

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 1**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Green Protein Shake with Wasa Crackers</b>						
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 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	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>35.08</b>	<b>60.71</b>	<b>16.55</b>	<b>492.27</b>
<b>AM Snack – Hard Boiled Eggs, Cucumber and Pear</b>						
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
8	Large	Olives, ripe	0.27	2.00	3.42	36.80
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>13.77</b>	<b>29.90</b>	<b>13.42</b>	<b>288.80</b>
<b>Lunch – Turkey Sandwich and Salad</b>						
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
6	Ounces	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
<b>Totals:</b>			<b>52.45</b>	<b>59.06</b>	<b>12.37</b>	<b>536.82</b>
<b>PM Snack – Hummus and Celery</b>						
5	Each	Celery, raw stack trimmed	2.50	10.00	0.00	50.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
<b>Totals:</b>			<b>5.42</b>	<b>22.07</b>	<b>5.15</b>	<b>156.20</b>
<b>Dinner – Hamburger on Portabella Mushroom with Yam</b>						
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	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
1	Cup	Yam, baked	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>8.89</b>	<b>61.00</b>	<b>6.28</b>	<b>437.03</b>
<b>Actual Total for Day 1</b>			<b>2135.60</b>	<b>232.75</b>	<b>53.76</b>	<b>1911.12</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 2

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal Topped with Cinnamon, Nuts and Fruit</b>						
1	Cup	Cereal, oats, slow cooking	5.43	22.44	2.13	128.70
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
1	Cup	Strawberries halves, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>15.29</b>	<b>53.08</b>	<b>29.66</b>	<b>508.38</b>
<b>AM Snack – Apple with Goat Cheese</b>						
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
<b>Totals:</b>			<b>5.55</b>	<b>21.25</b>	<b>6.48</b>	<b>156.98</b>
<b>Lunch – Spinach Salad with Beans and Egg</b>						
1/2	Cup	Chickpeas cooked	7.27	22.48	2.12	134.48
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
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	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
<b>Totals:</b>			<b>29.11</b>	<b>47.62</b>	<b>23.72</b>	<b>499.50</b>
<b>PM Snack – Yogurt Parfait</b>						
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	Tablespoon	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
<b>Totals:</b>			<b>22.33</b>	<b>32.46</b>	<b>8.07</b>	<b>275.63</b>
<b>Dinner – Shrimp, Pasta, Tomato, Zucchini and Oil</b>						
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
<b>Totals:</b>			<b>32.15</b>	<b>49.03</b>	<b>9.23</b>	<b>409.72</b>
<b>Evening Snack – Kiwi Fruit</b>						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
<b>Total:</b>			<b>0.87</b>	<b>11.14</b>	<b>0.40</b>	<b>46.36</b>
<b>Actual Total for Day 2</b>			<b>105.29</b>	<b>214.59</b>	<b>77.55</b>	<b>1896.57</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 3

