

**Carbohydrate Focused 3250 (C)****Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	120	1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 cups ORANGE JUICE			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		175	2 cups OAT BRAN, COOKED			
		147	2 large EGG, CHICKEN, POACHED			
<b>Meal Totals:</b>		<b>Calories: 653</b>	<b>Carbs: 102g (52%)</b>	<b>Protein: 37g (19%)</b>	<b>Fat: 25g (29%)</b>	<b>Fluid: 41oz</b>
Snack	10:00 AM	123	3/4 oz ALMOND, RAW			
		172	1 cups CHEESE, COTTAGE 1%			
		60	1 fruit NECTARINE, RAW			
		91	2 cups COCONUT WATER			
<b>Meal Totals:</b>		<b>Calories: 446</b>	<b>Carbs: 43g (37%)</b>	<b>Protein: 40g (34%)</b>	<b>Fat: 15g (29%)</b>	<b>Fluid: 30oz</b>
Lunch	12:00 PM	10	2 teaspoons MUSTARD, PREPARED, DIJON			
		80	1 slice CHEDDAR CHEESE, MEDIUM, SLICE			
		90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		320	4 slice 100% WHOLE WHEAT BREAD			
		152	1 1/2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 663</b>	<b>Carbs: 95g (58%)</b>	<b>Protein: 43g (26%)</b>	<b>Fat: 11g (15%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	150	1 cups GRAPE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		80	4 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 460</b>	<b>Carbs: 95g (79%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 8g (15%)</b>	<b>Fluid: 19oz</b>
Dinner	6:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT			
		224	1 cups QUINOA, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		69	2 teaspoons BUTTER			
		95	4 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 621</b>	<b>Carbs: 84g (52%)</b>	<b>Protein: 37g (23%)</b>	<b>Fat: 18g (25%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	129	1 1/2 cups MILK, COW'S, NONFAT (SKIM)			
		254	2 oz GRAHAM CRACKER, ORIGINAL			
		46	8 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 429</b>	<b>Carbs: 72g (67%)</b>	<b>Protein: 18g (17%)</b>	<b>Fat: 8g (17%)</b>	<b>Fluid: 17oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 3272</b>	<b>Carbs: 491g (57%)</b>	<b>Protein: 183g (21%)</b>	<b>Fat: 85g (22%)</b>	<b>Fluid: 157oz</b>

**Carbohydrate Focused 3250 (C)****Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		207	2 cups WHEAT CHEX, RTE			
		110	1 cups ORANGE JUICE			
		147	2 large EGG, CHICKEN, POACHED			
<b>Meal Totals:</b>		<b>Calories: 647</b>	<b>Carbs: 96g (58%)</b>	<b>Protein: 41g (25%)</b>	<b>Fat: 13g (18%)</b>	<b>Fluid: 43oz</b>
Snack	10:00 AM	55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		254	2 oz GRAHAM CRACKER, ORIGINAL			
		152	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 461</b>	<b>Carbs: 63g (53%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 21g (40%)</b>	<b>Fluid: 21oz</b>
Lunch	12:00 PM	160	8 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
		83	1 cups CARROT, BABY, RAW			
		120	4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM			
		150	1 1/2 tablespoons MAYONNAISE, OLIVE OIL, ARTISAN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
<b>Meal Totals:</b>		<b>Calories: 667</b>	<b>Carbs: 57g (35%)</b>	<b>Protein: 46g (28%)</b>	<b>Fat: 26g (36%)</b>	<b>Fluid: 21oz</b>
Snack	3:00 PM	91	2 cups COCONUT WATER			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		60	1 fruit NECTARINE, RAW			
		184	4 tablespoons RAISIN			
<b>Meal Totals:</b>		<b>Calories: 475</b>	<b>Carbs: 94g (78%)</b>	<b>Protein: 11g (9%)</b>	<b>Fat: 7g (13%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	244	10 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		69	2 teaspoons BUTTER			
		123	4 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
<b>Meal Totals:</b>		<b>Calories: 609</b>	<b>Carbs: 88g (56%)</b>	<b>Protein: 32g (21%)</b>	<b>Fat: 16g (23%)</b>	<b>Fluid: 33oz</b>
Snack	8:00 PM	82	1/2 oz ALMOND, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 410</b>	<b>Carbs: 65g (62%)</b>	<b>Protein: 18g (17%)</b>	<b>Fat: 10g (21%)</b>	<b>Fluid: 12oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 3269</b>	<b>Carbs: 463g (56%)</b>	<b>Protein: 156g (19%)</b>	<b>Fat: 93g (25%)</b>	<b>Fluid: 153oz</b>

