

2100 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
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
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:			50.14	61.51	20.70	597.69
AM Snack – Hard-Boiled Eggs, Cucumber and Pear						
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
Totals:			13.77	29.90	13.42	288.80
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
6	Ounces	Turkey breast slices, nitrate free	42.00	0.00	0.00	150.00
Totals:			52.45	59.06	12.37	536.82
PM Snack – Almonds, Hummus and Celery						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
5	Each	Celery, raw stack trimmed	2.50	10.00	0.00	50.00
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
Totals:			9.22	27.92	12.15	251.70
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	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
Totals:			8.89	61.00	6.28	437.03
Actual Total for Day 1			154.46	239.40	64.92	2112.04

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 2

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Oatmeal Topped with Cinnamon, Kefir, Nuts and Fruit						
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Nuts, 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
Totals:			6.29	65.08	31.66	618.38
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						
1/2	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	Tablespoon	Lemon juice	0.10	1.30	0.00	4.00
1/2	Cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1/2	Cup	Mushrooms pieces, raw	1.08	1.15	0.12	7.70
8	Large	Olives, ripe	0.30	2.20	3.76	40.48
1	Cup	Pepper, sweet bell, all colors, chopped	1.20	9.20	0.20	38.00
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:			34.25	62.73	24.95	586.04
PM Snack – Yogurt Parfait						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
8	Almonds	Almonds, raw	1.70	1.58	4.05	46.24
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
Totals:			22.97	33.06	9.59	292.97
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			122.07	242.30	82.30	2110.45

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 3

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast - Toast with Cottage Cheese, Cashew Butter and Grapefruit						
1	Slice	Bread, Ezekiel Sprouted Grain	4.00	15.00	0.50	80.00
1	Cup	Cottage cheese - 1% fat	28.00	6.20	2.30	164.00
1	Large	Grapefruit (approx. 4-1/2" dia.), raw, pink	2.09	26.83	0.33	106.24
1	Tablespoon	Nuts, cashew butter, raw	2.81	4.41	7.91	93.92
Totals:			22.90	49.34	9.89	362.16
AM Snack – Yogurt Parfait						
1	Tablespoon	Flaxseed, ground	2.19	3.47	5.06	64.08
1	Cup	Strawberry 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
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
4	Leaves	Spinach, raw	1.14	1.45	0.16	9.20
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
Totals:			43.12	46.27	21.16	573.92
PM Snack – Apple, Hummus, Crackers and Celery						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
6	Each	Celery, raw stalk, trimmed	3.00	12.00	0.00	60.00
4	Tablespoons	Hummus, home prepared	2.92	12.07	5.15	106.20
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
Totals:			8.22	59.07	5.65	307.20
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	Pumpkin seeds, raw	4.67	1.90	5.97	73.99
Totals:			4.97	8.05	6.12	103.99
Actual Totals for Day 3			141.21	215.38	76.15	2095.72

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 4

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast - Cereal with Milk, Fruit, Nuts and Hemp Seeds						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.000
1/2	Each	Banana, medium, 8"	0.60	13.35	0.30	52.50
1	Tablespoon	Hemp seeds	3.00	1.00	4.00	56.00
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:			24.60	54.45	27.30	491.50
AM Snack – Apple Topped with Almond Butter						
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
Totals:			2.70	24.40	10.00	182.00
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
4	Leaves	Spinach, raw	1.14	1.45	0.16	9.20
2	Patties	Veggie burgers	21.98	19.98	8.82	247.80
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
Totals:			30.90	67.79	24.14	591.04
PM Snack – Kiwi and Walnuts						
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			5.13	14.98	18.65	229.48
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	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
Totals:			30.40	15.89	27.54	435.14
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, plain	13.01	17.43	0.41	127.12
Totals:			14.64	29.67	3.18	200.49
Actual Totals for Day 4			108.37	207.19	110.81	2129.65

