

**Gluten Free 3250 (C)****Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	64	2 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		267	2 cups CEREAL, HOT, CREAM OF RICE, COOKED			
		147	2 large EGG, CHICKEN, POACHED			
		164	1 1/2 cups ORANGE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 642</b>	<b>Carbs: 101g (63%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 15g (21%)</b>	<b>Fluid: 40oz</b>
Snack	10:00 AM	172	1 cups CHEESE, COTTAGE 1%			
		213	1 1/2 oz PRETZEL, SESAME			
		60	1 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 445</b>	<b>Carbs: 47g (41%)</b>	<b>Protein: 35g (31%)</b>	<b>Fat: 14g (28%)</b>	<b>Fluid: 28oz</b>
Lunch	12:00 PM	41	1/2 cups CARROT, BABY, RAW			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		520	4 slice BROWN RICE BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	2 oz TOMATO, RAW			
<b>Meal Totals:</b>		<b>Calories: 672</b>	<b>Carbs: 86g (52%)</b>	<b>Protein: 24g (14%)</b>	<b>Fat: 25g (34%)</b>	<b>Fluid: 26oz</b>
Snack	3:00 PM	99	1 tablespoons ALMOND BUTTER, NO SALT			
		120	8 crackers BROWN RICE CRACKER			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 402</b>	<b>Carbs: 46g (47%)</b>	<b>Protein: 25g (26%)</b>	<b>Fat: 12g (28%)</b>	<b>Fluid: 16oz</b>
Dinner	6:00 PM	40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		336	1 1/2 cups QUINOA, COOKED			
		189	8 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 647</b>	<b>Carbs: 75g (45%)</b>	<b>Protein: 54g (33%)</b>	<b>Fat: 16g (22%)</b>	<b>Fluid: 28oz</b>
Snack	8:00 PM	134	3/4 oz FILBERT, DRIED, RAW (HAZELNUT)			
		240	1 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		58	10 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 432</b>	<b>Carbs: 68g (61%)</b>	<b>Protein: 8g (7%)</b>	<b>Fat: 16g (32%)</b>	<b>Fluid: 15oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 3240</b>	<b>Carbs: 423g (52%)</b>	<b>Protein: 172g (21%)</b>	<b>Fat: 98g (27%)</b>	<b>Fluid: 153oz</b>

**Gluten Free 3250 (C)****Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	95	3 oz TURKEY SAUSAGE, LOWER FAT, COOKED 2 oz CEREAL, RTE, BROWN RICE CRISPS 1 1/4 cups ORANGE JUICE 2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		226				
		137				
		183				
<b>Meal Totals:</b>		<b>Calories: 641</b>	<b>Carbs: 106g (67%)</b>	<b>Protein: 34g (22%)</b>	<b>Fat: 8g (11%)</b>	<b>Fluid: 28oz</b>
Snack	10:00 AM	177	1 1/4 oz PRETZEL, SESAME 1 large APPLE W/SKIN, RAW 1 1/2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED			
		110				
		152				
		0				
<b>Meal Totals:</b>		<b>Calories: 439</b>	<b>Carbs: 55g (48%)</b>	<b>Protein: 7g (6%)</b>	<b>Fat: 23g (45%)</b>	<b>Fluid: 24oz</b>
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 3 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 4 slice BROWN RICE BREAD 2 leaf LETTUCE, COS OR ROMAINE, RAW 1/2 cups CARROT, BABY, RAW 1 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		90				
		520				
		3				
		42				
		33				
<b>Meal Totals:</b>		<b>Calories: 688</b>	<b>Carbs: 73g (43%)</b>	<b>Protein: 31g (18%)</b>	<b>Fat: 30g (39%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	120	8 crackers BROWN RICE CRACKER 2 fruit NECTARINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 2 piece STRING CHEESE			
		120				
		0				
		160				
<b>Meal Totals:</b>		<b>Calories: 400</b>	<b>Carbs: 53g (50%)</b>	<b>Protein: 20g (19%)</b>	<b>Fat: 15g (32%)</b>	<b>Fluid: 25oz</b>
Dinner	6:00 PM	216	7 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED 1 cups MUSTARD GREENS, BOILED, DRAINED 16 fl oz WATER, DRINKING WATER, PURIFIED 10 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN 1/2 teaspoons BUTTER 1 serving DINNER ROLL, TAPIOCA			
		22				
		0				
		244				
		17				
		150				
<b>Meal Totals:</b>		<b>Calories: 649</b>	<b>Carbs: 79g (49%)</b>	<b>Protein: 42g (26%)</b>	<b>Fat: 18g (25%)</b>	<b>Fluid: 33oz</b>
Snack	8:00 PM	135	1 extra-large BANANA, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 1 cups YOGURT, VANILLA, LOWFAT 1 oz PROTEIN POWDER, BROWN RICE			
		0				
		190				
		110				
<b>Meal Totals:</b>		<b>Calories: 435</b>	<b>Carbs: 78g (68%)</b>	<b>Protein: 28g (24%)</b>	<b>Fat: 4g (8%)</b>	<b>Fluid: 13oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 3252</b>	<b>Carbs: 444g (54%)</b>	<b>Protein: 162g (20%)</b>	<b>Fat: 98g (27%)</b>	<b>Fluid: 143oz</b>

