty	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	Whole	Mushroom, portabella, grilled	2.10	4.26	0.17	21.84
1	Medium	Salad – med. garden with 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 Total for Day 1			91.38	135.85	33.07	1192.00

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 2

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal Topped with Cinnamon, Nuts and Fruit						
1/2	Cup	Cereals, oats, slow cooking	2.71	11.22	1.06	64.35
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1/2	Ounce	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1/2	Cup	Strawberry halves, raw	0.51	5.84	0.23	24.32
Totals:			7.72	27.89	14.88	258.69
AM Snack – Apple with Goat Cheese						
1/2	Each	Apple, medium with peel	0.15	10.50	0.25	40.50
1/2	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 with Beans and Egg						
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	Egg, 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	Mushroom pieces, raw	1.08	1.15	0.12	7.70
4	Large	Olives	0.15	1.10	1.88	20.24
1/2	Cup	Pepper – sweet bell, all colors, chopped	0.60	4.6	0.10	19.00
1	Tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.4	8.02	71.84
3	Cups	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	Almonds	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	Ounces	Yogurt, Greek, non-fat, plain	12.00	4.67	0.00	66.67
Totals:			14.97	23.14	5.42	189.59
Dinner – Shrimp and 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	Ounces	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 – Kiwi Fruit						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
Total:			0.87	11.14	0.40	46.36
Actual Total for Day 2			72.25	132.14	49.40	1212.61

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 3

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Toast with Cashew Butter and Grapefruit						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
1/2	Large	Grapefruit (approx. 4-1/2" dia.), raw, pink	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	Cups	Strawberry halves, raw	0.51	5.84	0.23	24.32
3	Ounces	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 and Dressing						
1/2	Pita	Large (6-1/2" dia.) spelt	3.14	17.60	0.83	85.12
1/4	Cup	Feta cheese, crumbled	5.33	1.53	7.98	99.00
4	Large	Olives, ripe	0.15	1.10	1.88	20.24
2	Tablespoon	Salad dressing, Italian dressing,	0.08	1.88	5.60	56.00
2	Leaves	Spinach, raw	0.57	0.73	0.08	4.60
3	Ounces	Tuna, in water	15.00	0.00	1.00	90.00
1/4	Cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:			24.27	24.84	17.37	364.46
PM Snack – Hummus, Crackers and Celery						
4	Each	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
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 and Veggies						
1/2	Cup	Chopped broccoli	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
1.5	Ounces	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 and Pumpkin Seeds						
15	Each	Grapes, red	0.30	6.15	0.15	30.00
1/2	Ounce	Seeds, pumpkin raw	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

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DAY 4

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal with Milk and Fruit						
1/2	Each	Banana, medium 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:			01.35	12.20	5.00	91.00
Lunch – Veggie Burger in Pita						
1/4	Cup	Avocados, sliced, raw	0.73	3.11	5.35	58.40
1/2	Pita	Large (6-1/2" dia.), spelt	3.14	17.60	0.83	85.12
1	Tablespoon	Salad dressing, Italian dressing	0.04	0.94	2.80	28.00
2	Leaves	Spinach, raw	0.57	0.73	0.08	4.60
1	Patty	Veggie burgers	10.99	9.99	4.41	123.90
1/4	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	Kiwi fruit	0.87	11.14	0.40	46.36
8	Almonds	Nuts, raw	1.70	1.58	4.05	46.24
Totals:			2.57	12.72	4.45	92.60
Dinner – Grilled Salmon and Veggies						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
1/1	Ounce	Cheese, feta	2.01	0.58	3.02	37.42
3	Ounces	Fish, salmon, wild	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	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	0.54	10.51	0.24	41.33
1/2	Tablespoon	Seeds, flaxseed, ground	1.10	1.73	2.53	32.04
1	Container	Yogurt, plain, (8 oz.)	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 5

