

**Balanced Nutrition 3000 (C)****Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	147	2 large EGG, CHICKEN, POACHED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 cups ORANGE JUICE			
		175	2 cups OAT BRAN, COOKED			
		92	2 tablespoons RAISIN			
		88	1 tablespoons ALMONDS, SLIVERED			
<b>Meal Totals:</b>		<b>Calories: 612</b>	<b>Carbs: 100g (55%)</b>	<b>Protein: 33g (18%)</b>	<b>Fat: 22g (27%)</b>	<b>Fluid: 42oz</b>
Snack	10:00 AM	60	1 fruit NECTARINE, RAW			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		112	2 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 362</b>	<b>Carbs: 67g (74%)</b>	<b>Protein: 14g (16%)</b>	<b>Fat: 4g (10%)</b>	<b>Fluid: 22oz</b>
Lunch	12:00 PM	3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		80	1 slice CHEDDAR CHEESE, MEDIUM, SLICE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	2 oz TOMATO, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		320	4 slice 100% WHOLE WHEAT BREAD			
		101	1 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 724</b>	<b>Carbs: 83g (47%)</b>	<b>Protein: 51g (29%)</b>	<b>Fat: 19g (24%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
<b>Meal Totals:</b>		<b>Calories: 413</b>	<b>Carbs: 65g (62%)</b>	<b>Protein: 26g (25%)</b>	<b>Fat: 6g (13%)</b>	<b>Fluid: 26oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		95	4 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		280	1 1/4 cups QUINOA, COOKED			
<b>Meal Totals:</b>		<b>Calories: 591</b>	<b>Carbs: 75g (50%)</b>	<b>Protein: 34g (23%)</b>	<b>Fat: 18g (27%)</b>	<b>Fluid: 25oz</b>
Snack	8:00 PM	58	10 large STRAWBERRY, RAW			
		172	1 cups CHEESE, COTTAGE 1%			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		88	1 tablespoons ALMONDS, SLIVERED			
<b>Meal Totals:</b>		<b>Calories: 318</b>	<b>Carbs: 24g (29%)</b>	<b>Protein: 35g (42%)</b>	<b>Fat: 11g (30%)</b>	<b>Fluid: 22oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 3020</b>	<b>Carbs: 414g (53%)</b>	<b>Protein: 193g (25%)</b>	<b>Fat: 80g (23%)</b>	<b>Fluid: 159oz</b>

**Balanced Nutrition 3000 (C)****Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		207	2 cups WHEAT CHEX, RTE			
		147	2 large EGG, CHICKEN, POACHED			
		52	1 oz BACON, CANADIAN-STYLE, GRILLED			
<b>Meal Totals:</b>		<b>Calories: 589</b>	<b>Carbs: 71g (48%)</b>	<b>Protein: 46g (31%)</b>	<b>Fat: 14g (21%)</b>	<b>Fluid: 36oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		152	1 1/2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 410</b>	<b>Carbs: 57g (53%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 19g (40%)</b>	<b>Fluid: 21oz</b>
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		120	4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM			
		180	9 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
<b>Meal Totals:</b>		<b>Calories: 604</b>	<b>Carbs: 61g (42%)</b>	<b>Protein: 47g (32%)</b>	<b>Fat: 17g (26%)</b>	<b>Fluid: 21oz</b>
Snack	3:00 PM	60	1 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		172	1 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 372</b>	<b>Carbs: 42g (43%)</b>	<b>Protein: 37g (38%)</b>	<b>Fat: 8g (19%)</b>	<b>Fluid: 28oz</b>
Dinner	6:00 PM	185	6 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		69	2 teaspoons BUTTER			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		211	8 oz POTATO, BAKED, FLESH & SKIN			
<b>Meal Totals:</b>		<b>Calories: 638</b>	<b>Carbs: 80g (49%)</b>	<b>Protein: 41g (25%)</b>	<b>Fat: 19g (26%)</b>	<b>Fluid: 32oz</b>
Snack	8:00 PM	112	2 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		190	1 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 392</b>	<b>Carbs: 76g (77%)</b>	<b>Protein: 14g (14%)</b>	<b>Fat: 4g (9%)</b>	<b>Fluid: 12oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 3005</b>	<b>Carbs: 387g (51%)</b>	<b>Protein: 193g (25%)</b>	<b>Fat: 81g (24%)</b>	<b>Fluid: 150oz</b>

