

Gluten & Lactose 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			
		164	1 1/2 cups ORANGE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		147	2 large EGG, CHICKEN, POACHED			
		267	2 cups CEREAL, HOT, CREAM OF RICE, COOKED			
Meal Totals:		Calories: 642	Carbs: 101g (63%)	Protein: 26g (16%)	Fat: 15g (21%)	Fluid: 40oz
Snack	10:00 AM	60	1 fruit NECTARINE, RAW			
		248	1 3/4 oz PRETZEL, SESAME			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		125	1 1/4 oz TURKEY JERKY			
Meal Totals:		Calories: 433	Carbs: 45g (43%)	Protein: 28g (27%)	Fat: 14g (30%)	Fluid: 21oz
Lunch	12:00 PM	140	2 slice SOY CHEESE, AMERICAN, SLICED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		225	5 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		260	2 slice BROWN RICE BREAD			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
Meal Totals:		Calories: 646	Carbs: 44g (29%)	Protein: 52g (34%)	Fat: 25g (37%)	Fluid: 24oz
Snack	3:00 PM	120	12 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
		210	14 crackers BROWN RICE CRACKER			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
Meal Totals:		Calories: 440	Carbs: 83g (73%)	Protein: 15g (13%)	Fat: 7g (14%)	Fluid: 26oz
Dinner	6:00 PM	374	1 2/3 cups QUINOA, COOKED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		118	5 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 654	Carbs: 81g (49%)	Protein: 42g (25%)	Fat: 19g (26%)	Fluid: 27oz
Snack	8:00 PM	12	2 large STRAWBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		118	2/3 oz ALMONDS, SLIVERED			
		300	1 1/4 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
Meal Totals:		Calories: 430	Carbs: 69g (66%)	Protein: 9g (9%)	Fat: 12g (26%)	Fluid: 11oz
Day 1 Totals:		Calories: 3245	Carbs: 423g (53%)	Protein: 172g (21%)	Fat: 92g (26%)	Fluid: 149oz

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

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	164	1 1/2 cups ORANGE JUICE 16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK) 3 oz CEREAL, RTE, BROWN RICE CRISPS			
		160				
		339				
		Meal Totals:				
Snack	10:00 AM	203	2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 1 large APPLE W/SKIN, RAW 1 oz PRETZEL, SESAME			
		0				
		110				
		142				
Meal Totals:	Calories: 455	Carbs: 53g (44%)	Protein: 8g (7%)	Fat: 27g (50%)	Fluid: 24oz	
Lunch	12:00 PM	3	2 leaf LETTUCE, COS OR ROMAINE, RAW 3 slice BROWN RICE BREAD 2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN 4 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 1 cups CARROT, BABY, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED			
		390				
		67				
		120				
		83				
		0				
Meal Totals:	Calories: 663	Carbs: 55g (36%)	Protein: 39g (25%)	Fat: 27g (39%)	Fluid: 20oz	
Snack	3:00 PM	125	1 1/4 oz TURKEY JERKY 16 fl oz WATER, DRINKING WATER, PURIFIED 12 crackers BROWN RICE CRACKER 2 fruit NECTARINE, RAW			
		0				
		180				
		120				
		Meal Totals:				
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 8 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED 1 1/2 cups MUSTARD GREENS, BOILED, DRAINED 12 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN 2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		246				
		33				
		293				
		80				
Meal Totals:	Calories: 652	Carbs: 73g (44%)	Protein: 48g (29%)	Fat: 20g (27%)	Fluid: 38oz	
Snack	8:00 PM	135	1 extra-large BANANA, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 10 oz SOY YOGURT, STRAWBERRY			
		0				
		267				
Meal Totals:	Calories: 402	Carbs: 87g (83%)	Protein: 9g (9%)	Fat: 4g (9%)	Fluid: 13oz	
Day 2 Totals:	Calories: 3260	Carbs: 462g (56%)	Protein: 157g (19%)	Fat: 90g (25%)	Fluid: 148oz	