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal Topped with Fruit and Walnuts						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	Cup	Cereal ready-to-eat, KASHI GOLEAN	5.22	11.60	0.38	56.80
1/2	Ounce	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	Ounce	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 and 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
1/4	Cup	Mushroom pieces, raw	0.54	0.57	0.06	3.85
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
4	Tablespoons	Tomato sauce, no salt added	0.78	4.45	0.12	22.20
3	Each	Turkey Meatballs	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	0.74	7.34	0.40	31.98
1/2	Ounce	Seeds, chia seeds ground	2.21	6.22	4.36	69.46
1/2	Container	Yogurt, plain, low fat (4 oz.)	5.93	7.96	1.75	71.19
Totals:			8.88	21.51	6.51	172.63
Dinner – Salmon, Rice, Eggplant Topped with Cheese						
1	Tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1/2	Cup	Eggplant, boiled, drained, no salt (1" cubes)	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
1.5	Ounces	Salmon, broiled	9.40	0.00	5.25	87.00
Totals:			14.25	26.91	14.67	299.10
Evening Snack – Grapes and Nuts						
15	Each	Grapes, red	0.40	8.20	0.20	40.00
5	Almonds	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 6

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs on Toast and 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	Grapefruit, raw, pink (approx. 4-1/2" dia.)	1.05	13.41	0.17	53.12
Totals:			18.87	29.37	8.05	263.33
AM Snack – Cucumber and Pistachios						
1/2	Cup	Cucumber, raw, slices	0.40	1.40	0.00	7.00
1/2	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 Veggies to Salad)						
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
3	Ounces	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	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, low fat, 1% milk fat	14.01	3.05	1.13	81.36
Totals:			14.16	13.55	1.38	121.86
Dinner – Chicken, Veggies and Sweet Potato						
1	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
3	Ounces	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 and Blackberries						
1/2	Cup	Blackberries, raw	1.00	6.92	0.35	30.96
1/2	Ounce	Seeds, sunflowers, 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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 7

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs and Berries						
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 with 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:			2.30	22.75	4.58	128.50
Lunch – Veggie 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.) 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	Mushroom pieces, raw	1.08	1.15	0.12	7.70
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
1	Patty	Veggie burger	10.99	9.99	4.41	123.90
Totals:			16.60	35.68	17.75	357.44
PM Snack – Nuts and Veggie						
8	Almond	Nuts, almonds, raw	1.70	1.58	4.05	46.24
1	Medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:			2.72	7.10	4.25	70.04
Dinner – Halibut, Broccoli and Cauliflower with Rice						
1/2	Cup	Broccoli, chopped, steamed	1.86	5.60	0.32	27.30
1/2	Cup	Cauliflower, steamed (1" pieces)	1.14	2.55	0.28	14.26
3	Ounces	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	Yogurt, plain (8 oz.)	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 8

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs, Nuts and Fruit with Cinnamon						
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	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1/2	Cup	Strawberry halves, raw	1.51	5.84	0.23	24.32
Totals:			14.79	10.46	19.46	264.88
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 – Chicken and Bean Salad						
1/2	Cup	Beans, adzuki, boiled, no salt	8.65	28.49	0.12	147.20
3	Ounces	Chicken breast, white meat	19.50	0.00	1.20	93.00
1	Cup	Green salad with raw vegetables	1.00	4.00	0.00	22.00
1	Tablespoon	Italian salad dressing	0.04	0.94	2.80	28.00
Totals:			29.19	33.42	4.12	290.20
PM Snack – Yogurt and Fruit						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
8	Ounces	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 and Vegetables						
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	Ounces	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
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
1/2	Cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:			23.41	25.78	16.71	355.75
Evening Snack – Cheese and Crackers						
1	Ounce	Cheese, goat, semi soft	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 9

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Blueberry 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	Cashews, raw	5.00	9.00	13.00	160.00
Totals:			5.00	9.00	13.00	160.00
Lunch – Stuffed Turkey Meatballs and Spaghetti Squash						
1	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
1	Cup	Squash, spaghetti, cubed, 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 – Almonds and Apple						
1/2	Ounces	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	Ounces	Halibut, broiled	22.50	0.00	3.00	120.00
1	Cup	Kale, chopped, steamed	2.47	7.32	0.52	36.40
1	Cup	Mushrooms, sliced, 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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes (See Recipe) and Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Each	Puff pancakes	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	Egg, organic, hard-boiled	6.00	0.0	5.00	7.00
1	Cup	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			7.84	8.98	5.45	108.74
Lunch – Chicken and Bean Salad						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
1/2	Cup	Beans, adzuki	8.65	28.49	0.12	147.20
3	Ounces	Chicken breast/white meat	18.00	0.00	0.00	93.00
1/2	Tablespoon	Olive oil, extra virgin	2.60	19.00	0.80	98.00
1	Large	Salad, large garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			30.40	51.74	16.71	490.70
PM Snack – Hummus and Celery						
6	Each	Celery, raw stalk trimmed	3.00	12.00	0.00	60.00
2	Tablespoons	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			4.46	18.04	2.58	113.10
Dinner – Japanese Dinner: Miso Soup, Salmon and Soybeans						
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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 11