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 5

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Cereal Topped with Fruit and Walnuts and Hard-boiled Egg						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
3/4	Cup	Cereal, ready-to-eat, Kashi GOLEAN				
			10.44	23.20	0.76	113.60
1	Large	Egg, organic, hard-boiled	6.00	0.00	5.00	70.00
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
		Totals:	22.78	50.05	28.50	489.37
AM Snack – Apple and Crackers with 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
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
		Totals:	7.55	35.25	6.48	216.98
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
6	Each	Turkey Meatballs	30.00	12.00	12.00	300.00
		Totals:	46.50	47.37	26.84	626.26
PM Snack – Yogurt Parfait						
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
4	Ounces	Yogurt, plain, low fat	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
4	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
		Totals:	30.34	31.23	23.54	461.43
Evening Snack – Grapes and Nuts						
20	Each	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			120.46	208.16	99.35	2137.00

2100 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	Tablespoon	Butter, no salt	0.06	0.00	5.75	50.87
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:			41.52	30.58	20.03	472.33
AM Snack – Cucumber, Pistachios and Pear						
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
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			7.34	35.83	12.60	269.91
Lunch – Salmon Salad and Soup (Add Extra Veggies to Salad)						
1	Cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
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
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
Totals:			39.75	52.94	33.30	675.15
PM Snack – Apple and Cottage Cheese						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Cup	Cheese, cottage, low fat, 1% milk fat	28.02	6.10	2.26	162.72
Totals:			28.32	27.10	2.76	243.72
Dinner – Chicken, Veggies and Sweet Potato						
1	Cup	Broccoli, chopped, steamed	3.71	11.20	0.64	54.60
5	Ounces	Chicken breast, white meat	32.50	0.00	2.00	155.00
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:			39.42	41.11	2.99	337.60
Evening Snack – Sunflower Seeds and Blackberries						
1/2	Cup	Blackberries, raw	1.00	6.92	0.35	30.96
1/2	Ounce	Sunflower seeds, raw	2.71	3.37	6.97	81.48
Totals:			3.71	10.29	7.32	112.44
Actual Totals for Day 6			160.06	197.85	79.01	2111.15

2100 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, Peanut Butter, Kefir and Cinnamon						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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	Tablespoon	Peanut butter, natural	4.00	3.50	8.15	95.00
Totals:			9.95	33.20	9.75	240.00
Lunch – Veggie Burger in Pita						
1/2	Cup, sliced	Avocados, raw, all varieties	1.46	6.23	10.70	116.80
1	Pita,	Large (6-1/2" dia.), spelt	6.27	35.20	1.66	170.24
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
2	Patties	Veggie burgers	21.98	19.98	8.82	247.80
Totals:			31.36	65.48	28.34	620.86
PM Snack – Nuts and Veggie						
10	Almonds	Almonds, raw	2.13	1.97	5.06	57.80
1	Medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:			3.15	7.50	5.27	81.60
Dinner – Halibut, Broccoli and Cauliflower with Rice						
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
Totals:			55.14	49.88	21.51	613.46
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			135.30	217.79	85.69	2118.49

2100 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	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			21.28	30.51	29.21	451.76
AM Snack – Kiwi and Kefir						
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	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
Totals:			6.52	19.84	1.50	110.36
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
1	Ounce	Chia seeds, dried	4.43	12.43	8.72	138.92
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			23.50	40.44	9.20	321.57
Dinner – Shrimp and Spaghetti						
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
Totals:			43.20	32.75	19.04	597.50
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			151.90	177.45	80.94	2117.16

2100 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
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
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	Spinach, raw	0.86	1.09	0.12	6.90
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			47.42	47.33	24.47	563.89
AM Snack – Cashews with Crackers, Cream Cheese and Tomatoes						
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
Totals:			10.00	25.00	18.00	296.00
Lunch – Meatballs with Spaghetti Squash						
1	Cup	Broccoli, steamed, chopped	3.71	11.20	0.64	54.60
2	Cups	Spinach, raw	1.72	2.18	0.23	13.80
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
6	Each	Meatballs (see recipe)	30.00	12.00	12.00	300.00
Totals:			39.25	50.44	13.94	489.99
PM Snack – Walnuts and Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			4.56	24.84	18.76	264.12
Dinner – Coconut Halibut and Veggies						
2	Ounces	Almond meal	3.00	1.00	6.00	72.00
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
Totals:			54.54	14.48	26.48	501.48
Actual Totals for Day 9			155.77	162.09	101.64	2115.48