Gluten Free 3250 (C)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	260	2 slice BROWN RICE BREAD			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 660</b>	<b>Carbs: 73g (43%)</b>	<b>Protein: 23g (14%)</b>	<b>Fat: 32g (43%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	285	1 1/2 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
		55	1/2 oz PROTEIN POWDER, BROWN RICE			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 82g (72%)</b>	<b>Protein: 25g (22%)</b>	<b>Fat: 3g (6%)</b>	<b>Fluid: 23oz</b>
Lunch	12:00 PM	153	6 oz SWEET POTATO, BAKED, NO SALT			
		2	16 fl oz ICED TEA, UNSWEETENED			
		139	4 1/2 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			
		300	2 serving DINNER ROLL, TAPIOCA			
<b>Meal Totals:</b>		<b>Calories: 652</b>	<b>Carbs: 79g (49%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 25g (35%)</b>	<b>Fluid: 28oz</b>
Snack	3:00 PM	108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		240	16 crackers BROWN RICE CRACKER			
		83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 431</b>	<b>Carbs: 56g (66%)</b>	<b>Protein: 9g (11%)</b>	<b>Fat: 9g (24%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	225	5 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		385	<b>QUINOA &amp; BLACK BEANS (1.5 Servings)</b>			
			5 tablespoons Quinoa Grain			
			3 tablespoons Coriander, Raw (cilantro, Chinese Parsley)			
			16 oz Bean, Black, Boiled			
	1/2 cups Corn, Sweet, Frozen, Kernels On Cob					
	1 teaspoons Pepper, Red Or Cayenne					
	1 teaspoons Cumin, Ground					
	1 cups Vegetable Broth, Nonfat					
	1 clove Garlic, Raw					
	1 small Onion, Raw					
	1 teaspoons Vegetable Oil					
<b>Meal Totals:</b>		<b>Calories: 632</b>	<b>Carbs: 73g (46%)</b>	<b>Protein: 69g (43%)</b>	<b>Fat: 8g (11%)</b>	<b>Fluid: 32oz</b>
Snack	8:00 PM	134	3/4 oz FILBERT, DRIED, RAW (HAZELNUT)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		62	1 cups BLACKBERRY, RAW			
		240	1 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			

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**Gluten Free 3250 (C)**

**Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Meal Totals:		Calories: 436	Carbs: 68g (60%)	Protein: 9g (8%)	Fat: 16g (32%)	Fluid: 14oz
Day 3 Totals:		Calories: 3261	Carbs: 431g (54%)	Protein: 161g (20%)	Fat: 93g (26%)	Fluid: 140oz