**Carbohydrate Focused 3250 (C)****Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	203	2 tablespoons ALMOND BUTTER, NO SALT			
		50	1 tablespoons JAM			
		147	2 large EGG, CHICKEN, POACHED			
		60	1 fruit NECTARINE, RAW			
		160	2 slice 100% WHOLE WHEAT BREAD			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 711</b>	<b>Carbs: 74g (40%)</b>	<b>Protein: 37g (20%)</b>	<b>Fat: 32g (39%)</b>	<b>Fluid: 33oz</b>
Snack	10:00 AM	140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		225	1 1/2 cups GRAPE JUICE			
<b>Meal Totals:</b>		<b>Calories: 420</b>	<b>Carbs: 93g (85%)</b>	<b>Protein: 5g (5%)</b>	<b>Fat: 5g (10%)</b>	<b>Fluid: 32oz</b>
Lunch	12:00 PM	123	4 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		2	1 teaspoons BALSAMIC VINEGAR			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		271	1 1/4 cups BROWN RICE, LONG GRAIN, COOKED			
<b>Meal Totals:</b>		<b>Calories: 605</b>	<b>Carbs: 89g (58%)</b>	<b>Protein: 30g (20%)</b>	<b>Fat: 15g (22%)</b>	<b>Fluid: 31oz</b>
Snack	3:00 PM	202	2 oz PRETZEL, STICKS			
		125	1 1/2 cups CARROT, BABY, RAW			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 435</b>	<b>Carbs: 59g (76%)</b>	<b>Protein: 7g (9%)</b>	<b>Fat: 5g (15%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	85	1/2 pita BREAD, PITA, WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		570	<b>CHICKEN &amp; QUINOA WITH VEGETABLES (2 Servings)</b>			
			1 oz Grain, Quinoa 2 cups Chicken Broth 1/3 cups Vegetables, Mixed, No Salt Added 1 grams Basil, Fresh 3 oz Chicken, Breast W/o Skin, Raw			
<b>Meal Totals:</b>		<b>Calories: 655</b>	<b>Carbs: 72g (44%)</b>	<b>Protein: 61g (37%)</b>	<b>Fat: 14g (19%)</b>	<b>Fluid: 27oz</b>
Snack	8:00 PM	62	1 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		191	1 1/2 oz GRAHAM CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 443</b>	<b>Carbs: 77g (69%)</b>	<b>Protein: 16g (14%)</b>	<b>Fat: 8g (16%)</b>	<b>Fluid: 13oz</b>
<b>Day 3 Totals:</b>		<b>Calories: 3269</b>	<b>Carbs: 464g (58%)</b>	<b>Protein: 156g (20%)</b>	<b>Fat: 79g (22%)</b>	<b>Fluid: 154oz</b>