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes (See Recipe) and Apple						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	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
AM Snack – Chopped Eggs and Peppers						
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
Totals:			13.48	12.98	11.45	203.74
Lunch – Chicken and Bean Salad with Yam						
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
8	Medium	Carrots, baby, raw	0.00	0.00	0.00	32.00
6	Ounces	Chicken breast, white meat	36.00	0.00	0.00	186.00
1.5	Tablespoons	Olive oil, extra virgin	0.00	0.00	21.00	180.00
1	Large	Salad, large garden with tomato and onion	2.60	19.00	0.80	98.00
1	cup	Yam, baked or boiled	2.00	37.60	0.20	158.00
Totals:			51.55	93.59	39.72	986.20
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
2	Tablespoons	Salsa, medium, no sugar added	0.00	0.00	0.00	4.00
Totals:			4.46	18.04	2.58	117.10
Dinner – Japanese Dinner – Miso Soup, Salmon, Tuna 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
4	Each	Tuna sashimi	26.40	0.00	1.08	124.00
Totals:			62.91	13.95	14.64	446.90
Actual Totals for Day 10			165.12	178.18	79.90	2137.86

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 11

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs with Toast and Berries						
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
Totals:			37.40	45.29	19.60	503.42
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, Soup and Quinoa						
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
1/4	Cup	Quinoa, cooked	2.04	9.85	0.89	55.50
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:			41.77	56.65	2.52	384.62
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 – Salmon with Dijon, Rice and Veggies						
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
1/2	Tablespoon	Coconut oil	0.00	0.00	6.80	58.50
1	tablespoon	Dijon mustard	0.00	0.00	0.00	15.00
6	Ounces	Salmon, broiled	37.62	0.00	21.00	348.00
1	Cup	Spinach, boiled, drained	5.40	6.80	0.40	42.00
Totals:			51.17	41.49	29.00	631.02
Actual Totals for Day 11			166.85	200.54	80.68	2126.72

2100 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 – Apple, Crackers, Goat Cheese and Cucumbers						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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:			8.29	38.05	6.40	230.04
Lunch – Chicken and Lentil Soup						
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
Totals:			55.05	67.96	17.16	624.92
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						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
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:			55.84	18.04	34.50	593.75
Actual Totals for Day 12			156.68	185.02	92.52	2100.38

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 13

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Buckwheat, Kefir and Peaches						
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
Totals:			12.88	58.42	2.57	284.86
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
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	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:			75.22	45.95	22.16	680.94
PM Snack – Apple and Cashew Nut Butter						
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
Totals:			3.11	25.41	8.41	174.92
Dinner – Steak and Veggies						
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
1.5	Tablespoons	Coconut oil	0.00	0.00	20.40	175.50
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	Cup	Vegetables, mixed, steamed	5.20	23.80	0.20	108.00
Totals:			55.35	46.52	36.38	821.74
Actual Totals for Day 13			151.45	193.67	74.76	2093.66

2100 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
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
Totals:			52.02	14.69	38.70	617.43
AM Snack – Grapefruit, Kefir and Pumpkin Seeds						
1	Each	Grapefruit, pink or red, 4" diam.	1.20	23.80	0.20	92.00
1/3	Tablespoon	Honey, unpasteurized raw	0.03	5.19	0.00	19.20
1/2	Cup	Kefir	5.50	6.00	1.00	55.00
1	Ounce	Seeds, pumpkin raw	6.96	5.05	13.00	153.37
Totals:			13.69	40.04	14.20	319.57
Lunch – Turkey Stew with Salad						
10	Medium	Carrots, baby, raw	0.00	0.00	0.00	40.00
1.5	Cups	Turkey Stew (see recipe)	19.50	45.00	13.50	375.00
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
Totals:			22.90	66.94	14.30	530.15
PM Snack – Apple and Guacamole with Veggie						
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
Totals:			4.08	38.48	18.55	304.74
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			123.33	195.56	92.75	2093.86

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 15

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Fruit and Cottage Cheese						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
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:			34.98	54.33	12.30	449.53
AM Snack – Apple, Eggs and Cucumber						
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
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:			13.10	23.80	10.50	235.00
Lunch – Meatball Leftovers and Quinoa						
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
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
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:			46.70	55.11	25.59	629.69
PM Snack – Pear and Walnuts						
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
Totals:			4.96	28.94	18.26	281.12
Dinner – Pizza, Chicken and Salad						
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, 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:			50.76	46.62	14.19	524.77
Actual Totals for Day 15			150.50	208.80	80.83	2120.11