Gluten Free 3250 (C)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	91	2 oz AVOCADO, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		21	4 tablespoons SALSA			
		231	4 tortilla TORTILLA, CORN, NO ADDED SALT, RTC			
		110	1 cups ORANGE JUICE			
<b>Meal Totals:</b>		<b>Calories: 656</b>	<b>Carbs: 85g (50%)</b>	<b>Protein: 24g (14%)</b>	<b>Fat: 27g (36%)</b>	<b>Fluid: 26oz</b>
Snack	10:00 AM	120	2 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
		134	3/4 oz FILBERT, DRIED, RAW (HAZELNUT)			
<b>Meal Totals:</b>		<b>Calories: 426</b>	<b>Carbs: 40g (35%)</b>	<b>Protein: 37g (32%)</b>	<b>Fat: 17g (33%)</b>	<b>Fluid: 33oz</b>
Lunch	12:00 PM	270	6 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		385	<b>QUINOA &amp; BLACK BEANS (1.5 Servings)</b>			
			5 tablespoons Quinoa Grain			
	3 tablespoons Coriander, Raw (cilantro, Chinese Parsley)					
	16 oz Bean, Black, Boiled					
	1/2 cups Corn, Sweet, Frozen, Kernels On Cob					
	1 teaspoons Pepper, Red Or Cayenne					
	1 teaspoons Cumin, Ground					
	1 cups Vegetable Broth, Nonfat					
	1 clove Garlic, Raw					
	1 small Onion, Raw					
	1 teaspoons Vegetable Oil					
<b>Meal Totals:</b>		<b>Calories: 677</b>	<b>Carbs: 73g (42%)</b>	<b>Protein: 79g (46%)</b>	<b>Fat: 9g (12%)</b>	<b>Fluid: 32oz</b>
Snack	3:00 PM	148	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		210	14 crackers BROWN RICE CRACKER			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 449</b>	<b>Carbs: 55g (47%)</b>	<b>Protein: 19g (16%)</b>	<b>Fat: 19g (37%)</b>	<b>Fluid: 17oz</b>
Dinner	6:00 PM	172	3 oz PORK CENTER LOIN, BRAISED, SLO			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		235	3/4 cups BEAN, NAVY, CANNED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
<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	285	1 1/2 cups YOGURT, VANILLA, LOWFAT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
<b>Meal Totals:</b>		<b>Calories: 420</b>	<b>Carbs: 82g (75%)</b>	<b>Protein: 19g (17%)</b>	<b>Fat: 4g (8%)</b>	<b>Fluid: 13oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 3273</b>	<b>Carbs: 425g (50%)</b>	<b>Protein: 227g (27%)</b>	<b>Fat: 86g (23%)</b>	<b>Fluid: 156oz</b>