**Carbohydrate Focused 3250 (C)****Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		10	2 tablespoons SALSA			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		147	2 large EGG, CHICKEN, POACHED			
		164	1 1/2 cups ORANGE JUICE			
<b>Meal Totals:</b>		<b>Calories: 661</b>	<b>Carbs: 95g (57%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 20g (27%)</b>	<b>Fluid: 32oz</b>
Snack	10:00 AM	172	1 cups CHEESE, COTTAGE 1%			
		91	2 cups COCONUT WATER			
		120	2 fruit NECTARINE, RAW			
		120	6 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 503</b>	<b>Carbs: 73g (54%)</b>	<b>Protein: 40g (30%)</b>	<b>Fat: 10g (17%)</b>	<b>Fluid: 33oz</b>
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT			
		4	2 teaspoons BALSAMIC VINEGAR			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		35	1 teaspoons BUTTER			
		330	3 cups CHICKEN & HOMESTYLE NOODLE SOUP, RTS			
<b>Meal Totals:</b>		<b>Calories: 616</b>	<b>Carbs: 75g (47%)</b>	<b>Protein: 30g (19%)</b>	<b>Fat: 24g (34%)</b>	<b>Fluid: 22oz</b>
Snack	3:00 PM	41	1/4 oz ALMOND, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		225	1 1/2 cups GRAPE JUICE			
<b>Meal Totals:</b>		<b>Calories: 406</b>	<b>Carbs: 79g (74%)</b>	<b>Protein: 7g (7%)</b>	<b>Fat: 9g (19%)</b>	<b>Fluid: 21oz</b>
Dinner	6:00 PM	22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		172	3 oz PORK CENTER LOIN, BRAISED, SLO			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		235	3/4 cups BEAN, NAVY, CANNED			
		17	1/2 teaspoons BUTTER			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
<b>Meal Totals:</b>		<b>Calories: 662</b>	<b>Carbs: 90g (54%)</b>	<b>Protein: 49g (30%)</b>	<b>Fat: 12g (16%)</b>	<b>Fluid: 36oz</b>
Snack	8:00 PM	90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		127	1 oz GRAHAM CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 407</b>	<b>Carbs: 76g (75%)</b>	<b>Protein: 14g (14%)</b>	<b>Fat: 5g (11%)</b>	<b>Fluid: 11oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 3255</b>	<b>Carbs: 488g (59%)</b>	<b>Protein: 166g (20%)</b>	<b>Fat: 80g (22%)</b>	<b>Fluid: 155oz</b>

**Carbohydrate Focused 3250 (C)****Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		207	2 cups WHEAT CHEX, RTE			
		147	2 large EGG, CHICKEN, POACHED			
		110	1 cups ORANGE JUICE			
		<b>Meal Totals:</b>	<b>Calories: 647</b>	<b>Carbs: 96g (58%)</b>	<b>Protein: 41g (25%)</b>	<b>Fat: 13g (18%)</b>
Snack	10:00 AM	203	2 tablespoons ALMOND BUTTER, NO SALT			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		191	1 1/2 oz GRAHAM CRACKER, ORIGINAL			
		<b>Meal Totals:</b>	<b>Calories: 449</b>	<b>Carbs: 54g (47%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 24g (47%)</b>
Lunch	12:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT			
		2	1 teaspoons BALSAMIC VINEGAR			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		211	8 oz POTATO, BAKED, FLESH & SKIN			
229	4 oz PORK CENTER LOIN, BRAISED, SLO					
<b>Meal Totals:</b>	<b>Calories: 649</b>	<b>Carbs: 81g (49%)</b>	<b>Protein: 46g (28%)</b>	<b>Fat: 17g (23%)</b>	<b>Fluid: 30oz</b>	
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		202	2 oz PRETZEL, STICKS			
		<b>Meal Totals:</b>	<b>Calories: 393</b>	<b>Carbs: 59g (76%)</b>	<b>Protein: 7g (9%)</b>	<b>Fat: 5g (15%)</b>
Dinner	6:00 PM	113	1 1/2 pita BREAD, PITA, WHOLE WHEAT			
		224	1 cups QUINOA, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		320	<b>CHOPPED KALE SALAD WITH CHICKEN (1 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: 657</b>	<b>Carbs: 77g (46%)</b>	<b>Protein: 52g (31%)</b>	<b>Fat: 17g (23%)</b>	<b>Fluid: 24oz</b>	
Snack	8:00 PM	91	2 cups COCONUT WATER			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		90	1 small BANANA, RAW			
		138	3 tablespoons RAISIN			
		<b>Meal Totals:</b>	<b>Calories: 459</b>	<b>Carbs: 93g (78%)</b>	<b>Protein: 11g (9%)</b>	<b>Fat: 7g (13%)</b>
<b>Day 5 Totals:</b>	<b>Calories: 3254</b>	<b>Carbs: 460g (57%)</b>	<b>Protein: 165g (20%)</b>	<b>Fat: 83g (23%)</b>	<b>Fluid: 141oz</b>	

