

2400 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	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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:			65.20	62.32	24.86	703.11
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
4	Large	Olives, ripe	0.13	1.00	1.71	18.40
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
Totals:			13.63	28.90	11.71	270.40
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	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
4	Each	Celery, raw stack trimmed	2.00	8.00	0.00	40.00
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:			11.72	28.97	19.15	323.20
Dinner – Hamburger on Portabella Mushroom with Yam						
2	Patties	Beef, ground, 95% lean meat, 5% fat, patty, pan-broiled	44.38	0.00	10.22	282.08
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:			51.08	61.00	11.38	578.07
Actual Total for Day 1			194.07	240.25	79.47	2411.60

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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	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
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
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:			40.25	62.73	29.95	656.04
PM Snack – Yogurt Parfait						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
20	Almonds	Almonds, raw	4.25	3.95	10.13	115.60
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:			25.52	35.42	15.67	362.33
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
6	Ounces	Shrimp, boiled or steamed	35.52	0.00	1.80	168.00
1/2	Cup	Tomato, diced	0.00	4.00	0.00	19.00
1	Cup	Kamut spaghetti	12.00	60.00	1.50	285.00
1/2	Cup	Zucchini	0.00	3.00	0.00	14.40
Totals:			47.99	69.03	10.33	560.72
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			146.46	264.67	94.48	2400.81

2400 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						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
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
2	Tablespoons	Cashew butter, raw	5.62	8.82	15.81	187.84
Totals:			43.71	71.85	19.44	618.08
AM Snack – Yogurt Parfait						
2	Tablespoons	Flaxseed, ground	4.39	6.93	10.12	128.16
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:			23.41	25.60	10.57	276.80
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	Cup	Spaghetti, Kamut	7.46	37.16	0.76	173.60
1/8	Cup	Tomato, diced	0.00	1.00	0.00	4.75
Totals:			30.52	45.99	27.04	540.52
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			153.95	256.83	89.99	2420.52

2400 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	Each	Banana, medium 8"	1.20	26.70	0.60	105.00
2	Tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
1	Cup	Kashi GOLEAN cereal	13.00	30.00	1.00	140.00
2	Cups	Unsweetened almond milk	2.00	4.00	8.00	80.00
Totals:			28.20	68.80	31.60	600.00
AM Snack – Apple Topped with Almond Butter						
1.5	Tablespoons	Almond butter, raw	3.60	5.10	14.25	151.50
1	Each	Apple, medium with peel	0.30	21.00	0.50	81.00
Totals:			3.90	26.10	14.75	232.50
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
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
6	Ounces	Salmon, wild	43.25	0.00	13.82	309.40
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:			50.01	15.31	31.43	552.42
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			132.78	222.66	123.75	2405.93

2400 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	Cereals ready-to-eat, Kashi GOLEAN				
			10.44	23.20	0.76	113.60
2	Large	Eggs, organic, hard-boiled	12.00	0.00	10.00	140.00
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:	28.78	50.05	33.50	559.37
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
2	Ounces	Chia seeds ground	8.86	24.86	17.44	277.83
4	Ounces	Yogurt, plain, low fat	5.93	7.96	1.75	71.19
		Totals:	16.27	47.50	19.99	412.98
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	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
4	Ounces	Salmon, broiled	25.08	0.00	14.00	232.00
		Totals:	30.34	31.23	30.54	526.42
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			130.89	220.59	120.06	2410.91

2400 CALORIE HEALTHY LIVING MEAL PLAN

DAY 6

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Eggs on Toast and Fruit						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
1	Tablespoon	Butter, no salt	0.12	0.01	11.51	101.74
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:			45.58	45.59	26.29	603.20
AM Snack – Cucumber, Pistachios and Pear						
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
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
6	Ounces	Salmon, broiled	37.62	0.00	21.00	348.00
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:			46.02	52.94	36.80	733.15
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
6	Ounces	Chicken breast, white meat	39.00	0.00	2.40	186.00
1	Cup	Pepper, sweet bell, all colors, chopped	1.20	9.20	0.20	38.00
1	Cup	Sweet potato, baked in skin, no salt	4.02	41.42	0.30	180.00
Totals:			47.93	61.82	3.54	458.60
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			178.90	233.57	89.31	2421.02