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast - Toast with Cottage Cheese, Cashew Butter and Grapefruit</b>						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
1/2	Cup	Cottage cheese, 1% fat	14.00	3.10	1.15	82.00
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
<b>Totals:</b>			<b>22.90</b>	<b>49.34</b>	<b>9.89</b>	<b>362.16</b>
<b>AM Snack – Yogurt Parfait</b>						
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
<b>Totals:</b>			<b>21.21</b>	<b>22.14</b>	<b>5.52</b>	<b>212.72</b>
<b>Lunch – Pita Filled with Tuna, Feta, Veggies and Dressing</b>						
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
8	Large	Olives, ripe	0.30	2.20	3.76	40.48
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
6	Ounces	Tuna, in water	30.00	0.00	2.00	180.00
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>			<b>32.48</b>	<b>42.99</b>	<b>19.47</b>	<b>489.70</b>
<b>PM Snack – Hummus, Cracker and Celery</b>						
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
<b>Totals:</b>			<b>6.92</b>	<b>31.07</b>	<b>5.15</b>	<b>196.20</b>
<b>Dinner – Spaghetti with Salmon and Veggies</b>						
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
<b>Totals:</b>			<b>26.79</b>	<b>27.41</b>	<b>26.66</b>	<b>453.72</b>
<b>Evening Snack – Grapes and Pumpkin Seeds</b>						
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
<b>Totals:</b>			<b>4.97</b>	<b>8.05</b>	<b>6.12</b>	<b>103.99</b>
<b>Actual Totals for Day 3</b>			<b>125.91</b>	<b>184.28</b>	<b>74.50</b>	<b>1902.72</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 4**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cereal with Milk, Fruit and Nuts</b>						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.000
1/2	Each	Banana	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
		<b>Totals:</b>	<b>20.60</b>	<b>51.45</b>	<b>19.30</b>	<b>395.50</b>
<b>AM Snack – Apple Topped with Almond Butter</b>						
1	Tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
		<b>Totals:</b>	<b>2.70</b>	<b>24.40</b>	<b>10.00</b>	<b>182.000</b>
<b>Lunch – Veggie Burger in Pita</b>						
1/2	Cup, sliced	Avocados, raw	1.46	6.23	10.70	116.80
1	Pita	Pita, (6 1/2 inch diam.)	6.27	35.20	1.66	170.24
1	Tablespoon	Salad dressing, Italian	0.04	0.94	2.80	28.00
4	Leaves	Spinach, raw	1.14	1.45	0.16	9.20
1	Patty	Veggie burgers	10.99	9.99	4.41	123.90
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
		<b>Totals:</b>	<b>19.91</b>	<b>57.81</b>	<b>19.73</b>	<b>467.14</b>
<b>PM Snack – Kiwi and Walnuts</b>						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
		<b>Totals:</b>	<b>3.00</b>	<b>13.06</b>	<b>9.52</b>	<b>137.92</b>
<b>Dinner – Grilled Salmon, Asparagus Topped with Feta and Oil</b>						
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	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
		<b>Totals:</b>	<b>30.40</b>	<b>15.89</b>	<b>27.54</b>	<b>435.14</b>
<b>Evening Snack – Yogurt Parfait</b>						
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
1	Container	Yogurt, plain	13.01	17.43	0.41	127.12
		<b>Totals:</b>	<b>14.64</b>	<b>29.67</b>	<b>3.18</b>	<b>200.49</b>
<b>Actual Totals for Day 4</b>			<b>93.38</b>	<b>194.20</b>	<b>98.40</b>	<b>1909.75</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 5**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast - Cereal Topped with Fruit and Walnuts</b>						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3/4	Cup	Cereals ready-to-eat, KASHI GoLEAN by Kellogg	10.44	23.20	0.76	113.60
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>16.78</b>	<b>50.05</b>	<b>23.50</b>	<b>419.37</b>
<b>AM Snack – Apple and Crackers with Cheese</b>						
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
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>7.55</b>	<b>35.25</b>	<b>6.48</b>	<b>216.98</b>
<b>Lunch – Turkey Meatballs and Lentils</b>						
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
4	Each	Turkey meatballs	20.00	8.00	8.00	200.00
<b>Totals:</b>			<b>36.50</b>	<b>43.37</b>	<b>22.84</b>	<b>526.26</b>
<b>PM Snack – Yogurt Parfait</b>						
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
1/2	Container	Yogurt, plain, low fat	5.93	7.96	1.75	71.19
<b>Totals:</b>			<b>11.84</b>	<b>35.07</b>	<b>11.27</b>	<b>274.07</b>
<b>Dinner – Salmon, Rice, Eggplant Topped with Cheese</b>						
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
<b>Totals:</b>			<b>24.07</b>	<b>31.23</b>	<b>20.04</b>	<b>403.43</b>
<b>Evening Snack – Grapes and Nuts</b>						
20	Each	Grapes, red	0.40	8.20	0.20	40.00
5	Almonds	Almonds, raw	1.06	0.99	2.53	28.90
<b>Totals:</b>			<b>1.46</b>	<b>9.19</b>	<b>2.73</b>	<b>68.90</b>