Gluten & Lactose Free 3250 (C)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		60	1 fruit NECTARINE, RAW			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		260	2 slice BROWN RICE BREAD			
		120	12 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
Meal Totals:		Calories: 643	Carbs: 72g (44%)	Protein: 17g (10%)	Fat: 34g (46%)	Fluid: 25oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		213	8 oz SOY YOGURT, STRAWBERRY			
		110	1 large APPLE W/SKIN, RAW			
		115	1 1/4 oz SOY PROTEIN, ISOLATE			
Meal Totals:		Calories: 438	Carbs: 71g (61%)	Protein: 38g (33%)	Fat: 3g (6%)	Fluid: 24oz
Lunch	12:00 PM	246	8 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		4	2 teaspoons BALSAMIC VINEGAR			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	16 fl oz ICED TEA, UNSWEETENED			
300	2 serving DINNER ROLL, TAPIOCA					
Meal Totals:		Calories: 648	Carbs: 44g (28%)	Protein: 39g (25%)	Fat: 33g (47%)	Fluid: 25oz
Snack	3:00 PM	210	14 crackers BROWN RICE CRACKER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		104	1 1/4 cups CARROT, BABY, RAW			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
Meal Totals:		Calories: 422	Carbs: 51g (64%)	Protein: 8g (10%)	Fat: 9g (26%)	Fluid: 18oz
Dinner	6:00 PM	150	1 serving DINNER ROLL, TAPIOCA			
		158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		33	1 1/2 cups MUSTARD GREENS, BOILED, DRAINED			
		307	QUINOA & BLACK BEANS (1 Servings) 1/2 cups Onion, Raw 1 1/2 tablespoons Coriander, Raw (cilantro, Chinese Parsley) 8 oz Bean, Black, Boiled 1/2 cups Corn, Sweet, Frozen, Kernels On Cob 1/4 teaspoons Pepper, Red Or Cayenne 1/2 teaspoons Cumin, Ground 1/4 cups Vegetable Broth, Nonfat 3 tablespoons Quinoa Grain 1/2 clove Garlic, Raw 1 teaspoons Vegetable Oil, Average			
Meal Totals:		Calories: 648	Carbs: 81g (48%)	Protein: 54g (32%)	Fat: 15g (20%)	Fluid: 33oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		62	1 cups BLACKBERRY, RAW			
		300	1 1/4 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
		88	1/2 oz ALMONDS, SLIVERED			

Continued on next page...

Gluten & Lactose Free 3250 (C)

Day 3

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Meal Totals:		Calories: 450	Carbs: 80g (70%)	Protein: 10g (9%)	Fat: 11g (22%)	Fluid: 14oz
Day 3 Totals:		Calories: 3249	Carbs: 399g (50%)	Protein: 166g (21%)	Fat: 105g (29%)	Fluid: 139oz

Gluten & Lactose Free 3250 (C)

