

1500 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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
1	Cup	Water	0.00	0.00	0.00	0.00
Totals:			33.08	46.71	16.55	432.27
AM Snack – Hard Boiled Egg and Cucumber						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
Totals:			12.80	2.80	10.00	144.00
Lunch – Open-Faced Turkey Sandwich						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Cup	Avocados, raw, sliced, 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						
4	Each	Celery, raw stack trimmed	2.00	8.00	0.00	40.00
3	Each	Hummus, home prepared	2.19	9.05	3.87	79.65
Totals:			4.19	17.05	3.87	119.65
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	Piece	Mushrooms, Portabella, whole, grilled	2.10	4.26	0.17	21.84
1	Medium	Salad, 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
1	Cup	Yam, baked	2.00	37.60	0.20	158.00
Totals:			28.24	56.25	6.08	413.03
Actual Total for Day 1			105.75	166.87	48.36	1500.77

1500 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	Oats, slow cooked	2.71	11.22	1.06	64.35
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			10.44	39.94	19.47	352.47
AM Snack – Apple with Goat Cheese						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Ounce	Cheese, goat, soft	2.63	0.13	2.99	37.99
Totals:			2.93	21.13	3.49	118.99
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	Mushrooms, raw	1.08	1.15	0.12	7.70
6	Large	Olives	0.22	1.65	2.82	30.36
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:			19.01	34.11	17.66	352.59
PM Snack – Yogurt Parfait						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
5	Almonds	Almonds, raw	1.06	0.99	2.53	28.90
1/2	Tablespoon	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:			15.23	28.40	5.54	210.26
Dinner – Shrimp, Spelt Pasta, Mix Tomato, Zucchini and Oil						
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
2	Ounces	Spelt pasta	8.00	40.00	1.00	190.00
1/2	Cup	Zucchini	0.00	3.00	0.00	14.40
Totals:			32.15	49.03	9.23	409.72
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			80.62	183.75	55.78	1490.39

1500 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	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			7.86	32.82	8.57	227.04
AM Snack – Yogurt Parfait						
1/2	Tablespoon	Flaxseed, ground	1.10	1.73	2.53	32.04
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
4	Ounces	Yogurt, Greek, non-fat, plain	12.00	4.67	0.00	66.67
Totals:			14.12	18.07	2.99	147.35
Lunch – Pita Filled with Tuna, Feta, Veggies and Dressing						
1/2	Pita	Pita (approx 6-1/2" dia.), spelt	3.14	17.60	0.83	85.12
1/4	Cup	Cheese, feta, crumbled	5.33	1.53	7.98	99.00
6	Olives	Olives, large, ripe	0.22	1.65	2.82	30.36
2	Tablespoons	Salad dressing, Italian	0.08	1.88	5.60	56.00
2	Leaves	Spinach, raw	0.57	0.73	0.08	4.60
4	Ounces	Tuna, in water	20.00	0.00	1.33	120.00
1/4	Cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:			29.34	25.39	18.64	404.58
PM Snack – Hummus, Cracker and Celery						
4	Each	Celery, raw, trimmed	2.00	8.00	0.00	40.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
1	Cracker	Wasa Cracker, light rye	1.00	7.00	0.00	30.00
Totals:			5.92	27.07	5.15	176.20
Dinner – Spaghetti with Salmon and Veggies						
1/2	Cup	Broccoli, chopped	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	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3	Ounces	Salmon, broiled	18.81	0.00	10.50	174.00
1/2	Cup	Spaghetti, spelt or kamut	3.73	18.58	0.38	86.80
1/8	Cup	Tomato, diced	0.00	1.00	0.00	4.75
Totals:			26.79	27.41	26.66	453.72
Evening Snack – Grapes and Pumpkin Seeds						
15	Grapes	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			88.99	138.82	68.14	1512.88