2400 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
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
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:			26.86	35.23	22.49	441.43
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Tablespoon	Peanut butter, natural	4.00	3.50	8.15	95.00
Totals:			15.45	39.20	10.75	295.00
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	Tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	Tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
2	Patties	Veggie burgers	21.98	19.98	8.82	247.80
Totals:			31.36	65.48	35.34	685.86
PM Snack – Nuts, Veggie and Pear						
10	Almonds	Almonds, raw	2.13	1.97	5.06	57.80
1	Each	Pear, medium with peel	0.70	25.10	0.00	98.00
1	Medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:			3.85	32.60	5.27	179.60
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			147.50	248.89	98.69	2406.49

2400 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						
2	Slices	Bread, Ezekiel Sprouted Grain	8.00	30.00	1.00	160.00
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
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:			31.28	45.51	34.71	601.76
AM Snack – Kiwi and Kefir						
1/2	Teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1	Cup	Kefir	11.00	12.00	2.00	110.00
1	Fruit	Kiwi fruit	0.87	11.14	0.40	46.36
Totals:			12.02	25.84	2.50	165.36
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
2	Tablespoons	Salad dressing, Italian	0.08	1.88	5.60	56.00
Totals:			50.19	40.59	18.82	528.00
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	Cup	Spaghetti, Kamut	7.46	37.16	0.76	173.60
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:			46.93	51.33	19.42	684.30
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			171.17	217.97	90.62	2436.96

2400 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	Cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
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:			62.48	48.14	28.62	669.31
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, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
3	Cups	Spinach, raw	2.57	3.27	0.35	20.70
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
8	Each	Meatballs (see recipe)	40.00	16.00	16.00	400.00
Totals:			50.11	55.53	18.05	596.89
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
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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:			69.54	14.48	28.48	581.48
Actual Totals for Day 9			196.69	167.99	111.91	2407.80

2400 CALORIE HEALTHY LIVING MEAL PLAN

DAY 10

Qty.	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
Breakfast – Puff Pancakes (See Recipe), Apple and 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
1	Ounce	Pumpkin seeds, raw	6.96	5.05	13.00	153.37
Totals:			39.69	44.68	24.52	537.29
AM Snack – Chopped Eggs and Peppers						
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
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:			19.48	12.98	16.45	273.74
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
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	28.00	240.00
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	46.72	1046.20
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			178.08	183.23	104.90	2421.23

2400 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	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	Tablespoon	Cashew nuts, raw	1.32	2.81	3.99	49.36
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
Totals:			52.46	46.09	23.75	608.84
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
1/2	Cup	Quinoa, cooked	4.07	19.70	1.78	111.00
6	Ounces	Turkey breast, slices, nitrate free	42.00	0.00	0.00	150.00
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:			57.81	66.50	3.41	490.12
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 – 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	Tablespoon	Coconut oil	0.00	0.00	13.60	117.00
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	35.80	689.52
Actual Totals for Day 11			197.94	211.20	92.53	2396.14

2400 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
2	Ounces	Cheese, goat, soft type	10.37	0.50	11.80	150.08
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:			13.47	38.30	12.30	305.08
Lunch – Chicken and Lentil Soup						
7	Ounces	Chicken breast, white meat	45.50	0.00	2.80	217.00
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:			61.55	67.96	17.56	655.92
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
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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:			70.84	18.04	50.10	790.75
Actual Totals for Day 12			183.37	185.27	114.42	2403.42

2400 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, Cauliflower and Walnuts						
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
1	Ounce	Walnuts, raw	4.26	3.84	18.26	183.12
Totals:			9.16	21.21	23.51	314.32
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	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
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
8	Ounces	Beef, organic flank, separable lean only, trimmed, choice, cooked	61.33	0.00	18.67	439.73
2	Tablespoons	Coconut oil	0.00	0.00	27.20	234.00
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:			70.68	46.52	47.84	990.17
Actual Totals for Day 13			171.05	197.51	104.49	2445.21

2400 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
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Cup	Mushrooms sliced, white, stir-fried	3.87	4.36	0.36	28.08
2	Tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
1	Small	Tomato, sliced	1.00	5.70	0.40	26.00
Totals:			58.02	14.69	57.70	817.43
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	Cup	Kefir	11.00	12.00	2.00	110.00
1	Ounce	Pumpkin seeds raw	6.96	5.05	13.00	153.37
Totals:			19.19	46.04	15.20	374.57
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)						
6	Ounces	Beef, ground, 95% lean meat, 5% fat	35.97	0.00	8.40	230.16
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:			42.63	35.41	9.81	398.69
Actual Totals for Day 14			146.82	201.56	115.55	2425.58

2400 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
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
Totals:			19.10	23.80	15.50	305.00
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
2	Tablespoons	Olive oil, extra virgin	0.00	0.00	28.00	240.00
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	39.59	749.69
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						
8	Ounces	Chicken breast, white meat	52.00	0.00	3.20	248.00
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:			63.76	46.62	14.99	586.77
Actual Totals for Day 15			169.50	208.80	100.63	2372.11

