

1700 CALORIE HEALTHY LIVING MEAL PLAN

DAY 1

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Green Protein Shake with Wasa Crackers						
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
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
1	Cup	Water, bottled	0.00	0.00	0.00	0.00
Totals:			35.08	60.71	16.55	492.27
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 –Turkey Sandwich and Salad						
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
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
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
4	Ounces	Turkey breast slices, nitrate free	28.00	0.00	0.00	100.00
Totals:			38.45	59.06	12.37	486.82
PM Snack – Hummus and Celery						
5	Each	Celery, raw stalk, trimmed	2.50	10.00	0.00	50.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
Totals:			5.42	22.07	5.15	156.20
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, whole, portabella, 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			119.98	200.89	50.15	1702.32

1700 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	Cereal, oats, slow cooking	2.71	11.22	1.06	64.35
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	Ounce	Seeds, chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberries halves, raw	1.02	11.67	0.46	48.64
Totals:			12.58	41.86	28.60	444.03
AM Snack – Apple with Goat Cheese						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
Totals:			5.55	21.25	6.48	156.98
Lunch – Spinach Salad with Beans and Egg						
1/4	Cup	Chickpeas cooked	3.63	11.24	1.06	67.24
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
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 pieces, raw	1.08	1.15	0.12	7.70
6	Large	Olives, ripe	0.22	1.65	2.82	30.36
1/2	Cup	Peppers, 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:			19.41	35.51	17.66	359.59
PM Snack – Yogurt Parfait						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
5	Almonds	Nuts, almonds, raw	1.06	0.99	2.53	28.90
1	Tablespoon	Seeds, flaxseed, ground	2.19	3.47	5.06	64.08
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			22.33	32.46	8.07	275.63
Dinner – Shrimp, Pasta, 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			92.88	191.26	70.43	1692.31

1700 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	Large	Grapefruit (approx. 4-1/2" dia.), raw, pink	2.09	26.83	0.33	106.24
1	Tablespoon	Cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			8.90	46.24	8.74	280.16
AM Snack – Yogurt Parfait						
1	Tablespoon	Flaxseed, ground	2.19	3.47	5.06	64.08
1	Cup	Strawberries halves, raw	1.02	11.67	0.46	48.64
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			21.21	22.14	5.52	212.72
Lunch – Pita Filled with Tuna, Feta, Veggies and Dressing						
1	Pita	Large, 6-1/2" dia., spelt	6.27	35.20	1.66	170.24
1/4	Cup	Cheese, feta, crumbled	5.33	1.53	7.98	99.00
6	Large	Olives, 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:			32.48	42.99	19.47	489.70
PM Snack – Hummus, Cracker and Celery						
4	Each	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
1	Each	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	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			100.27	173.90	71.67	1716.50

1700 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	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:			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	Each	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, sliced	Avocados, raw	1.46	6.23	10.70	116.80
1	Pita	Large, 6 1/2 inch diam. spelt	6.27	35.20	1.66	170.24
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	Veggie burgers	10.99	9.99	4.41	123.90
1/4	Cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:			19.34	57.08	19.65	462.54
PM Snack – Kiwi and Walnuts						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
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	Fish, salmon, wild	21.62	0.00	6.91	154.70
1/2	Tablespoon	Olive oil, pure	0.00	0.00	4.66	43.29
1	Small	Sweet potato, baked in skin	0.00	0.00	7.00	65.00
Totals:			30.40	15.89	20.54	370.14
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			88.61	188.72	79.57	1708.15

1700 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	Cereals ready-to-eat, Kashi GOLEAN	5.22	11.60	0.38	56.80
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Unsweetened almond milk	1.00	2.00	4.00	40.00
Totals:			11.56	38.45	23.12	362.57
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 – Turkey Meatballs and Lentils						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1/2	Cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1/2	Cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
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:			31.50	41.37	20.84	476.26
PM Snack – Yogurt Parfait						
1	Cup	Raspberries, raw	1.48	14.69	0.80	63.96
1	Ounce	Seeds, chia seeds ground	4.43	12.43	8.72	138.92
1/2	Container	Yogurt, plain, low fat, 4 oz.	5.93	7.96	1.75	71.19
Totals:			11.84	35.07	11.27	274.07
Dinner – Salmon, Rice, Eggplant Topped with Cheese						
1	Tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1	Cup	Eggplant, boiled, drained, 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	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			87.67	169.56	83.97	1721.20