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 4

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast - Cereal with Milk, Fruit and Nuts						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
1/2	Fruit	Banana, medium	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:			17.60	48.40	12.30	314.00
AM Snack – Apple Topped with Almond Butter						
1/2	Tablespoon	Almond Butter, raw	1.20	1.70	4.75	50.50
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			1.50	22.70	5.25	131.50
Lunch – Veggie Burger in Pita						
1/2	Cup	Avocados, raw, sliced	1.46	6.23	10.70	116.80
1/2	Pita	Pita (approx 6-1/2" dia.), spelt	3.14	17.60	0.83	85.12
1	Tablespoon	Salad dressing, Italian	0.04	0.94	2.80	28.00
2	Leaves	Spinach, raw	0.57	0.73	0.08	4.60
1	Patty	Burger, veggie	10.99	9.99	4.41	123.90
1/4	Cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:			16.20	37.48	18.82	367.92
PM Snack – Kiwi and Walnuts						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
Totals:			3.00	13.06	9.52	137.92
Dinner – Grilled Salmon, Asparagus Topped with Feta and Oil						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
1	Ounce	Cheese, feta	4.03	1.16	6.03	74.84
3	Ounces	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	Potato	Sweet potato, baked in skin, small	1.21	12.43	0.09	54.00
Totals:			30.40	15.89	18.20	348.43
Evening Snack – Yogurt Parfait						
1/2	Cup	Blueberries, raw	0.54	10.51	0.24	41.33
1/2	Tablespoon	Flaxseed, ground	1.10	1.73	2.53	32.04
8	Ounces	Yogurt, Greek, plain	13.01	17.43	0.41	127.12
Totals:			14.64	29.67	3.18	200.49
Actual Totals for Day 4			83.34	167.20	67.27	1500.26

1500 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	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1/2	Cup	KASHI GoLEAN	5.22	11.60	0.38	56.80
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			9.43	36.53	13.99	271.01
AM Snack – Crackers with Cheese						
1	Ounce	Cheese, goat, soft	5.25	0.25	5.98	75.98
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			7.25	14.25	5.98	135.98
Lunch – Turkey Meatballs and Lentils						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1/4	Cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
1/4	Cup	Mushrooms, raw	0.54	0.57	0.06	3.85
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
4	Tablespoons	Tomato sauce, no salt	0.78	4.45	0.12	22.20
3	Meatballs	Turkey Meatballs	15.00	6.00	6.00	150.00
Totals:			26.49	30.83	20.59	414.99
PM Snack – Yogurt Parfait						
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
4	Ounces	Yogurt, Greek, plain	5.93	7.96	1.75	71.19
Totals:			9.62	28.86	6.91	204.61
Dinner – Salmon, Rice, Eggplant Topped with Cheese						
1	Tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1	Cup	Eggplant, boiled, no salt, (1" cubes)	0.82	8.64	0.23	34.65
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
3	Ounces	Salmon, broiled	18.81	0.00	10.50	174.00
Totals:			24.07	31.23	20.04	403.43
Evening Snack – Grapes and Nuts						
20	Grapes	Grapes, red	0.40	8.20	0.20	40.00
5	Almonds	Almonds, raw	1.06	0.99	2.53	28.90
Totals:			1.46	9.19	2.73	68.90
Actual Totals for Day 5			78.32	150.89	70.23	1498.91

1500 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
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
1	Egg	Egg, large, hard-boiled	6.29	0.56	5.30	77.50
1/2	Fruit	Grapefruit, raw, pink (approx 4-1/2" dia.)	1.05	13.41	0.17	53.12
		Totals:	26.40	29.78	10.13	316.04
AM Snack – Cucumber and Pistachios						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	Ounce	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						
3/4	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	10.50	90.00
1	Salad	Salad, large 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
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
2	Crackers	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:	26.41	50.14	22.80	515.15
PM Snack – Apple and Cottage Cheese						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1/2	Cup	Cheese, cottage, low fat, 1% milk fat	14.01	3.05	1.13	81.36
		Totals:	14.31	24.05	1.63	162.36
Dinner – Chicken, Veggies and Sweet Potato						
1	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
4	Ounces	Chicken breast, white meat	26.00	0.00	1.60	124.00
1	Cup	Pepper, sweet bell, all colors, chopped	1.20	9.20	0.20	38.00
1/2	Cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
		Totals:	32.92	41.11	2.59	306.60
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			107.47	162.13	50.77	1505.54