<b>Actual Totals for Day 5</b>			<b>98.19</b>	<b>204.16</b>	<b>86.85</b>	<b>1909.00</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 6**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Eggs on Toast and Fruit</b>						
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
<b>Totals:</b>			<b>41.46</b>	<b>30.58</b>	<b>14.28</b>	<b>421.46</b>
<b>AM Snack – Cucumber and Pistachios</b>						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	Ounce	Pistachio nuts, raw	5.84	7.93	12.60	157.91
<b>Totals:</b>			<b>6.64</b>	<b>10.73</b>	<b>12.60</b>	<b>171.91</b>
<b>Lunch – Salmon Salad and Soup (Add extra veggies to salad)</b>						
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
5	Ounces	Salmon, broiled	31.35	0.00	17.50	290.00
1	Tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
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
<b>Totals:</b>			<b>8.95</b>	<b>50.14</b>	<b>33.30</b>	<b>661.15</b>
<b>PM Snack – Apple and Cottage Cheese</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Cottage cheese, low fat, 1% milk fat	28.02	6.10	2.26	162.72
<b>Totals:</b>			<b>28.32</b>	<b>27.10</b>	<b>2.76</b>	<b>243.72</b>
<b>Dinner – Chicken, Veggies and Sweet Potato</b>						
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
<b>Totals:</b>			<b>32.92</b>	<b>41.11</b>	<b>2.59</b>	<b>306.60</b>
<b>Evening Snack – Sunflower Seeds and Blackberries</b>						
1/2	Cup	Blackberries, raw	1.00	6.92	0.35	30.96
1/2	Ounce	Sunflowers, raw	2.71	3.37	6.97	81.48
<b>Totals:</b>			<b>3.71</b>	<b>10.29</b>	<b>7.32</b>	<b>112.44</b>
<b>Actual Totals for Day 6</b>			<b>152.00</b>	<b>169.95</b>	<b>72.85</b>	<b>1917.28</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 7**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Bacon, Eggs and Berries with Wasa Crackers</b>						
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	Bacon	5.79	0.22	7.01	88.78
2	Each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>20.86</b>	<b>35.23</b>	<b>17.49</b>	<b>371.43</b>
<b>AM Snack – Apple Topped with Peanut Butter</b>						
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
<b>Totals:</b>			<b>4.30</b>	<b>24.50</b>	<b>8.65</b>	<b>176.00</b>
<b>Lunch – Veggie Burger in Pita</b>						
1/4	Cup	Avocados, raw, all varieties	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
2	Patties	Veggie burgers	21.98	19.98	8.82	247.80
<b>Totals:</b>			<b>27.59</b>	<b>45.67</b>	<b>22.16</b>	<b>481.34</b>
<b>PM Snack – Nuts and Veggie</b>						
12	Almonds	Almonds, raw	2.55	2.37	6.08	69.36
1	Medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
<b>Totals:</b>			<b>2.72</b>	<b>7.10</b>	<b>4.25</b>	<b>70.04</b>
<b>Dinner – Halibut, Broccoli and Cauliflower with Rice</b>						
1	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
1	Cup	Cauliflower (1" pieces), steamed	2.28	5.10	0.56	28.52
6	Ounces	Halibut, Pacific	45.37	0.00	5.00	238.00
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
3/4	Cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
<b>Totals:</b>			<b>55.14</b>	<b>49.88</b>	<b>21.51</b>	<b>613.46</b>
<b>Evening Snack – Yogurt Parfait</b>						
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
1	Container	Yogurt, plain	13.01	17.43	0.41	127.12
<b>Totals:</b>			<b>14.84</b>	<b>26.51</b>	<b>3.34</b>	<b>191.14</b>
<b>Actual Totals for Day 7</b>			<b>126.31</b>	<b>189.68</b>	<b>79.42</b>	<b>1926.53</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 8**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Eggs on Toast with Nuts and Fruit</b>						
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	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>21.28</b>	<b>30.51</b>	<b>29.21</b>	<b>451.76</b>
<b>AM Snack – Kiwi</b>						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
<b>Totals:</b>			<b>0.87</b>	<b>11.14</b>	<b>0.40</b>	<b>46.36</b>
<b>Lunch – Egg and Bean Salad</b>						
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
<b>Totals:</b>			<b>50.15</b>	<b>39.65</b>	<b>16.02</b>	<b>500.00</b>
<b>PM Snack – Yogurt and Fruit</b>						
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
<b>Totals:</b>			<b>19.07</b>	<b>28.01</b>	<b>0.48</b>	<b>182.65</b>
<b>Dinner – Shrimp and Spaghetti</b>						
5	Fl. ounce	Wine, red, Cabernet, Sauvignon	0.10	3.77	0.00	121.80
2	Tablespoons	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
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
<b>Totals:</b>			<b>43.20</b>	<b>32.75</b>	<b>19.04</b>	<b>597.50</b>
<b>Evening Snack – Cheese and Crackers</b>						
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
<b>Totals:</b>			<b>7.25</b>	<b>14.25</b>	<b>5.98</b>	<b>135.98</b>
<b>Actual Totals for Day 8</b>			<b>141.82</b>	<b>156.32</b>	<b>71.12</b>	<b>1914.25</b>



## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 9

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Blueberry Smoothie</b>						
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
2	Cups	Unsweetened Almond Milk	2.00	4.00	8.00	80.00
<b>Totals:</b>			<b>31.50</b>	<b>45.44</b>	<b>20.20</b>	<b>451.57</b>
<b>AM Snack – Cashews with Crackers, Cream Cheese and Tomatoes</b>						
1	Ounce	Cashews, raw	5.00	9.00	13.00	160.00
1	Ounce	Cream cheese, light	3.00	2.00	5.00	60.00
4	Slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<b>Totals:</b>			<b>10.00</b>	<b>25.00</b>	<b>18.00</b>	<b>296.00</b>
<b>Lunch – Meatballs with Spaghetti Squash</b>						
1	Cup	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
56	Each	Meatballs	30.00	12.00	12.00	300.00
<b>Totals:</b>			<b>37.53</b>	<b>48.26</b>	<b>13.70</b>	<b>476.19</b>
<b>PM Snack – Almonds and Apple</b>						
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
<b>Totals:</b>			<b>6.30</b>	<b>27.10</b>	<b>14.50</b>	<b>244.00</b>
<b>Dinner – Halibut and Veggies</b>						
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
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
<b>Totals:</b>			<b>51.54</b>	<b>13.48</b>	<b>20.48</b>	<b>429.48</b>
<b>Actual Totals for Day 9</b>			<b>136.87</b>	<b>159.28</b>	<b>86.88</b>	<b>1897.24</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 10