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs with Toast and Berries						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
1	Large	Eggs, organic	6.00	0.00	5.00	70.00
1	Tablespoon	Nuts, cashew nuts, raw	1.32	2.81	3.99	49.36
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
		Totals:	12.34	29.48	9.94	248.00
AM Snack – Avocado and 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 and Soup						
1	Teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	Large	Pickles, cucumber, dill (4" long)	0.84	5.56	0.26	24.30
3	Ounces	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	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 and Chia Seeds						
1	Cup	Cottage cheese, 1% fat	28.00	6.20	2.30	164.00
1/2	Ounce	Seeds, chia, ground	2.21	6.22	4.36	69.46
		Totals:	30.21	12.42	6.66	233.46
Dinner – Shrimp and 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	Ounces	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 12

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cherry Smoothie (Blend Ingredients)						
1/2	Cup	Cherries, sour, red, raw, without pits	0.78	9.44	0.23	38.75
2	Scoop	Protein powder	24.00	8.00	3.00	150.00
1/2	Ounce	Seeds, 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 – Crackers, Goat Cheese and Cucumbers						
1/2	Ounce	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 and Lentil Soup						
3	Ounces	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, mixed, 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 and Almonds						
1/2	Ounce	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 and 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	Ounces	Halibut, broiled	30.00	0.00	4.00	160.00
1	Small	Salad, garden with 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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 13

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Buckwheat, Kefir and 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	Peach slices, raw	0.77	8.11	0.21	33.15
Totals:			9.26	33.56	1.83	174.43
AM Snack – Hummus and 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, large garden with tomato and onion	2.60	19.00	0.80	98.00
1	Ounce	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 and 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 and Veggies						
3	Ounces	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, steamed	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 14

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Mushroom Omelet with Cheese and Veggie Slices						
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	Mushrooms, sliced, 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, sliced	1.00	5.70	0.40	26.00
Totals:			19.97	10.90	23.21	327.55
AM Snack – Grapefruit and Pumpkin Seeds						
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, large garden with tomato and onion	2.60	19.00	0.80	98.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			15.60	49.14	9.80	351.15
PM Snack – Guacamole with Veggie						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
1	Cup	Peppers, chopped, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			2.63	13.23	9.25	131.24
Dinner – Stuffed Meatballs with Spaghetti Squash (See Recipe)						
4	Ounces	Beef, ground, 95% lean meat, 5% fat	23.98	0.00	5.60	153.44
1	Cup	Kale, chopped, steamed	2.47	7.32	0.52	36.40
1	Cup	Squash, spaghetti, baked	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 15

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Fruit and 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	Ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
Totals:			17.69	24.00	6.31	215.42
AM Snack – Eggs and 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 – Meatball Leftovers						
3	Ounces	Beef, ground, 95% lean meat/5% fat, raw	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 and Walnuts						
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			2.83	27.02	9.13	189.56
Dinner – Pizza, Chicken and Salad						
3	Ounces	Chicken breast, white meat	19.50	0.00	1.20	93.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Slice, large	Veggie pizza	9.16	27.48	10.99	237.62
1	Tablespoon	Vinegar, apple 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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 16

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Strawberries and Banana Protein Shake						
1/2	Each	Banana, medium 8"	0.60	13.35	0.30	52.50
2	Scoop	Protein powder	24.00	8.00	3.00	150.00
1	Cup	Strawberry halves, 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 and 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, 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 and Cream Cheese						
8	Medium	Carrots, baby, raw	0.00	0.00	0.00	32.00
1	Ounces	Cream cheese, light	3.00	2.00	5.00	60.00
3	Ounces	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 and 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	Broccoli, chopped, steamed	1.86	5.60	0.32	27.30
3	Ounces	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/	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 17