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 7

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Berries						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
2	Slices	Bacon, pork, cured	5.79	0.22	7.01	88.78
Totals:			18.86	21.23	17.49	311.43
AM Snack – Apple Topped with Peanut Butter						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
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	Avocados, raw, sliced	0.73	3.11	5.35	58.40
1/2	Pita	Pita (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	Mushrooms, raw	1.08	1.15	0.12	7.70
1/2	Tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
2	Tablespoon	Onion, chopped	0.20	1.80	0.00	8.00
1	Patty	Veggie burger	10.99	9.99	4.41	123.90
Totals:			16.60	35.68	17.75	357.44
PM Snack – Nuts and Veggie						
8	Almonds	Almonds, raw	1.70	1.58	4.05	46.24
1	Pepper	Pepper, 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 (1" pieces), steamed	1.14	2.55	0.28	14.26
4.5	Ounces	Fish, halibut, Pacific	34.03	0.00	3.75	178.50
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1/2	Cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:			39.54	30.53	19.22	458.28
Evening Snack – Yogurt Parfait						
1/2	Cup	Raspberries, raw	0.74	7.34	0.40	31.98
1/2	Tablespoon	Flaxseed, ground	1.10	1.73	2.53	32.04
8	Ounces	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:			14.84	26.51	3.34	191.14
Actual Totals for Day 7			94.87	143.81	66.62	1516.84

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 8

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs, Nuts and Fruit						
2	Eggs	Eggs, large, organic	12.00	0.00	10.00	140.00
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			15.15	13.59	19.59	280.20
AM Snack – Kiwi						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
Totals:			0.87	11.14	0.40	46.36
Lunch – Egg and Bean Salad						
1/2	Cup	Avocados, sliced raw	1.46	6.23	10.70	116.80
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	Salad dressing, Italian	0.04	0.94	2.80	28.00
Totals:			30.65	39.65	14.82	407.00
PM Snack – Yogurt and Fruit						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			19.07	28.01	0.48	182.65
Dinner – Shrimp and Spaghetti						
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
6	Ounces	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
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:			41.17	25.78	17.61	439.75
Evening Snack – Cheese and Crackers						
1	Ounce	Cheese, goat, semi soft	5.25	0.25	5.98	75.98
2	Crackers	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			114.16	132.43	58.86	1491.94

1500 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	Scoops	Protein powder	24.00	8.00	3.00	150.00
1	Ounce	Chia seeds, dried	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			30.50	43.44	16.20	411.57
AM Snack – Cashews and Tomatoes						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
4	Slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
Totals:			5.00	9.00	13.00	176.00
Lunch – Meatballs with Spaghetti Squash						
1	Cup	Broccoli, steamed, chopped	3.71	11.20	0.64	54.60
1	Cup	Spaghetti squash, cubed, raw	0.65	6.98	0.58	31.31
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
4	Meatballs	Meatballs, homemade	20.00	8.00	8.00	200.00
Totals:			27.53	44.26	9.70	376.19
PM Snack – Almonds and Apple						
1/2	Ounces	Almonds, raw	3.00	3.05	7.00	81.50
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			3.30	24.05	7.50	162.50
Dinner – Halibut and Veggies						
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
5	Ounces	Halibut, broiled	37.50	0.00	5.00	200.00
1	Cup	Kale, chopped, steamed	2.47	7.32	0.52	36.40
1	Cup	Mushroom slices, white, stir-fried	3.87	4.36	0.36	28.08
Totals:			43.84	11.68	19.48	381.48
Actual Totals for Day 9			110.17	132.43	65.88	1507.74

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 10

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes and Apple						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
3	Pancakes	Puff pancakes	42.00	9.30	3.45	246.00
Totals:			42.30	30.30	3.95	327.00
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
4	Ounces	Chicken breast, white meat	24.00	0.00	0.00	124.00
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
1	Large	Salad, large garden with tomato and onion	2.60	19.00	0.80	98.00
Totals:			36.40	51.74	23.71	581.70
PM Snack – Hummus and Celery						
6	Stalks	Celery, raw, 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 – Miso Soup, Salmon and Soybeans						
1	Cup	Miso Soup	1.00	4.00	1.00	32.00
4	Sashimi	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			119.67	114.03	43.80	1500.36

1500 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
2	Eggs	Eggs, organic	12.00	0.00	10.00	140.00
1	Tablespoon	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:			18.34	29.48	14.94	318.00
AM Snack – Avocado and Peppers						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Peppers, chopped, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			3.78	17.48	18.05	223.74
Lunch – Turkey Sandwich and Soup						
1	Teaspoon	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	Cucumber	Pickles, 4" long, dill	0.84	5.56	0.26	24.30
4	Ounces	Turkey breast slices, nitrate free	28.00	0.00	0.00	100.00
2	Crackers	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:			34.03	36.95	1.41	277.60
PM Snack – Cottage Cheese and Chia Seeds						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Cottage cheese, 1% fat	28.00	6.20	2.30	164.00
1/2	Ounce	Chia seeds, ground	2.21	6.22	4.36	69.46
Totals:			30.51	33.42	7.16	314.46
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
4	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
Totals:			33.23	34.69	14.80	399.52
Actual Totals for Day 11			119.89	152.03	56.36	1533.32