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Puff Pancakes (see recipe) and Apple</b>						
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
<b>Totals:</b>			<b>32.73</b>	<b>39.63</b>	<b>11.52</b>	<b>383.92</b>
<b>AM Snack – Chopped Eggs and Peppers</b>						
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
1	Cup	Peppers, sweet, red, raw, chopped	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>13.48</b>	<b>12.98</b>	<b>11.45</b>	<b>203.74</b>
<b>Lunch – Chicken and Bean Salad</b>						
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
6	Ounces	Chicken breast, white meat	36.00	0.00	0.00	186.00
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
<b>Totals:</b>			<b>49.55</b>	<b>55.99</b>	<b>32.52</b>	<b>768.20</b>
<b>PM Snack – Hummus and Celery</b>						
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
2	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	4.00
<b>Totals:</b>			<b>4.46</b>	<b>18.04</b>	<b>2.58</b>	<b>117.10</b>
<b>Dinner – Miso Soup, Salmon, Tuna and Soybeans</b>						
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
4	Each	Tuna sashimi	26.40	0.00	1.08	124.00
<b>Totals:</b>			<b>62.91</b>	<b>13.95</b>	<b>14.64</b>	<b>446.90</b>
<b>Actual Totals for Day 10</b>			<b>163.12</b>	<b>140.58</b>	<b>72.70</b>	<b>1919.86</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 11**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Eggs with Toast and Berries</b>						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
2	Large	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	Strawberries halves, raw	1.02	11.67	0.46	48.64
<b>Totals:</b>			<b>37.40</b>	<b>45.29</b>	<b>19.60</b>	<b>503.42</b>
<b>AM Snack – Avocado and Peppers</b>						
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
<b>Totals:</b>			<b>3.78</b>	<b>17.48</b>	<b>18.05</b>	<b>223.74</b>
<b>Lunch – Turkey Sandwich and Soup</b>						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
1	Teaspoon	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
<b>Totals:</b>			<b>39.74</b>	<b>46.80</b>	<b>1.63</b>	<b>329.12</b>
<b>PM Snack – Cottage Cheese and Chia Seeds</b>						
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
<b>Totals:</b>			<b>32.73</b>	<b>39.63</b>	<b>11.52</b>	<b>383.92</b>
<b>Dinner – Shrimp and Rice</b>						
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
6	Ounces	Salmon, broiled	31.35	0.00	17.50	290.00
<b>Totals:</b>			<b>39.50</b>	<b>34.69</b>	<b>18.30</b>	<b>457.52</b>
<b>Actual Totals for Day 11</b>			<b>153.14</b>	<b>183.89</b>	<b>69.10</b>	<b>1897.72</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 12**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Cherry Smoothie (blend ingredients)</b>						
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
<b>Totals:</b>			<b>31.20</b>	<b>33.87</b>	<b>19.95</b>	<b>407.67</b>
<b>AM Snack – Crackers, Goat Cheese and Cucumbers</b>						
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
<b>Totals:</b>			<b>7.99</b>	<b>17.05</b>	<b>5.90</b>	<b>149.04</b>
<b>Lunch – Chicken and Lentil Soup</b>						
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
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	Squash, butternut, cubes, baked, no salt	1.84	21.50	0.18	82.00
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
<b>Totals:</b>			<b>55.05</b>	<b>67.96</b>	<b>17.16</b>	<b>624.92</b>
<b>PM Snack – Apple and Almonds</b>						
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
<b>Totals:</b>			<b>6.30</b>	<b>27.10</b>	<b>14.50</b>	<b>244.00</b>
<b>Dinner – Coconut Fish and Asparagus</b>						
1/4	Ounce	Almonds, raw	1.50	1.52	3.50	40.75
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
<b>Totals:</b>			<b>51.34</b>	<b>13.47</b>	<b>24.00</b>	<b>471.50</b>
<b>Actual Totals for Day 12</b>			<b>151.88</b>	<b>159.45</b>	<b>81.52</b>	<b>1897.13</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 13**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Buckwheat, Kefir and Peaches</b>						
1	Cup	Buckwheat groats, roasted, cooked	5.68	33.50	1.04	154.56
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
<b>Totals:</b>			<b>12.88</b>	<b>58.42</b>	<b>2.57</b>	<b>284.86</b>
<b>AM Snack – Hummus and Cauliflower</b>						
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
<b>Totals:</b>			<b>4.90</b>	<b>17.37</b>	<b>5.25</b>	<b>131.20</b>
<b>Lunch – Tuna Salad with Soup</b>						
1	Tablespoon	Mayonnaise, low fat	0.00	4.00	1.00	25.00
8	Large	Olives, ripe	0.27	2.00	3.42	36.80
1	Large	Salad, garden with tomato and onion	2.60	19.00	0.80	98.00
1	Ounce	Pumpkin seeds, 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
<b>Totals:</b>			<b>75.22</b>	<b>45.95</b>	<b>22.16</b>	<b>680.94</b>
<b>PM Snack – Apple and Cashew Nut Butter</b>						
1	Each	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
<b>Totals:</b>			<b>3.11</b>	<b>25.41</b>	<b>8.41</b>	<b>174.92</b>
<b>Dinner – Steak and Veggies</b>						
4	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.08	3.02	0.00	97.44
6	Ounces	Beef, organic flank, separable, lean only, trimmed, choice, cooked	46.00	0.00	14.00	329.80
1	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	Cup	Vegetables, steamed	5.20	23.80	0.20	108.00
<b>Totals:</b>			<b>51.28</b>	<b>26.82</b>	<b>27.80</b>	<b>652.24</b>
<b>Actual Totals for Day 13</b>			<b>147.38</b>	<b>173.97</b>	<b>66.19</b>	<b>1924.16</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 14**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Mushroom Omelet with Cheese and Veggie Slices</b>						
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
1	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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
		<b>Totals:</b>	<b>52.02</b>	<b>14.69</b>	<b>38.70</b>	<b>617.43</b>
<b>AM Snack – Grapefruit and Pumpkin Seeds</b>						
1	Each	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1	Ounce	Pumpkin seeds, raw	6.96	5.05	13.00	153.37
		<b>Totals:</b>	<b>8.16</b>	<b>28.85</b>	<b>13.20</b>	<b>245.37</b>
<b>Lunch – Turkey Stew with Salad</b>						
8	Medium	Carrots, baby, raw	0.00	0.00	0.00	32.00
1	Cup	Turkey stew, see recipe	13.00	30.00	9.00	250.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
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
		<b>Totals:</b>	<b>6.40</b>	<b>51.94</b>	<b>9.80</b>	<b>397.15</b>
<b>PM Snack – Apple and Guacamole with Veggie</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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
		<b>Totals:</b>	<b>4.08</b>	<b>38.48</b>	<b>18.55</b>	<b>304.74</b>
<b>Dinner – Stuffed Meatballs with Spaghetti Squash (see recipe)</b>						
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
		<b>Totals:</b>	<b>30.64</b>	<b>35.41</b>	<b>7.01</b>	<b>321.97</b>
<b>Actual Totals for Day 14</b>			<b>111.30</b>	<b>169.37</b>	<b>87.25</b>	<b>1886.66</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 15