**Balanced Nutrition 3000 (C)****Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	60	1 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		253	2 1/2 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 656</b>	<b>Carbs: 72g (43%)</b>	<b>Protein: 35g (21%)</b>	<b>Fat: 27g (36%)</b>	<b>Fluid: 37oz</b>
Snack	10:00 AM	172	1 cups CHEESE, COTTAGE 1%			
		55	1 small APPLE W/SKIN, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 367</b>	<b>Carbs: 43g (44%)</b>	<b>Protein: 36g (37%)</b>	<b>Fat: 8g (19%)</b>	<b>Fluid: 27oz</b>
Lunch	12:00 PM	92	3 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		8	2 oz TOMATO, RAW			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	1 teaspoons BALSAMIC VINEGAR			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		2	16 fl oz ICED TEA, UNSWEETENED			
		336	1 1/2 cups QUINOA, COOKED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
<b>Meal Totals:</b>		<b>Calories: 611</b>	<b>Carbs: 78g (51%)</b>	<b>Protein: 29g (19%)</b>	<b>Fat: 20g (30%)</b>	<b>Fluid: 26oz</b>
Snack	3:00 PM	152	1 1/2 oz PRETZEL, STICKS			
		125	1 1/2 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
<b>Meal Totals:</b>		<b>Calories: 385</b>	<b>Carbs: 47g (73%)</b>	<b>Protein: 6g (9%)</b>	<b>Fat: 5g (18%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		18	4 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		328	<b>SAGE &amp; GARLIC ROASTED CHICKEN (1.5 Servings)</b>			
			1 tablespoons Garlic Powder			
			1 tablespoons Sage, Ground			
	3 tablespoons Olive Oil					
	2 dash Pepper, Black, Ground					
	16 oz Chicken, Breast W/o Skin, Raw					
<b>Meal Totals:</b>		<b>Calories: 637</b>	<b>Carbs: 68g (42%)</b>	<b>Protein: 50g (31%)</b>	<b>Fat: 20g (28%)</b>	<b>Fluid: 30oz</b>
Snack	8:00 PM	46	3/4 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		112	2 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 348</b>	<b>Carbs: 63g (71%)</b>	<b>Protein: 15g (17%)</b>	<b>Fat: 5g (13%)</b>	<b>Fluid: 13oz</b>
<b>Day 3 Totals:</b>		<b>Calories: 3004</b>	<b>Carbs: 371g (51%)</b>	<b>Protein: 171g (23%)</b>	<b>Fat: 85g (26%)</b>	<b>Fluid: 151oz</b>