1700 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	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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:	41.46	30.58	14.28	421.46
AM Snack – Cucumber and Pistachios						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Ounce	Nuts, pistachio nuts, raw	5.84	7.93	12.60	157.91
		Totals:	6.64	10.73	12.60	171.91
Lunch – Salmon Salad and Soup (Add Extra Veggies to Salad)						
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
3	Ounces	Salmon, broiled	18.81	0.00	10.50	174.00
2	Tablespoons	Vinegar, apple cider	0.00	0.28	0.00	6.30
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:	26.41	50.28	26.30	548.30
PM Snack – Apple and Cottage Cheese						
1	Each	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			125.45	167.04	64.72	1723.07

1700 CALORIE HEALTHY LIVING MEAL PLAN

DAY 7

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Bacon, Eggs and Berries with Wasa Crackers						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
2	Slice, cooked	Pork, cured, bacon	5.79	0.22	7.01	88.78
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
Totals:			20.86	35.23	17.49	371.43
AM Snack – Apple Topped with Peanut Butter						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Tablespoon	Peanut butter, natural	4.00	3.50	8.15	95.00
Totals:			4.30	24.50	8.65	176.00
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, pieces	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	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	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
1/2	Cup	Cauliflower (1" pieces), steamed	1.14	2.55	0.28	14.26
6	Ounces	Fish, halibut, Pacific	45.37	0.00	5.00	238.00
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:			52.74	36.13	20.79	545.09
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			112.07	165.16	72.27	1711.14

1700 CALORIE HEALTHY LIVING MEAL PLAN

DAY 8

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast –Eggs on Toast with Nuts and Fruit						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
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	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			19.15	28.59	20.09	360.20
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, sliced	Avocados, raw, all varieties	1.46	6.23	10.70	116.80
1/2	Cup	Beans, adzuki, boiled, no salt	8.65	28.49	0.12	147.20
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
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:			50.15	39.65	16.02	500.00
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	Cup	Zucchini, boiled, drained	0.00	5.00	0.00	28.80
Totals:			43.10	28.98	19.04	475.70
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			139.59	150.63	61.99	1700.89

1700 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	Seeds, chia seeds, dried	4.43	12.43	8.72	138.92
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			31.50	45.44	20.20	451.57
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, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	Cup, cubes	Squash, spaghetti, raw	0.65	6.98	0.58	31.31
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
5	Each	Meatballs (see recipe)	25.00	10.00	10.00	250.00
Totals:			32.53	46.26	11.70	426.19
PM Snack – Almonds and Apple						
1	Ounces	Almonds, raw	6.00	6.10	14.00	163.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			6.30	27.10	14.50	244.00
Dinner – Halibut and Veggies						
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	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:			51.34	11.68	20.48	421.48
Actual Totals for Day 9			126.67	139.48	79.88	1719.24

1700 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
4	Each	Puff pancakes	32.43	38.63	11.02	302.92
Totals:			32.73	39.63	11.52	383.92
Lunch – Chicken and Bean Salad						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1/2	Cup	Beans, adzuki	8.65	28.49	0.12	147.20
5	Ounces	Chicken breast, white meat	30.00	0.00	0.00	155.00
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:			43.55	55.99	32.52	705.20
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			130.72	136.58	70.62	1703.86

1700 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	Large	Eggs, organic	12.00	0.00	10.00	140.00
1	Tablespoon	Nuts, cashew nuts, raw	1.32	2.81	3.99	49.36
1	Cup	Strawberries 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	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1	Teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
1	Large	Pickles, 4" long, cucumber, 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	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:	39.74	46.80	1.63	329.12
PM Snack – Cottage Cheese and Chia Seeds						
1	Each	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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
		Totals:	32.73	39.63	11.52	383.92
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
5	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
		Totals:	39.50	34.69	18.30	457.52
Actual Totals for Day 11			134.08	168.09	64.44	1712.30

1700 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, 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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			31.20	33.87	19.95	407.67
AM Snack – Crackers, Goat Cheese and Cucumbers						
1	Ounce	Cheese, goat, soft type	5.19	0.25	5.90	75.04
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:			7.99	17.05	5.90	149.04
Lunch – Chicken and Lentil Soup						
4	Ounces	Chicken breast, white meat	26.00	0.00	1.60	124.00
1/2	Cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
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:			40.21	46.45	16.18	480.92
PM Snack – Apple and Almonds						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			6.30	27.10	14.50	244.00
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			135.54	136.42	77.03	1712.38

1700 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, slices	Peaches, 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 with Soup						
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
1	Cup	Amy's Organic Minestrone Soup	3.00	17.00	1.00	90.00
Totals:			74.95	43.95	18.74	644.14
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						
4	Fl. ounces	Alcoholic beverage, wine, red, Cabernet Sauvignon	0.08	3.02	0.00	97.44
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:			35.95	26.82	23.13	542.31
Actual Totals for Day 13			128.94	155.21	57.58	1700.14