2100 CALORIE HEALTHY LIVING MEAL PLAN

DAY 16

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Strawberries and Banana Protein Shake						
1	Each	Banana, medium, 8"	1.20	26.70	0.60	105.00
1/2	Cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
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:			43.28	51.18	16.21	489.06
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						
10	Medium	Carrots, baby, raw	0.00	0.00	0.00	40.00
1	Ounces	Cream cheese, light,	3.00	2.00	5.00	60.00
5	Ounces	Fish, salmon, smoked, lox, regular	25.59	0.00	6.05	163.80
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
Totals:			32.48	46.42	25.25	569.83
PM Snack – Apple and Cashew Nut Butter						
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
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	Cup	Chopped broccoli, steamed	3.71	11.20	0.64	54.60
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	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
Totals:			53.61	84.69	18.53	791.74
Actual Totals for Day 16			136.72	217.79	72.41	2115.09

2100 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 – Apple, Hummus and Celery						
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
Totals:			5.22	41.07	5.65	227.20
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
1/2	Ounce	Pine nuts, raw	1.92	1.83	9.57	94.22
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
Totals:			54.66	53.67	34.38	764.63
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 with Salad and Avocado						
1/4	Cup	Avocado, pureed	1.15	4.25	8.80	92.50
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
Totals:			30.40	65.09	17.90	539.60
Actual Totals for Day 17			121.44	229.50	81.36	2112.46

2100 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, Grapes and Chia Seeds						
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
1	Ounce	Chia seeds, ground	4.43	12.43	8.72	138.92
6	Ounces	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:			23.01	35.52	9.02	307.12
Lunch – Spinach and Goat Cheese Salad						
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	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:			33.34	23.34	45.20	610.97
PM Snack – Hummus with Pear 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
1	Each	Pear, medium w/peel	0.70	25.10	0.00	98.00
Totals:			5.73	40.89	5.40	224.08
Dinner – Steak and Cauliflower Rice (See Recipe)						
6	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, ¼ inch trim	35.35	0.00	20.74	338.50
1	Cup	(1 in. 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:			41.64	42.65	24.74	539.02
Actual Totals for Day 18			121.34	178.66	107.29	2091.69

2100 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	Each	Banana, medium, 8"	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
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
1	Cup	Water, bottled	0.00	0.00	0.00	0.00
Totals:			31.20	42.20	19.75	430.00
AM Snack – Avocado, Peppers and Crackers						
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
2	Each	Wasa crackers, light rye	2.00	14.00	0.00	60.00
Totals:			3.78	17.48	18.05	283.74
Lunch – Low Carb. Noodles with Salmon and Veggies						
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
2	Cups	Vegetables, mixed, steamed	10.40	47.60	0.40	216.00
Totals:			52.21	58.12	31.34	710.14
PM Snack – Apple and Cashew Nut Butter						
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
Totals:			3.11	25.41	8.41	174.92
Dinner – Mexican Stir Fry Chicken and Black Beans						
1/2	Cup	Black beans, 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
3	Teaspoons	Peanut oil, cooking	0.00	0.00	12.00	106.08
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 raw peppers, hot chili, green	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			142.32	197.97	93.29	2102.90

2100 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
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
		Totals:	6.44	29.32	1.69	150.41
Lunch – Turkey Stew (See Recipe) with Added Turkey and Salad						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
5	Ounces	Turkey breast, white meat	32.50	0.00	2.00	155.00
2	Cups	Turkey stew	26.00	60.00	18.00	500.00
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:	66.88	91.57	21.02	818.60
PM Snack – Grapefruit and Walnuts						
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
		Totals:	5.46	27.64	18.46	275.12
Dinner – Fish and Vegetables						
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, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
		Totals:	47.18	9.95	27.49	468.20
Actual Totals for Day 20			146.54	192.62	89.47	2110.25

2100 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 – Kefir and Pear with Walnuts						
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	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
Totals:			10.61	37.64	19.36	345.12
Lunch – Subway, Salad and Almonds						
1/2	Ounce	Almonds, raw	3.00	3.05	7.00	81.50
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:			23.60	68.03	12.28	459.50
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 (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
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
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:			51.39	32.93	35.04	643.68
Actual Totals for Day 21			129.62	187.21	103.50	2116.94