**Balanced Nutrition 3000 (C)****Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	203	2 large EGG, CHICKEN, SCRAMBLED			
		10	2 tablespoons SALSA			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 cups ORANGE JUICE			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
<b>Meal Totals:</b>		<b>Calories: 663</b>	<b>Carbs: 84g (51%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 25g (34%)</b>	<b>Fluid: 29oz</b>
Snack	10:00 AM	172	1 cups CHEESE, COTTAGE 1%			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		101	1 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 333</b>	<b>Carbs: 44g (52%)</b>	<b>Protein: 34g (40%)</b>	<b>Fat: 3g (8%)</b>	<b>Fluid: 28oz</b>
Lunch	12:00 PM	75	1 roll ROLL, DINNER, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 cups MIXED VEGETABLES, FROZEN			
		35	1 teaspoons BUTTER			
		224	1 cups QUINOA, COOKED			
		218	<b>SAGE &amp; GARLIC ROASTED CHICKEN (1 Servings)</b>			
			1 tablespoons Garlic Powder 1 tablespoons Sage, Ground 3 tablespoons Olive Oil 2 dash Pepper, Black, Ground 16 oz Chicken, Breast W/o Skin, Raw			
<b>Meal Totals:</b>		<b>Calories: 642</b>	<b>Carbs: 73g (46%)</b>	<b>Protein: 40g (25%)</b>	<b>Fat: 20g (28%)</b>	<b>Fluid: 21oz</b>
Snack	3:00 PM	0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		92	1 oz RAISIN			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 323</b>	<b>Carbs: 53g (64%)</b>	<b>Protein: 16g (19%)</b>	<b>Fat: 6g (16%)</b>	<b>Fluid: 21oz</b>
Dinner	6:00 PM	216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		172	3 oz PORK CENTER LOIN, BRAISED, SLO			
		235	3/4 cups BEAN, NAVY, CANNED			
<b>Meal Totals:</b>		<b>Calories: 645</b>	<b>Carbs: 90g (56%)</b>	<b>Protein: 49g (30%)</b>	<b>Fat: 10g (14%)</b>	<b>Fluid: 35oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		112	2 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
		190	1 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 392</b>	<b>Carbs: 76g (77%)</b>	<b>Protein: 14g (14%)</b>	<b>Fat: 4g (9%)</b>	<b>Fluid: 12oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 2998</b>	<b>Carbs: 420g (56%)</b>	<b>Protein: 179g (24%)</b>	<b>Fat: 68g (20%)</b>	<b>Fluid: 146oz</b>

**Balanced Nutrition 3000 (C)****Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		207	2 cups WHEAT CHEX, RTE			
		60	1 fruit NECTARINE, RAW			
		26	1/2 oz BACON, CANADIAN-STYLE, GRILLED			
		101	1 large EGG, CHICKEN, SCRAMBLED			
<b>Meal Totals:</b>		<b>Calories: 577</b>	<b>Carbs: 85g (59%)</b>	<b>Protein: 37g (26%)</b>	<b>Fat: 10g (16%)</b>	<b>Fluid: 40oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		55	1 small APPLE W/SKIN, RAW			
		120	6 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 378</b>	<b>Carbs: 41g (40%)</b>	<b>Protein: 8g (8%)</b>	<b>Fat: 24g (52%)</b>	<b>Fluid: 21oz</b>
Lunch	12:00 PM	40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		211	8 oz POTATO, BAKED, FLESH & SKIN			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	1 teaspoons BALSAMIC VINEGAR			
		172	3 oz PORK CENTER LOIN, BRAISED, SLO			
<b>Meal Totals:</b>		<b>Calories: 592</b>	<b>Carbs: 81g (53%)</b>	<b>Protein: 37g (24%)</b>	<b>Fat: 15g (22%)</b>	<b>Fluid: 29oz</b>
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		152	1 1/2 oz PRETZEL, STICKS			
		81	3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
<b>Meal Totals:</b>		<b>Calories: 316</b>	<b>Carbs: 44g (76%)</b>	<b>Protein: 5g (9%)</b>	<b>Fat: 4g (16%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		639	<b>CHOPPED KALE SALAD WITH CHICKEN (2 Servings)</b>			
			4 cups Kale, Raw			
			1 teaspoons Lemon Peel, Raw			
			8 oz Chicken Breast, Boneless, Roasted, Meat Only			
			1 tablespoons Olive Oil			
			1/4 teaspoons Salt, Sea			
			2 tablespoons Lemon Juice			
<b>Meal Totals:</b>		<b>Calories: 714</b>	<b>Carbs: 46g (25%)</b>	<b>Protein: 82g (45%)</b>	<b>Fat: 25g (31%)</b>	<b>Fluid: 31oz</b>
Snack	8:00 PM	140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		190	1 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 420</b>	<b>Carbs: 75g (70%)</b>	<b>Protein: 17g (16%)</b>	<b>Fat: 7g (15%)</b>	<b>Fluid: 11oz</b>
<b>Day 5 Totals:</b>		<b>Calories: 2997</b>	<b>Carbs: 372g (50%)</b>	<b>Protein: 186g (25%)</b>	<b>Fat: 85g (26%)</b>	<b>Fluid: 150oz</b>