Day 4

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	203	2 large EGG, CHICKEN, SCRAMBLED			
		21	4 tablespoons SALSA			
		164	1 1/2 cups ORANGE JUICE			
		115	2 tortilla TORTILLA, CORN, NO ADDED SALT, RTC			
		46	8 large STRAWBERRY, RAW			
		95	3 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 644	Carbs: 85g (52%)	Protein: 30g (18%)	Fat: 22g (30%)	Fluid: 34oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		237	1 2/3 oz PRETZEL, SESAME			
		60	1 fruit NECTARINE, RAW			
		150	1 1/2 oz TURKEY JERKY			
Meal Totals:		Calories: 447	Carbs: 44g (40%)	Protein: 33g (30%)	Fat: 15g (30%)	Fluid: 21oz
Lunch	12:00 PM	22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		90	2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		225	1 1/2 serving DINNER ROLL, TAPIOCA			
		307	QUINOA & BLACK BEANS (1 Servings)			
			1/2 cups Onion, Raw			
			1 1/2 tablespoons Coriander, Raw (cilantro, Chinese Parsley)			
			8 oz Bean, Black, Boiled			
	1/2 cups Corn, Sweet, Frozen, Kernels On Cob					
	1/4 teaspoons Pepper, Red Or Cayenne					
	1/2 teaspoons Cumin, Ground					
	1/4 cups Vegetable Broth, Nonfat					
	3 tablespoons Quinoa Grain					
	1/2 clove Garlic, Raw					
	1 teaspoons Vegetable Oil, Average					
Meal Totals:		Calories: 644	Carbs: 89g (54%)	Protein: 39g (23%)	Fat: 17g (23%)	Fluid: 29oz
Snack	3:00 PM	180	12 crackers BROWN RICE CRACKER			
		132	1 1/2 tablespoons PEANUT BUTTER			
		120	12 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 432	Carbs: 51g (46%)	Protein: 19g (17%)	Fat: 18g (37%)	Fluid: 20oz
Dinner	6:00 PM	22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		325	1 1/2 cups BROWN RICE, LONG GRAIN, COOKED			
		156	1/2 cups BEAN, NAVY, CANNED			
		172	3 oz PORK CENTER LOIN, BRAISED, SLO			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 675	Carbs: 98g (58%)	Protein: 46g (27%)	Fat: 11g (15%)	Fluid: 35oz
Continued on next page...						

Gluten & Lactose Free 3250 (C)**Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Snack	8:00 PM	160 0 135 118	6 oz SOY YOGURT, STRAWBERRY 8 fl oz WATER, DRINKING WATER, PURIFIED 1 extra-large BANANA, RAW 2/3 oz ALMONDS, SLIVERED			
Meal Totals:		Calories: 413	Carbs: 69g (65%)	Protein: 10g (9%)	Fat: 12g (25%)	Fluid: 14oz
Day 4 Totals:		Calories: 3255	Carbs: 436g (53%)	Protein: 177g (21%)	Fat: 95g (26%)	Fluid: 153oz

Gluten & Lactose Free 3250 (C)**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	160	16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK) 3 oz TURKEY SAUSAGE, LOWER FAT, COOKED 1 1/2 cups ORANGE JUICE 2 oz CEREAL, RTE, BROWN RICE CRISPS			
		95				
		164				
		226				
Meal Totals:		Calories: 645	Carbs: 112g (68%)	Protein: 27g (16%)	Fat: 11g (15%)	Fluid: 30oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 large APPLE W/SKIN, RAW 1 1/3 oz PRETZEL, SESAME 1 1/2 tablespoons ALMOND BUTTER, NO SALT			
		110				
		189				
		152				
Meal Totals:		Calories: 451	Carbs: 57g (48%)	Protein: 8g (7%)	Fat: 24g (45%)	Fluid: 24oz
Lunch	12:00 PM	2	1 teaspoons BALSAMIC VINEGAR 2 cups LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 4 oz PORK CENTER LOIN, BRAISED, SLO 2 teaspoons OLIVE OIL, EXTRA VIRGIN 2 serving DINNER ROLL, TAPIOCA			
		16				
		0				
		229				
		300				
Meal Totals:		Calories: 627	Carbs: 44g (29%)	Protein: 37g (24%)	Fat: 32g (47%)	Fluid: 23oz
Snack	3:00 PM	54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 1 1/2 cups CARROT, BABY, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1 oz TURKEY JERKY 10 crackers BROWN RICE CRACKER			
		125				
		0				
		100				
		150				
Meal Totals:		Calories: 429	Carbs: 35g (47%)	Protein: 24g (32%)	Fat: 7g (21%)	Fluid: 17oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 1/2 cups QUINOA, COOKED CHOPPED KALE SALAD WITH CHICKEN (1 Servings) 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			
		336				
		320				
Meal Totals:		Calories: 656	Carbs: 74g (44%)	Protein: 52g (31%)	Fat: 18g (24%)	Fluid: 23oz
Snack	8:00 PM	300	1 1/4 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE 8 fl oz WATER, DRINKING WATER, PURIFIED 1 extra-large BANANA, RAW			
		0				
		135				
Meal Totals:		Calories: 435	Carbs: 98g (86%)	Protein: 7g (6%)	Fat: 4g (8%)	Fluid: 13oz
Day 5 Totals:		Calories: 3243	Carbs: 420g (53%)	Protein: 155g (20%)	Fat: 96g (27%)	Fluid: 130oz