**Carbohydrate Focused 3250 (C)****Day 6**

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	152	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
		160	2 slice 100% WHOLE WHEAT BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 small BANANA, RAW			
		75	1 1/2 tablespoons JAM			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 660</b>	<b>Carbs: 97g (58%)</b>	<b>Protein: 33g (20%)</b>	<b>Fat: 17g (23%)</b>	<b>Fluid: 35oz</b>
Snack	10:00 AM	91	2 cups COCONUT WATER			
		120	2 fruit NECTARINE, RAW			
		238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 449</b>	<b>Carbs: 86g (73%)</b>	<b>Protein: 20g (17%)</b>	<b>Fat: 5g (10%)</b>	<b>Fluid: 26oz</b>
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		280	1 1/4 cups QUINOA, COOKED			
		320	<b>CHOPPED KALE SALAD WITH CHICKEN (1 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: 677</b>	<b>Carbs: 78g (46%)</b>	<b>Protein: 52g (30%)</b>	<b>Fat: 18g (24%)</b>	<b>Fluid: 25oz</b>
Snack	3:00 PM	55	1 small APPLE W/SKIN, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		225	1 1/2 cups GRAPE JUICE			
<b>Meal Totals:</b>		<b>Calories: 420</b>	<b>Carbs: 93g (85%)</b>	<b>Protein: 5g (5%)</b>	<b>Fat: 5g (10%)</b>	<b>Fluid: 16oz</b>
Dinner	6:00 PM	18	4 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		35	1 teaspoons BUTTER			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		123	4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		255	1 1/2 pita BREAD, PITA, WHOLE WHEAT			
<b>Meal Totals:</b>		<b>Calories: 647</b>	<b>Carbs: 102g (62%)</b>	<b>Protein: 32g (20%)</b>	<b>Fat: 13g (18%)</b>	<b>Fluid: 30oz</b>
Snack	8:00 PM	254	2 oz GRAHAM CRACKER, ORIGINAL			
		129	1 1/2 cups MILK, COW'S, NONFAT (SKIM)			
		23	4 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 406</b>	<b>Carbs: 67g (66%)</b>	<b>Protein: 17g (17%)</b>	<b>Fat: 8g (18%)</b>	<b>Fluid: 15oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 3259</b>	<b>Carbs: 523g (63%)</b>	<b>Protein: 159g (19%)</b>	<b>Fat: 66g (18%)</b>	<b>Fluid: 147oz</b>

**Carbohydrate Focused 3250 (C)****Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	60	1 fruit NECTARINE, RAW			
		147	2 large EGG, CHICKEN, POACHED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		219	2 cups ORANGE JUICE			
		69	2 teaspoons BUTTER			
<b>Meal Totals:</b>		<b>Calories: 655</b>	<b>Carbs: 93g (56%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 21g (28%)</b>	<b>Fluid: 41oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		240	12 crackers TRISCUIT WHEAT CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 431</b>	<b>Carbs: 50g (55%)</b>	<b>Protein: 9g (10%)</b>	<b>Fat: 14g (35%)</b>	<b>Fluid: 18oz</b>
Lunch	12:00 PM	340	2 wrap WRAP, 100% WHOLE WHEAT			
		55	1 small APPLE W/SKIN, RAW			
		4	1 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		50	1/2 tablespoons MAYONNAISE, OLIVE OIL, ARTISAN			
		161	3 oz TURKEY BREAST, ROASTED			
		51	1/2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 663</b>	<b>Carbs: 82g (50%)</b>	<b>Protein: 35g (21%)</b>	<b>Fat: 21g (29%)</b>	<b>Fluid: 24oz</b>
Snack	3:00 PM	35	6 large STRAWBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		285	1 1/2 cups YOGURT, VANILLA, LOWFAT			
		127	1 oz GRAHAM CRACKER, ORIGINAL			
<b>Meal Totals:</b>		<b>Calories: 447</b>	<b>Carbs: 77g (70%)</b>	<b>Protein: 20g (18%)</b>	<b>Fat: 6g (12%)</b>	<b>Fluid: 20oz</b>
Dinner	6:00 PM	180	4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		224	1 cups QUINOA, COOKED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 637</b>	<b>Carbs: 86g (53%)</b>	<b>Protein: 57g (35%)</b>	<b>Fat: 8g (11%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	90	1 small BANANA, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		91	2 cups COCONUT WATER			
		92	2 tablespoons RAISIN			
<b>Meal Totals:</b>		<b>Calories: 413</b>	<b>Carbs: 83g (78%)</b>	<b>Protein: 10g (9%)</b>	<b>Fat: 6g (13%)</b>	<b>Fluid: 21oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 3246</b>	<b>Carbs: 471g (59%)</b>	<b>Protein: 157g (20%)</b>	<b>Fat: 76g (21%)</b>	<b>Fluid: 152oz</b>