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Fruit and Cottage Cheese</b>						
3/4	cup	Blueberries, raw	0.80	15.76	0.36	61.99
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
<b>Totals:</b>			<b>34.71</b>	<b>49.08</b>	<b>12.18</b>	<b>428.86</b>
<b>AM Snack – Eggs and Cucumber</b>						
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
<b>Totals:</b>			<b>12.80</b>	<b>2.80</b>	<b>10.00</b>	<b>154.00</b>
<b>Lunch – Meatball Leftovers</b>						
6	Ounces	Beef, ground, 95% lean meat, 5% fat, raw	35.97	0.00	8.40	230.16
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 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
<b>Totals:</b>			<b>42.63</b>	<b>35.41</b>	<b>23.81</b>	<b>518.69</b>
<b>PM Snack – Pear and Walnuts</b>						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>4.96</b>	<b>28.94</b>	<b>18.26</b>	<b>281.12</b>
<b>Dinner – Pizza, Chicken and Salad</b>						
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
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
<b>Totals:</b>			<b>50.76</b>	<b>46.62</b>	<b>14.19</b>	<b>524.77</b>
<b>Actual Totals for Day 15</b>			<b>145.86</b>	<b>162.85</b>	<b>78.43</b>	<b>1907.44</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 16

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Strawberries and Banana Protein Shake</b>						
1/2	Each	Banana	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
<b>Totals:</b>			<b>27.62</b>	<b>37.02</b>	<b>11.76</b>	<b>331.14</b>
<b>AM Snack – Feta, Cucumber and Tomato with EVOO</b>						
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
<b>Totals:</b>			<b>4.24</b>	<b>10.10</b>	<b>4.02</b>	<b>89.54</b>
<b>Lunch – Spicy Smoked Salmon with Crackers and Cream Cheese</b>						
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	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	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
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
<b>Totals:</b>			<b>27.37</b>	<b>46.42</b>	<b>24.04</b>	<b>529.07</b>
<b>PM Snack – Apple and Cashew Nut Butter</b>						
1	Each	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
<b>Totals:</b>			<b>3.11</b>	<b>25.41</b>	<b>8.41</b>	<b>174.92</b>
<b>Dinner – Kamut Pasta with Shrimp</b>						
4	Fl. Ounces	Wine, red, Cabernet, Sauvignon	0.08	3.02	0.00	97.44
1	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
6	Ounces	Shrimp, moist heat	35.55	0.00	1.84	168.30
1	Cup	Kamut, cooked	11.09	52.39	1.57	251.12
1	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
<b>Totals:</b>			<b>53.61</b>	<b>84.69</b>	<b>18.53</b>	<b>791.74</b>
<b>Actual Totals for Day 16</b>			<b>115.94</b>	<b>203.64</b>	<b>66.74</b>	<b>1916.41</b>



## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 17

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Greek Yogurt and Blackberries</b>						
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
<b>Totals:</b>			<b>24.46</b>	<b>38.46</b>	<b>9.42</b>	<b>320.04</b>
<b>AM Snack – Apple, Hummus and Celery</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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
<b>Totals:</b>			<b>5.22</b>	<b>41.07</b>	<b>5.65</b>	<b>227.20</b>
<b>Lunch – Roast Beef Sandwich with Salad</b>						
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
6	Ounces	Roast beef, organic, nitrate free	42.00	0.00	9.00	270.00
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
<b>Totals:</b>			<b>52.75</b>	<b>51.84</b>	<b>24.81</b>	<b>670.41</b>
<b>PM Snack – Pear with Almonds</b>						
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
<b>Totals:</b>			<b>6.70</b>	<b>31.20</b>	<b>14.00</b>	<b>261.00</b>
<b>Dinner – Sushi</b>						
1	Medium	Salad, garden with tomato, onion	1.95	14.25	0.60	74.00
3	Each	Salmon sashimi	18.30	0.00	5.10	123.00
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
<b>Totals:</b>			<b>29.25</b>	<b>60.80</b>	<b>9.10</b>	<b>446.05</b>
<b>Actual Totals for Day 17</b>			<b>118.37</b>	<b>223.37</b>	<b>62.99</b>	<b>1924.69</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 18

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Coconut Flour Pancakes with Apple (see recipe)</b>						
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
<b>Totals:</b>			<b>17.63</b>	<b>36.25</b>	<b>22.93</b>	<b>410.50</b>
<b>AM Snack – Greek Yogurt with Cinnamon and Grapes</b>						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
20	Each	Grapes	0.40	8.20	0.20	40.00
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
<b>Totals:</b>			<b>18.58</b>	<b>23.09</b>	<b>0.30</b>	<b>168.20</b>
<b>Lunch – Spinach and Goat Cheese Salad</b>						
1.5	Ounces	Cheese, goat, hard type	12.98	0.92	15.13	192.21
2	Large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
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
<b>Totals:</b>			<b>33.34</b>	<b>23.34</b>	<b>45.20</b>	<b>610.97</b>
<b>PM Snack – Hummus with Pear and Broccoli</b>						
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
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>5.73</b>	<b>40.89</b>	<b>5.40</b>	<b>224.08</b>
<b>Dinner – Steak and Cauliflower Rice (see recipe)</b>						
5	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, ¼ inch trim	29.46	0.00	17.28	282.08
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
<b>Totals:</b>			<b>35.75</b>	<b>42.65</b>	<b>21.29</b>	<b>482.60</b>
<b>Actual Totals for Day 18</b>			<b>111.02</b>	<b>166.23</b>	<b>95.12</b>	<b>1896.36</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 19**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Peanut Butter Protein Shake (blend Ingredients)</b>						
1	Each	Banana	1.20	26.70	0.60	105.00
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
<b>Totals:</b>			<b>30.20</b>	<b>40.20</b>	<b>15.75</b>	<b>390.00</b>
<b>AM Snack – Avocado and Peppers</b>						
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
<b>Totals:</b>			<b>3.78</b>	<b>17.48</b>	<b>18.05</b>	<b>223.74</b>
<b>Lunch – Low Carb. Noodles with Salmon and Veggies</b>						
1	Cup	Miso soup	1.00	4.00	1.00	32.00
6	Ounces	Salmon, broiled	37.62	0.00	21.00	348.00
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
1.5	Cups	Vegetables, mixed, steamed	7.80	35.70	0.30	162.00
<b>Totals:</b>			<b>49.61</b>	<b>46.22</b>	<b>31.24</b>	<b>656.14</b>
<b>PM Snack – Apple and Cashew Nut Butter</b>						
1	Each	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
<b>Totals:</b>			<b>3.11</b>	<b>25.41</b>	<b>8.41</b>	<b>174.92</b>
<b>Dinner – Mexican Stir Fry Chicken and Black Beans</b>						
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	Peanut oil, 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
<b>Totals:</b>			<b>50.02</b>	<b>40.75</b>	<b>11.75</b>	<b>468.74</b>
<b>Actual Totals for Day 19</b>			<b>136.72</b>	<b>170.07</b>	<b>85.19</b>	<b>1913.54</b>