**Gluten Free 3250 (C)**

**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	95	3 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		226	2 oz CEREAL, RTE, BROWN RICE CRISPS			
		137	1 1/4 cups ORANGE JUICE			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		<b>Meal Totals:</b>	<b>Calories: 641</b>	<b>Carbs: 106g (67%)</b>	<b>Protein: 34g (22%)</b>	<b>Fat: 8g (11%)</b>
Snack	10:00 AM	142	1 oz PRETZEL, SESAME			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 piece STRING CHEESE			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		110	1 large APPLE W/SKIN, RAW			
<b>Meal Totals:</b>	<b>Calories: 433</b>	<b>Carbs: 50g (44%)</b>	<b>Protein: 12g (11%)</b>	<b>Fat: 23g (45%)</b>	<b>Fluid: 24oz</b>	
Lunch	12:00 PM	153	6 oz SWEET POTATO, BAKED, NO SALT			
		225	1 1/2 serving DINNER ROLL, TAPIOCA			
		2	1 teaspoons BALSAMIC VINEGAR			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		229	4 oz PORK CENTER LOIN, BRAISED, SLO			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
<b>Meal Totals:</b>	<b>Calories: 665</b>	<b>Carbs: 69g (42%)</b>	<b>Protein: 40g (24%)</b>	<b>Fat: 25g (34%)</b>	<b>Fluid: 28oz</b>	
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW			
		240	16 crackers BROWN RICE CRACKER			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		<b>Meal Totals:</b>	<b>Calories: 431</b>	<b>Carbs: 56g (66%)</b>	<b>Protein: 9g (11%)</b>	<b>Fat: 9g (24%)</b>
Dinner	6:00 PM	168	3/4 cups QUINOA, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		526	<b>CHOPPED KALE SALAD WITH CHICKEN (1.5 Servings)</b>			
			8 cups Kale, Raw			
			3 tablespoons Olive Oil, Extra Virgin			
	1/4 cups Lemon Juice					
	1/2 teaspoons Salt, Sea					
	1/2 teaspoons Black Pepper, Ground					
	2 teaspoons Lemon Peel, Raw					
	16 oz Chicken Breast, Boneless, Roasted, Meat Only					
<b>Meal Totals:</b>	<b>Calories: 694</b>	<b>Carbs: 51g (29%)</b>	<b>Protein: 66g (38%)</b>	<b>Fat: 26g (33%)</b>	<b>Fluid: 27oz</b>	
Snack	8:00 PM	240	1 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
<b>Meal Totals:</b>	<b>Calories: 375</b>	<b>Carbs: 85g (87%)</b>	<b>Protein: 6g (6%)</b>	<b>Fat: 3g (7%)</b>	<b>Fluid: 13oz</b>	
<b>Day 5 Totals:</b>	<b>Calories: 3239</b>	<b>Carbs: 417g (52%)</b>	<b>Protein: 167g (21%)</b>	<b>Fat: 94g (27%)</b>	<b>Fluid: 138oz</b>	

**Gluten Free 3250 (C)****Day 6**

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	260	2 slice BROWN RICE BREAD			
		80	2 1/2 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		164	1 1/2 cups ORANGE JUICE			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		48	1 tablespoons HONEY			
<b>Meal Totals:</b>		<b>Calories: 653</b>	<b>Carbs: 93g (56%)</b>	<b>Protein: 14g (8%)</b>	<b>Fat: 26g (35%)</b>	<b>Fluid: 23oz</b>
Snack	10:00 AM	238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		135	1 extra-large BANANA, RAW			
<b>Meal Totals:</b>		<b>Calories: 433</b>	<b>Carbs: 88g (77%)</b>	<b>Protein: 17g (15%)</b>	<b>Fat: 4g (8%)</b>	<b>Fluid: 26oz</b>
Lunch	12:00 PM	150	1 serving DINNER ROLL, TAPIOCA			
		2	16 fl oz ICED TEA, UNSWEETENED			
		526	<b>CHOPPED KALE SALAD WITH CHICKEN (1.5 Servings)</b>			
			8 cups Kale, Raw 3 tablespoons Olive Oil, Extra Virgin 1/4 cups Lemon Juice 1/2 teaspoons Salt, Sea 1/2 teaspoons Black Pepper, Ground 2 teaspoons Lemon Peel, Raw 16 oz Chicken Breast, Boneless, Roasted, Meat Only			
<b>Meal Totals:</b>		<b>Calories: 678</b>	<b>Carbs: 42g (25%)</b>	<b>Protein: 61g (36%)</b>	<b>Fat: 30g (40%)</b>	<b>Fluid: 28oz</b>
Snack	3:00 PM	110	1 large APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		210	14 crackers BROWN RICE CRACKER			
		80	1 piece STRING CHEESE			
<b>Meal Totals:</b>		<b>Calories: 400</b>	<b>Carbs: 69g (66%)</b>	<b>Protein: 13g (12%)</b>	<b>Fat: 10g (22%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		45	10 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		325	1 1/2 cups BROWN RICE, LONG GRAIN, COOKED			
		215	7 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		75	2 oz BEAN, BLACK, BOILED			
<b>Meal Totals:</b>		<b>Calories: 660</b>	<b>Carbs: 91g (54%)</b>	<b>Protein: 45g (27%)</b>	<b>Fat: 14g (19%)</b>	<b>Fluid: 37oz</b>
Snack	8:00 PM	134	3/4 oz FILBERT, DRIED, RAW (HAZELNUT)			
		46	8 large STRAWBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		258	1 1/2 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 438</b>	<b>Carbs: 25g (22%)</b>	<b>Protein: 50g (44%)</b>	<b>Fat: 17g (34%)</b>	<b>Fluid: 25oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 3262</b>	<b>Carbs: 408g (49%)</b>	<b>Protein: 200g (24%)</b>	<b>Fat: 101g (27%)</b>	<b>Fluid: 162oz</b>