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Greek Yogurt and 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	Ounces	Yogurt, Greek, non-fat	18.00	7.00	0.00	100.00
		Totals:	24.46	38.46	9.42	320.04
AM Snack – Hummus and 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	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	Ounces	Roast beef, organic, nitrate free	14.00	0.00	3.00	90.00
1	Large	Salad, garden with tomato and 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	Ounces	Almonds, raw	3.00	3.05	7.00	81.50
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
		Totals:	3.70	28.15	7.00	179.50
Dinner – Sushi						
1	Medium	Salad, garden with 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 pieces	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

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	Tablespoons	Coconut flour	2.93	11.85	2.93	88.50
2	Large	Eggs, organic, hard-boiled	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	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			18.18	14.89	0.10	128.20
Lunch – Spinach and Goat Cheese Salad						
1	Ounce	Cheese, goat, hard type	8.65	0.62	10.09	128.14
1	Large	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
1/2	Ounce	Nuts, pine nuts, raw	3.83	3.66	19.14	188.44
4	Cups	Spinach, raw	3.43	4.36	0.47	27.60
1	Cup	Strawberry halves, 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 and Broccoli						
1	Cup	Broccoli flowerets, raw	2.12	3.72	0.25	19.88
2	Tablespoons	Hummus, home prepared	1.46	6.04	2.58	53.10
Totals:			3.57	9.76	2.83	72.98
Dinner – Steak and Cauliflower Rice (See Recipe)						
4	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, ¼ inch trim	23.56	0.00	13.82	225.67
1	Cup	Cauliflower, boiled, drained, no salt (1" pieces)	2.28	5.10	0.56	28.52
1/2	Cup	Coleslaw, home prepared	0.77	7.45	1.57	41.40
1/2	Cup	Mushroom pieces, shiitake, cooked, no salt	1.13	10.43	0.16	40.60
2	Tablespoons	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 19

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Peanut Butter Protein Shake (Blend Ingredients)						
1/2	Each	Banana, medium, 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	0.00	0.00	0.00	0.00
		Totals:	27.60	25.10	11.38	290.00
AM Snack – Avocado and Peppers						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
1	Cup	Peppers, chopped, 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 and Veggies						
3	Ounces	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	Ounces	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, steamed	5.20	23.80	0.20	108.00
		Totals:	25.61	28.21	15.17	344.57
PM Snack – Apple and 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 and Black Beans						
1/4	Cup	Beans, black, boiled, no salt	3.81	10.20	0.23	56.76
1	Cup	Cabbage, shredded, stir fry	1.53	6.69	0.65	33.00
4	Ounces	Chicken breast, white meat	26.00	0.00	1.60	124.00
1	Teaspoon	Oil, peanut, cooking	0.00	0.00	4.00	35.36
2	Tablespoons	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	Peppers, chopped or diced, hot chili, green, raw	0.38	1.77	0.04	7.50
4	Tablespoon	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 20

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal and Hard-boiled Egg						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Large	Egg, organic, hard-boiled	6.00	0.00	5.00	70.00
1/2	Ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
1	Pack	Hot cereal, 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 Added Turkey and Salad						
2	Ounces	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, large garden with tomato and 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 and Vegetables						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	Ounces	Fish, whitefish, cooked	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	Zucchini, baked	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

1200 CALORIE HEALTHY LIVING MEAL PLAN

DAY 21

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Scrambled Eggs with Spinach, Onion and Wasa Crackers						
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, raw	5.40	6.80	0.40	42.00
		Totals:	25.50	8.90	19.40	304.00
AM Snack – Pear with Walnuts						
1/2	Ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
		Totals:	2.83	27.02	9.13	189.56
Lunch – Subway						
1	Large	Salad, large garden with tomato and 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 and Pumpkin Seeds						
1/2	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1/2	Ounce	Seeds, pumpkin raw	4.67	1.90	5.97	73.99
		Totals:	5.21	12.41	6.21	115.32
Dinner – Fish and Broccoli Rabe						
1	Cup	Broccoli rabe, chopped (see recipe)	3.71	11.20	0.64	54.60
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
3	Ounces	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