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 12

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cherry Smoothie						
1/2	Cup	Cherries, without pits, sour, red, raw	0.78	9.44	0.23	38.75
2	Scoops	Protein powder	24.00	8.00	3.00	150.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
Totals:			30.20	31.87	15.95	367.67
AM Snack – Crackers, Goat Cheese and Cucumbers						
1/2	Ounce	Cheese, goat, soft	2.59	0.12	2.95	37.52
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	Crackers	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						
4	Ounces	Chicken breast, white meat	26.00	0.00	1.60	124.00
1/4	Cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
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:			35.74	36.49	15.99	423.50
PM Snack – Apple and Almonds						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
1	Fruit	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	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
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:			49.84	11.94	20.50	430.75
Actual Totals for Day 12			124.48	121.28	62.89	1495.94

1500 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	Cup	Peaches, slices, raw	1.55	16.22	0.42	66.30
Totals:			10.04	41.67	2.05	207.58
AM Snack – Hummus and Cauliflower						
1	Cup	Cauliflower, raw	1.98	5.30	0.10	25.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
Totals:			4.90	17.37	5.25	131.20
Lunch – Tuna Salad						
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1	Large	Salad, 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	Cup	Tuna, solid white in water	60.00	0.00	4.00	280.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			71.95	26.95	17.74	554.14
PM Snack – Apple and Cashew Nut Butter						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			3.11	25.41	8.41	174.92
Dinner – Steak and Veggies						
4	Ounces	Beef, organic flank, separable lean only, trimmed, choice, cooked	30.67	0.00	9.33	219.87
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:			35.87	23.80	23.13	444.87
Actual Totals for Day 13			125.86	135.20	56.58	1512.70

1500 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	Eggs	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	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Tomato	Tomato, sliced	1.00	5.70	0.40	26.00
Totals:			19.97	10.90	30.21	392.55
AM Snack – Grapefruit and Pumpkin Seeds						
1	Fruit	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1	Ounce	Seeds, pumpkin raw	6.96	5.05	13.00	153.37
Totals:			8.16	28.85	13.20	245.37
Lunch – Turkey Stew with Salad						
1	Cup	Turkey stew	13.00	30.00	9.00	250.00
1	Large	Salad, 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						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Chopped peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			3.78	17.48	18.05	223.74
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	Spaghetti squash, 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			178.14	141.78	78.27	1534.78

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 15

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Fruit and Cottage Cheese						
1	Cup	Cottage Cheese, 1% fat	28.00	6.20	2.30	164.00
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:			31.69	27.10	7.46	297.42
AM Snack – Eggs and Cucumber						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
2	Eggs	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
Totals:			12.80	2.80	10.00	154.00
Lunch – Meatball Leftovers						
4	Ounces	Beef, ground, 95% lean meat, 5% fat, raw	23.98	0.00	5.60	153.44
1	Cup	Kale, chopped, steamed	2.47	7.32	0.52	36.40
1/2	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
1	Cup	Spaghetti squash, 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:			30.64	35.41	14.01	381.97
PM Snack – Pear and Walnuts						
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Fruits	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						
5	Ounces	Chicken breast, white meat	32.50	0.00	2.00	155.00
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Slice	Veggie pizza	9.16	27.48	10.99	237.62
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
Totals:			44.26	46.62	13.79	493.77
Actual Totals for Day 15			122.22	138.95	54.39	1516.72

1500 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	Banana	Banana, medium	0.60	13.35	0.30	52.50
2	Scoops	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	Tomato	Tomato, small, 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	Carrots	Carrots, baby, raw	0.00	0.00	0.00	32.00
1	Ounces	Cream cheese, light	3.00	2.00	5.00	60.00
4	Ounces	Salmon, smoked, lox, regular	20.47	0.00	4.84	131.04
2	Cup	Shredded lettuce, green leaf, raw	0.98	2.01	0.11	10.80
1	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
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	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			26.67	21.32	24.04	431.07
PM Snack – Apple and Cashew Nut Butter						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	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						
4	Fl. ounces	Wine, red, Cabernet, Sauvignon	0.08	3.02	0.00	97.44
1/2	Cup	Chopped broccoli, steamed	1.86	5.60	0.32	27.30
6	Ounces	Shrimp, moist heat	35.55	0.00	1.84	168.30
1/2	Cup	Kamut, cooked	5.55	26.20	0.78	125.56
1/2	Cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
Totals:			44.62	43.85	3.18	463.74
Actual Totals for Day 16			106.25	137.70	51.40	1490.41