**Gluten Free 3250 (C)****Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	95	3 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		110	1 cups ORANGE JUICE			
		147	2 large EGG, CHICKEN, POACHED			
		35	1 teaspoons BUTTER			
		260	2 slice BROWN RICE BREAD			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 647</b>	<b>Carbs: 67g (41%)</b>	<b>Protein: 25g (15%)</b>	<b>Fat: 32g (44%)</b>	<b>Fluid: 22oz</b>
Snack	10:00 AM	83	1 cups CARROT, BABY, RAW			
		80	1 piece STRING CHEESE			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		210	14 crackers BROWN RICE CRACKER			
<b>Meal Totals:</b>		<b>Calories: 427</b>	<b>Carbs: 46g (52%)</b>	<b>Protein: 13g (15%)</b>	<b>Fat: 13g (33%)</b>	<b>Fluid: 17oz</b>
Lunch	12:00 PM	110	1 large APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		7	4 leaf LETTUCE, COS OR ROMAINE, RAW			
		214	4 oz TURKEY BREAST, ROASTED			
		16	4 oz TOMATO, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		300	2 serving DINNER ROLL, TAPIOCA			
<b>Meal Totals:</b>		<b>Calories: 657</b>	<b>Carbs: 74g (46%)</b>	<b>Protein: 37g (23%)</b>	<b>Fat: 22g (31%)</b>	<b>Fluid: 33oz</b>
Snack	3:00 PM	89	1/2 oz FILBERT, DRIED, RAW (HAZELNUT)			
		285	1 1/2 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		58	10 large STRAWBERRY, RAW			
<b>Meal Totals:</b>		<b>Calories: 432</b>	<b>Carbs: 63g (56%)</b>	<b>Protein: 20g (18%)</b>	<b>Fat: 13g (26%)</b>	<b>Fluid: 23oz</b>
Dinner	6:00 PM	316	7 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		280	1 1/4 cups QUINOA, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 678</b>	<b>Carbs: 65g (39%)</b>	<b>Protein: 81g (48%)</b>	<b>Fat: 10g (13%)</b>	<b>Fluid: 29oz</b>
Snack	8:00 PM	300	1 1/4 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
<b>Meal Totals:</b>		<b>Calories: 435</b>	<b>Carbs: 98g (86%)</b>	<b>Protein: 7g (6%)</b>	<b>Fat: 4g (8%)</b>	<b>Fluid: 13oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 3276</b>	<b>Carbs: 413g (51%)</b>	<b>Protein: 183g (23%)</b>	<b>Fat: 94g (26%)</b>	<b>Fluid: 137oz</b>