**1900 CALORIE HEALTHY LIVING MEAL PLAN**

**DAY 20**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Oatmeal and Hardboiled Egg</b>						
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	Organic oatmeal	4.00	19.00	2.00	110.00
		<b>Totals:</b>	<b>20.58</b>	<b>34.13</b>	<b>20.82</b>	<b>397.92</b>
<b>AM Snack – Apple with Cheese</b>						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
4	Each	Celery, raw stalk, trimmed	2.00	8.00	0.00	40.00
1	Cubic inch	Cheese, low fat, cheddar or colby	4.14	0.32	1.19	29.41
		<b>Totals:</b>	<b>6.44</b>	<b>29.32</b>	<b>1.69</b>	<b>150.41</b>
<b>Lunch – Turkey Veggie Stew (see recipe) with Added Turkey and Salad</b>						
1	Cup	Broccoli	5.70	9.84	0.22	51.52
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
		<b>Totals:</b>	<b>60.38</b>	<b>61.57</b>	<b>12.42</b>	<b>599.60</b>
<b>PM Snack – Grapefruit and Walnuts</b>						
1	Each	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
		<b>Totals:</b>	<b>5.46</b>	<b>27.64</b>	<b>18.46</b>	<b>275.12</b>
<b>Dinner – Fish and Vegetables</b>						
10	Spears	Asparagus, baked	4.42	2.88	0.63	27.00
6	Ounces	Whitefish, cooked	41.60	0.00	12.77	292.40
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	Cup	Zucchini, baked	1.15	7.07	0.09	28.80
		<b>Totals:</b>	<b>47.18</b>	<b>9.95</b>	<b>27.49</b>	<b>468.20</b>
<b>Actual Totals for Day 20</b>			<b>140.04</b>	<b>162.62</b>	<b>80.87</b>	<b>1891.25</b>

## 1900 CALORIE HEALTHY LIVING MEAL PLAN

### DAY 21

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>Breakfast – Scrambled Eggs with Spinach, Onion and Wasa Crackers</b>						
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
<b>Totals:</b>			<b>33.50</b>	<b>22.90</b>	<b>24.40</b>	<b>434.00</b>
<b>AM Snack – Pear with Walnuts</b>						
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
<b>Totals:</b>			<b>4.96</b>	<b>28.94</b>	<b>18.26</b>	<b>281.12</b>
<b>Lunch – Subway</b>						
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
<b>Totals:</b>			<b>20.60</b>	<b>64.98</b>	<b>5.28</b>	<b>378.00</b>
<b>PM Snack – Blueberries and Pumpkin Seeds</b>						
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
<b>Totals:</b>			<b>10.42</b>	<b>24.82</b>	<b>12.42</b>	<b>230.64</b>
<b>Dinner – Fish and Broccoli Rabe (see recipe)</b>						
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
1/2	Tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
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
<b>Totals:</b>			<b>51.39</b>	<b>32.93</b>	<b>28.04</b>	<b>583.68</b>
<b>Actual Totals for Day 21</b>			<b>120.97</b>	<b>175.46</b>	<b>88.40</b>	<b>1911.44</b>