**Balanced Nutrition 3000 (C)**

**Day 6**

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 636</b>	<b>Carbs: 79g (49%)</b>	<b>Protein: 34g (21%)</b>	<b>Fat: 22g (30%)</b>	<b>Fluid: 35oz</b>
Snack	10:00 AM	120	6 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
		60	1 fruit NECTARINE, RAW			
		238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 418</b>	<b>Carbs: 72g (67%)</b>	<b>Protein: 18g (17%)</b>	<b>Fat: 8g (17%)</b>	<b>Fluid: 21oz</b>
Lunch	12:00 PM	35	1 teaspoons BUTTER			
		2	16 fl oz ICED TEA, UNSWEETENED			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		479	<b>CHOPPED KALE SALAD WITH CHICKEN (1.5 Servings)</b>			
			4 cups Kale, Raw 1 teaspoons Lemon Peel, Raw 8 oz Chicken Breast, Boneless, Roasted, Meat Only 1 tablespoons Olive Oil 1/4 teaspoons Salt, Sea 2 tablespoons Lemon Juice			
<b>Meal Totals:</b>		<b>Calories: 667</b>	<b>Carbs: 51g (30%)</b>	<b>Protein: 64g (37%)</b>	<b>Fat: 25g (33%)</b>	<b>Fluid: 30oz</b>
Snack	3:00 PM	140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		202	2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 397</b>	<b>Carbs: 83g (80%)</b>	<b>Protein: 9g (9%)</b>	<b>Fat: 5g (11%)</b>	<b>Fluid: 20oz</b>
Dinner	6:00 PM	27	6 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		69	2 teaspoons BUTTER			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 cups MIXED VEGETABLES, FROZEN			
123	4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED					
<b>Meal Totals:</b>		<b>Calories: 525</b>	<b>Carbs: 69g (54%)</b>	<b>Protein: 26g (20%)</b>	<b>Fat: 15g (26%)</b>	<b>Fluid: 30oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	8 large STRAWBERRY, RAW			
		168	3 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
		129	3/4 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 343</b>	<b>Carbs: 50g (56%)</b>	<b>Protein: 28g (31%)</b>	<b>Fat: 5g (13%)</b>	<b>Fluid: 20oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 2986</b>	<b>Carbs: 404g (53%)</b>	<b>Protein: 179g (23%)</b>	<b>Fat: 80g (24%)</b>	<b>Fluid: 156oz</b>

**Balanced Nutrition 3000 (C)****Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	69	2 teaspoons BUTTER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		62	1 cups BLACKBERRY, RAW			
		147	2 large EGG, CHICKEN, POACHED			
		52	1 oz BACON, CANADIAN-STYLE, GRILLED			
		110	1 cups ORANGE JUICE			
<b>Meal Totals:</b>		<b>Calories: 600</b>	<b>Carbs: 68g (44%)</b>	<b>Protein: 32g (21%)</b>	<b>Fat: 24g (35%)</b>	<b>Fluid: 34oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		202	2 oz PRETZEL, STICKS			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
<b>Meal Totals:</b>		<b>Calories: 339</b>	<b>Carbs: 53g (82%)</b>	<b>Protein: 5g (8%)</b>	<b>Fat: 3g (10%)</b>	<b>Fluid: 17oz</b>
Lunch	12:00 PM	340	2 wrap WRAP, 100% WHOLE WHEAT			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		8	2 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		214	4 oz TURKEY BREAST, ROASTED			
<b>Meal Totals:</b>		<b>Calories: 642</b>	<b>Carbs: 58g (37%)</b>	<b>Protein: 43g (28%)</b>	<b>Fat: 24g (35%)</b>	<b>Fluid: 23oz</b>
Snack	3:00 PM	35	6 large STRAWBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		168	3 tablespoons CEREAL, RTE, GRANOLA, LOWFAT-ORIGINAL			
		190	1 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 393</b>	<b>Carbs: 73g (73%)</b>	<b>Protein: 16g (16%)</b>	<b>Fat: 5g (11%)</b>	<b>Fluid: 21oz</b>
Dinner	6:00 PM	69	2 teaspoons BUTTER			
		180	4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		280	1 1/4 cups QUINOA, COOKED			
<b>Meal Totals:</b>		<b>Calories: 665</b>	<b>Carbs: 75g (45%)</b>	<b>Protein: 53g (32%)</b>	<b>Fat: 17g (23%)</b>	<b>Fluid: 27oz</b>
Snack	8:00 PM	90	1 small BANANA, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		129	3/4 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 359</b>	<b>Carbs: 49g (52%)</b>	<b>Protein: 29g (31%)</b>	<b>Fat: 7g (17%)</b>	<b>Fluid: 17oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 2998</b>	<b>Carbs: 376g (51%)</b>	<b>Protein: 178g (24%)</b>	<b>Fat: 80g (25%)</b>	<b>Fluid: 139oz</b>