**Shopping List**

Category	Quantity	Item
Accompaniments	1 teaspoons	Mayonnaise, Olive Oil, Artisan   Spectrum
	4 tablespoons	Salsa
	4 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
Beef	11 1/2 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	7 1/2 cups	Orange Juice
	8 1/2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened   Generic
Bread	488 fl oz	Water, Drinking Water, Purified
	4 tortilla	Tortilla, Corn, No Added Salt, Rtc
	7 1/2 serving	Dinner Roll, Tapioca   Ener-G Foods
Cereal and Grain Products	14 slice	Brown Rice Bread   Ener-G Foods
	2 1/2 cups	Brown Rice, Long Grain, Cooked
	2 cups	Cereal, Hot, Cream Of Rice, Cooked
Cereals, Ready to Eat	4 oz	Cereal, Rte, Brown Rice Crisps   Barbara's Bakery
	90 crackers	Brown Rice Cracker   Eden Foods
	1 1/2 teaspoons	Butter
Dairy Products	2 large	Egg, Chicken, Scrambled
	3 1/2 cups	Cheese, Cottage 1%
	4 large	Egg, Chicken, Poached
Desserts	5 piece	String Cheese   Kraft
	6 3/4 cups	Yogurt, Vanilla, Lowfat   Mountain High
	4 1/4 cups	Soy Frozen Yogurt, Swiss Dark Chocolate   Whole Soy & Co.
Fats and Oils	3 teaspoons	Olive Oil, Extra Virgin   Bertolli
Finfish and Shellfish Products	3 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium   Chicken of the Sea
	7 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	8 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
Fruits	1 cups	Blackberry, Raw
	2 oz	Avocado, Raw
	5 extra-large	Banana, Raw
	5 large	Apple W/skin, Raw
	7 fruit	Nectarine, Raw
Ingredients	28 large	Strawberry, Raw
	1 tablespoons	Honey
	2 teaspoons	Balsamic Vinegar   Spectrum
Legumes	3/4 cups	Bean, Navy, Canned

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**Shopping List**

Category	Quantity	Item
	10 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	3 1/2 oz	Filbert, Dried, Raw (hazelnut)
	2 1/2 tablespoons	Almond Butter, No Salt
	5 1/2 tablespoons	Almond Butter, No Salt
Pork	7 oz	Pork Center Loin, Braised, Slo
Poultry	4 oz	Turkey Breast, Roasted
	20 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	13 1/2 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	3 1/2 cups	Quinoa, Cooked
Snacks	3 3/4 oz	Pretzel, Sesame   Ener-G Foods
Sport and Diet Nutritionals	1 1/2 oz	Protein Powder, Brown Rice   MLO
Vegetables	1/2 cups	Carrot, Baby, Raw
	3 1/2 cups	Carrot, Baby, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 cups	Mustard Greens, Boiled, Drained
	6 oz	Tomato, Raw
	8 leaf	Lettuce, Cos Or Romaine, Raw
	10 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	10 oz	Squash, Summer, Crookneck, Boiled, Drained
	12 oz	Sweet Potato, Baked, No Salt
	16 oz	Brussels Sprouts, Boiled, No Salt
	1 clove	Garlic, Raw
	1 small	Onion, Raw
Beverages	1/4 cups	Lemon Juice
Cereal and Grain Products	5 tablespoons	Quinoa Grain
Fats and Oils	1 teaspoons	Vegetable Oil   Wesson
	3 tablespoons	Olive Oil, Extra Virgin   Star
Fruits	2 teaspoons	Lemon Peel, Raw
Ingredients	1/2 teaspoons	Salt, Sea
Legumes	17 oz	Bean, Black, Boiled
Poultry	16 oz	Chicken Breast, Boneless, Roasted, Meat Only
Soup	1 cups	Vegetable Broth, Nonfat   Health Valley
Spices	1/2 teaspoons	Black Pepper, Ground   McCormick/Schilling
	1 teaspoons	Cumin, Ground   McCormick/Schilling
	1 teaspoons	Pepper, Red Or Cayenne

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**Shopping List**

Category	Quantity	Item
	3 tablespoons	Coriander, Raw (cilantro, Chinese Parsley)
Vegetables	1/2 cups	Corn, Sweet, Frozen, Kernels On Cob
	8 cups	Kale, Raw