**Shopping List**

Category	Quantity	Item
Accompaniments	2 tablespoons	Mayonnaise, Olive Oil, Artisan   Spectrum
	2 tablespoons	Salsa
	2 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
	2 1/2 tablespoons	Jam   Smucker's
Beef	8 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	3 cups	Milk, Cow's, Nonfat (skim)
	5 1/2 cups	Grape Juice   Cascadian Farm
	6 1/2 cups	Orange Juice
	7 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	12 cups	Coconut Water
	32 fl oz	Iced Tea, Unsweetened   Generic
	440 fl oz	Water, Drinking Water, Purified
Bread	1 muffin	English Muffin, 100% Whole Wheat   Thomas'
	2 pita	Bread, Pita, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat   Sahara
	5 1/2 pita	Bread, Pita, Whole Wheat
	10 slice	100% Whole Wheat Bread   Sara Lee
	11 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	2 cups	Oat Bran, Cooked
	3 1/4 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	4 cups	Wheat Chex, Rte   Ralston
Cookies & Crackers	11 oz	Graham Cracker, Original   Keebler
	30 crackers	Triscuit Wheat Cracker, Original   Triscuit
Dairy Products	1 slice	Cheddar Cheese, Medium, Slice   Sargento
	2 cups	Cheese, Cottage 1%
	6 cups	Yogurt, Vanilla, Lowfat   Mountain High
	8 1/2 teaspoons	Butter
	12 large	Egg, Chicken, Poached
Fats and Oils	4 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 cups	Blackberry, Raw
	5 small	Apple W/skin, Raw
	6 small	Banana, Raw

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**Shopping List**

Category	Quantity	Item
	8 fruit	Nectarine, Raw
	9 tablespoons	Raisin
	18 large	Strawberry, Raw
Ingredients	4 teaspoons	Balsamic Vinegar   Spectrum
Legumes	3/4 cups	Bean, Navy, Canned
	12 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	1 1/2 oz	Almond, Raw
	8 tablespoons	Almond Butter, No Salt
Pork	7 oz	Pork Center Loin, Braised, Slo
Poultry	3 oz	Turkey Breast, Roasted
	6 oz	Chicken, Broiler, Breast, Meat, Roasted
Side Dishes	4 1/4 cups	Quinoa, Cooked
Snacks	6 oz	Pretzel, Sticks   Rold Gold
	7 bar	Granola Bar, Chewy, Honey Almond Flax   Kashi
Soup	3 cups	Chicken & Homestyle Noodle Soup, Rts   Progresso
Vegetables	2 cups	Mustard Greens, Boiled, Drained
	3 oz	Tomato, Raw
	4 oz	Squash, Summer, Crookneck, Boiled, Drained
	4 1/2 cups	Carrot, Baby, Raw
	5 leaf	Lettuce, Cos Or Romaine, Raw
	6 cups	Lettuce, Cos Or Romaine, Raw
	8 oz	Potato, Baked, Flesh & Skin
	10 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	16 oz	Brussels Sprouts, Boiled, No Salt
Spices	2 grams	Basil, Fresh
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	2 oz	Grain, Quinoa
Fats and Oils	1 tablespoons	Olive Oil
Fruits	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
Poultry	6 oz	Chicken, Breast W/o Skin, Raw
	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
Side Dishes	2/3 cups	Vegetables, Mixed, No Salt Added
Soup	4 cups	Chicken Broth   Valley Fresh
Vegetables	4 cups	Kale, Raw