1500 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
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
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	Stalks	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
Totals:			4.92	20.07	5.15	146.20
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	Tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
4	Ounces	Roast Beef, organic, nitrate free	28.00	0.00	6.00	180.00
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:			34.69	35.02	21.31	490.99
PM Snack – Pear with Almonds						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
1	Fruit	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, medium garden with tomato, onion	1.95	14.25	0.60	74.00
2	Sashimi	Salmon sashimi	12.20	0.00	3.40	82.00
6	Pieces	Spicy salmon rolls	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			90.92	182.50	50.29	1541.78

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 18

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes						
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	Eggs	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
1/3	Tablespoon	Honey, unpasteurized, raw	0.03	5.19	0.00	19.20
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	Egg	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
1	Ounce	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	1.02	11.67	0.46	48.64
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			23.01	23.03	35.16	476.90
PM Snack – Hummus and Broccoli						
1	Cup	Broccoli flowerets, raw	2.12	3.72	0.25	19.88
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
Totals:			5.03	15.79	5.40	126.08
Dinner – Steak and Cauliflower Rice						
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	2.28	5.10	0.56	28.52
1	Cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	Cup	Mushrooms, shiitake, cooked, no salt	2.26	20.87	0.32	81.20
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
Totals:			29.86	42.65	17.83	426.19
Actual Totals for Day 18			93.41	111.62	80.92	1486.87

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 19

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Peanut Butter Protein Shake						
1/2	Banana	Banana, medium	0.60	13.35	0.30	52.50
1	Tablespoon	Peanut butter	4.00	3.50	8.15	95.00
2	Scoops	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	0.00	0.00	0.00	0.00
Totals:			29.60	26.85	15.45	337.50
AM Snack – Avocado and Peppers						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Cup	Peppers, chopped, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:			3.78	17.48	18.05	223.74
Lunch – Low Carb Noodles with Salmon and Veggies						
4	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
2	Tablespoons	Sesame seeds, whole, raw	3.19	4.22	8.94	103.14
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:			33.47	30.32	23.14	454.14
PM Snack – Apple and Cashew Nut Butter						
1	Fruit	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			3.11	25.41	8.41	174.92
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	Shredded cabbage, 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	Peanut oil, 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	Chopped peppers, hot chili, green, raw	0.38	1.77	0.04	7.50
4	Tablespoons	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			103.07	129.73	71.76	1500.92

1500 CALORIE HEALTHY LIVING MEAL PLAN

DAY 20

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal and Hardboiled Egg						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Egg	Egg, organic, hard boiled	6.00	0.00	5.00	70.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Pack	Organic oatmeal	4.00	19.00	2.00	110.00
Totals:			14.58	34.13	15.82	327.92
AM Snack – Apple with Cheese						
1	Fruit	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						
4	Ounces	Turkey breast, white meat	26.00	0.00	1.60	124.00
1	Cup	Turkey Veggie Stew	13.00	30.00	9.00	250.00
1	Large	Salad, 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:			41.68	51.72	11.40	486.08
PM Snack – Grapefruit and Walnuts						
1	Fruit	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			5.46	27.64	18.46	275.12
Dinner – Fish and Vegetables						
8	Spears	Asparagus, baked	3.54	2.30	0.50	21.60
3	Ounces	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	Zucchini, baked, sliced	1.15	7.07	0.09	28.80
Totals:			25.49	9.38	20.98	316.60
Actual Totals for Day 20			91.65	144.20	68.34	1516.13

1500 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	Eggs	Egg, boiled, white only	14.00	1.20	0.00	68.00
1	Egg	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
2	Crackers	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			27.50	22.90	19.40	364.00
AM Snack – Pear with Walnuts						
1/2	Ounce	Walnuts, raw	2.13	1.92	9.13	91.56
1	Fruit	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, 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	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
Totals:			10.42	24.82	12.42	230.64
Dinner – Fish and Broccoli Rabe						
1	Cup	Chopped broccoli rabe	3.71	11.20	0.64	54.60
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
Totals:			48.71	11.20	13.44	353.10
Actual Totals for Day 21			110.06	150.92	59.67	1515.30