1700 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
3/4	Cup	Egg substitute, liquid	22.59	1.20	6.23	158.13
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
1	Cup	Mushrooms sliced, white, stir-fried	3.87	4.36	0.36	28.08
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Small	Tomato, sliced	1.00	5.70	0.40	26.00
Totals:			44.49	14.29	36.62	564.72
AM Snack – Grapefruit and Pumpkin Seeds						
1	Each	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 (see recipe)	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	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			102.67	145.17	84.68	1706.95

1700 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	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
Totals:			33.90	33.32	11.82	366.88
AM Snack – Eggs 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	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	Chopped kale, steamed	2.47	7.32	0.52	36.40
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	14.00	120.00
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:			30.64	35.41	21.01	441.97
PM Snack – Pear and Walnuts						
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			4.96	28.94	18.26	281.12
Dinner – Pizza, Chicken and Salad						
4	Ounces	Chicken breast, white meat	26.00	0.00	1.60	124.00
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:			37.76	46.62	13.39	462.77
Actual Totals for Day 15			120.07	147.09	74.47	1706.74

1700 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	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	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
4	Ounces	Fish, 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	Each	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	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						
4	Fl. ounces	Alcoholic beverage, 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	Crustaceans, shrimp, moist heat	35.55	0.00	1.84	168.30
1	Cup	Kamut, cooked	11.09	52.39	1.57	251.12
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			53.61	84.69	4.53	661.74
Actual Totals for Day 16			115.24	178.54	52.74	1688.41

1700 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	Each	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 – Roast Beef Sandwich with Salad						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
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:			38.69	50.02	21.81	570.99
PM Snack – Pear with Almonds						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			6.70	31.20	14.00	261.00
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			97.92	200.55	57.79	1703.28

1700 CALORIE HEALTHY LIVING MEAL PLAN

DAY 18

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Coconut Flour Pancakes with Apple (See Recipe)						
1	Tablespoon	Almond butter	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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:			17.63	36.25	22.93	410.50
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
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
1	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	1.02	11.67	0.46	48.64
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			29.01	23.03	40.16	546.90
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 (See Recipe)						
5	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, ¼ inch trim	29.46	0.00	17.28	282.08
1	Cup	(1 inch pieces) 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, pieces	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:			35.75	42.65	21.29	482.60
Actual Totals for Day 18			105.60	132.62	89.87	1694.28

1700 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	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, bottled	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						
1	Cup	Miso soup	1.00	4.00	1.00	32.00
4	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
2	Tablespoons	Seeds, 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:			34.47	34.32	24.14	486.14
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 – Mexican Stir Fry Chicken and Black Beans						
1/2	Cup	Beans, black, boiled, no salt	7.62	20.39	0.46	113.52
1	Cup	Shredded cabbage, stir fry	1.53	6.69	0.65	33.00
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
2	Teaspoons	Oil, peanut, cooking	0.00	0.00	8.00	70.72
3	Tablespoons	Onion, chopped	0.30	2.70	0.00	12.00
1	Cup	Pepper, sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
1/8	Cup	Chopped or diced 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:			50.02	40.75	11.75	468.74
Actual Totals for Day 19			120.98	144.82	77.79	1691.04

1700 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
2	Large	Egg, organic, hard-boiled	12.00	0.00	10.00	140.00
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Pack	Hot cereal, organic oatmeal	4.00	19.00	2.00	110.00
Totals:			20.58	34.13	20.82	397.92
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 (See Recipe) with Added Turkey and Salad						
6	Ounces	Turkey breast, white meat	39.00	0.00	2.40	186.00
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:			54.68	51.72	12.20	548.08
PM Snack – Grapefruit and Walnuts						
1	Each	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1	Ounce	Nuts, 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
4.5	Ounces	Fish, whitefish, cooked	31.20	0.00	9.58	219.30
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:			35.89	9.38	24.17	389.70
Actual Totals for Day 20			121.05	144.20	77.34	1721.23

1700 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
2	Large	Eggs, organic	12.00	0.00	10.00	140.00
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	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			33.50	22.90	24.40	434.00
AM Snack – Pear with Walnuts						
1	Ounce	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1	each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			4.96	28.94	18.26	281.12
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	Seeds, pumpkin raw	9.35	3.81	11.94	147.99
Totals:			10.42	24.82	12.42	230.64
Dinner – Fish and Broccoli Rabe (See Recipe)						
1	Cup	Chopped broccoli rabe	3.71	11.20	0.64	54.60
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
6	Ounces	Halibut, broiled	45.00	0.00	6.00	240.00
Totals:			48.71	11.20	20.24	411.60
Actual Totals for Day 21			118.19	152.84	80.60	1735.36