2400 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	Cup	Egg substitute, liquid	0.12	1.61	8.31	210.84
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:			358.34	51.98	20.36	594.48
AM Snack – Feta, Cucumber and Tomato with EVOO						
2	Cubic inches	Cheese, feta	4.83	1.39	7.24	89.76
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:			6.66	10.79	7.64	134.42
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
2	Tablespoons	Cashew butter, raw	5.62	8.82	15.81	187.84
Totals:			5.92	29.82	16.31	268.84
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
1.5	Tablespoons	Olive oil, pure	0.00	0.00	21.00	195.00
1	Cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
Totals:			53.61	84.69	25.53	856.74
Actual Totals for Day 16			157.01	223.70	95.09	2424.31

2400 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
1.5	Ounces	Chia seeds, ground	6.64	18.65	13.08	208.37
6	Ounces	Yogurt, Greek, non-fat	18.00	7.00	0.00	100.00
Totals:			26.67	44.68	13.78	389.49
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	Ounce	Pine nuts, raw	3.83	3.66	19.14	188.44
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:			56.58	55.50	43.95	858.85
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						
1/2	Cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	Large	Salad, garden with tomato, onion	2.60	19.00	0.80	98.00
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:			32.20	74.09	26.90	656.10
Actual Totals for Day 17			127.37	246.54	104.29	2392.64

2400 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
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
Totals:			23.63	36.25	27.93	480.50
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						
2	Ounces	Cheese, goat, hard type	17.30	1.23	20.18	256.28
3	Large	Eggs, organic, hard-boiled	18.00	0.00	15.00	210.00
1	Ounce	Pine nuts, raw	3.83	3.66	19.14	188.44
4	Cups	Spinach, raw	3.43	4.36	0.47	27.60
1	Cup	Strawberry halves, raw	1.02	11.67	0.46	48.64
1	Tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
Totals:			43.67	23.65	55.25	745.04
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)						
8	Ounces	Beef, bottom sirloin, tri-tip steak, lean and fat, ¼ inch trim	47.13	0.00	27.65	451.33
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:			53.42	42.65	31.66	651.85
Actual Totals for Day 18			149.45	178.96	129.25	2408.59

2400 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	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
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
2	Tablespoons	Cashew butter, raw	5.62	8.82	15.81	187.84
Totals:			5.92	29.82	16.31	268.84
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
8	Ounces	Chicken breast, white meat	52.00	0.00	3.20	248.00
6	Teaspoons	Peanut oil, cooking	0.00	0.00	24.00	212.16
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:			63.02	40.75	28.55	672.18
Actual Totals for Day 19			158.13	202.38	114.00	2364.90

2400 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
3	Large	Egg, organic, hard-boiled	18.00	0.00	15.00	210.00
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:			26.58	34.13	25.82	467.92
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
2	Cubic inches	Cheese, low fat, cheddar or Colby	8.28	0.65	2.38	58.82
Totals:			10.58	29.65	2.88	179.82
Lunch – Turkey Stew (See Recipe) with Added Turkey and Salad						
1	Cup	Broccoli, steamed	5.70	9.84	0.22	51.52
8	Ounces	Turkey breast, white meat	52.00	0.00	3.20	248.00
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:			86.38	91.57	22.22	911.60
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
9	Ounces	Whitefish, cooked	62.40	0.00	19.15	438.60
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:			67.98	9.95	33.87	614.40
Actual Totals for Day 20			196.98	192.94	103.25	2448.86

2400 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
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	Tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
2	Tablespoons	Onion, chopped	0.20	1.80	0.00	8.00
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:	39.60	23.80	29.40	508.00
AM Snack – Kefir and Pear with Walnuts						
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	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:	16.11	43.64	20.36	400.12
Lunch – Subway, Salad and Almonds						
1	Ounce	Almonds, raw	6.00	6.10	14.00	163.00
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:	26.60	71.08	19.28	541.00
PM Snack – Blueberries and Pumpkin Seeds						
1	Cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	Ounce	Pumpkin seeds, raw	9.35	3.81	11.94	147.99
		Totals:	10.42	24.82	12.42	230.64
Dinner – Fish and Broccoli Rabe (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
8	Ounces	Halibut, broiled	60.00	0.00	8.00	320.00
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:	66.39	32.93	37.04	723.68
Actual Totals for Day 21			159.12	196.26	118.50	2403.44