**Shopping List**

Category	Quantity	Item
Accompaniments	2 tablespoons	Salsa
	4 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
	6 teaspoons	Mayonnaise, Olive Oil, Artisan   Spectrum
Beef	9 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	3 cups	Orange Juice
	11 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened   Generic
Bread	572 fl oz	Water, Drinking Water, Purified
	4 pita	Bread, Pita, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat   Sahara
	10 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	10 slice	100% Whole Wheat Bread   Sara Lee
	2 cups	Oat Bran, Cooked
	3 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	4 cups	Wheat Chex, Rte   Ralston
	14 tablespoons	Cereal, Rte, Granola, Lowfat-original   Kellogg's
Cookies & Crackers	21 crackers	Triscuit Wheat Cracker, Original   Triscuit
Dairy Products	1 slice	Cheddar Cheese, Medium, Slice   Sargento
	3 large	Egg, Chicken, Scrambled
	5 1/2 cups	Cheese, Cottage 1%
	6 large	Egg, Chicken, Poached
	7 1/4 cups	Yogurt, Vanilla, Lowfat   Mountain High
	10 teaspoons	Butter
Fats and Oils	5 teaspoons	Olive Oil, Extra Virgin   Bertolli
Finfish and Shellfish Products	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium   Chicken of the Sea
	4 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	1 3/4 cups	Blackberry, Raw
	4 small	Apple W/skin, Raw
	4 tablespoons	Raisin
	6 fruit	Nectarine, Raw
	6 small	Banana, Raw
	24 large	Strawberry, Raw
Ingredients	2 teaspoons	Balsamic Vinegar   Spectrum
Legumes	3/4 cups	Bean, Navy, Canned

Continued on next page...

**Shopping List**

Category	Quantity	Item
	9 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	2 tablespoons	Almonds, Slivered   Blue Diamond
	8 1/2 tablespoons	Almond Butter, No Salt
Pork	2 1/2 oz	Bacon, Canadian-style, Grilled
	6 oz	Pork Center Loin, Braised, Slo
Poultry	4 oz	Turkey Breast, Roasted
	7 oz	Chicken, Broiler, Breast, Meat, Roasted
Side Dishes	2 cups	Mixed Vegetables, Frozen   Cascadian Farm
	5 cups	Quinoa, Cooked
Snacks	7 bar	Granola Bar, Chewy, Honey Almond Flax   Kashi
	10 1/2 oz	Pretzel, Sticks   Rold Gold
Vegetables	2 cups	Mustard Greens, Boiled, Drained
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 1/2 cups	Carrot, Baby, Raw
	6 leaf	Lettuce, Cos Or Romaine, Raw
	6 oz	Tomato, Raw
	8 oz	Potato, Baked, Flesh & Skin
	8 oz	Potato, Baked, Flesh & Skin
	10 oz	Squash, Summer, Crookneck, Boiled, Drained
	12 oz	Brussels Sprouts, Boiled, No Salt
Spices	2 dash	Pepper, Black, Ground
Beverages	2 tablespoons	Lemon Juice
Fats and Oils	4 tablespoons	Olive Oil
Fruits	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
Poultry	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
	16 oz	Chicken, Breast W/o Skin, Raw
Spices	1 tablespoons	Garlic Powder
	1 tablespoons	Sage, Ground
Vegetables	4 cups	Kale, Raw