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

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		260	2 slice BROWN RICE BREAD			
		183	1 2/3 cups ORANGE JUICE			
Meal Totals:		Calories: 646	Carbs: 85g (51%)	Protein: 10g (6%)	Fat: 32g (43%)	Fluid: 22oz
Snack	10:00 AM	120	2 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		213	8 oz SOY YOGURT, STRAWBERRY			
		138	1 1/2 oz SOY PROTEIN, ISOLATE			
Meal Totals:		Calories: 471	Carbs: 71g (56%)	Protein: 46g (37%)	Fat: 4g (7%)	Fluid: 26oz
Lunch	12:00 PM	320	CHOPPED KALE SALAD WITH CHICKEN (1 Servings)			
			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				
		300	2 serving DINNER ROLL, TAPIOCA			
		2	16 fl oz ICED TEA, UNSWEETENED			
Meal Totals:		Calories: 622	Carbs: 55g (35%)	Protein: 42g (27%)	Fat: 26g (38%)	Fluid: 24oz
Snack	3:00 PM	140	2 slice SOY CHEESE, AMERICAN, SLICED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		180	12 crackers BROWN RICE CRACKER			
		110	1 large APPLE W/SKIN, RAW			
Meal Totals:		Calories: 430	Carbs: 66g (63%)	Protein: 10g (10%)	Fat: 13g (28%)	Fluid: 23oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		433	2 cups BROWN RICE, LONG GRAIN, COOKED			
		185	6 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		36	8 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
Meal Totals:		Calories: 654	Carbs: 98g (59%)	Protein: 38g (23%)	Fat: 13g (18%)	Fluid: 36oz
Snack	8:00 PM	300	1 1/4 cups SOY FROZEN YOGURT, SWISS DARK CHOCOLATE			
		46	8 large STRAWBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		88	1/2 oz ALMONDS, SLIVERED			
Meal Totals:		Calories: 434	Carbs: 77g (71%)	Protein: 9g (8%)	Fat: 10g (21%)	Fluid: 14oz
Day 6 Totals:		Calories: 3257	Carbs: 452g (55%)	Protein: 155g (19%)	Fat: 98g (27%)	Fluid: 145oz

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

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		147	2 large EGG, CHICKEN, POACHED			
		146	1 1/3 cups ORANGE JUICE			
		260	2 slice BROWN RICE BREAD			
		95	3 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
Meal Totals:		Calories: 648	Carbs: 75g (46%)	Protein: 26g (16%)	Fat: 28g (38%)	Fluid: 24oz
Snack	10:00 AM	108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		125	1 1/2 cups CARROT, BABY, RAW			
		210	14 crackers BROWN RICE CRACKER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 443	Carbs: 51g (64%)	Protein: 8g (10%)	Fat: 9g (26%)	Fluid: 18oz
Lunch	12:00 PM	321	6 oz TURKEY BREAST, ROASTED			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
300	2 serving DINNER ROLL, TAPIOCA					
Meal Totals:		Calories: 641	Carbs: 43g (28%)	Protein: 51g (33%)	Fat: 27g (39%)	Fluid: 24oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		220	1 1/4 oz ALMONDS, SLIVERED			
		213	8 oz SOY YOGURT, STRAWBERRY			
		17	3 large STRAWBERRY, RAW			
Meal Totals:		Calories: 450	Carbs: 51g (46%)	Protein: 13g (12%)	Fat: 21g (42%)	Fluid: 19oz
Dinner	6:00 PM	280	1 1/4 cups QUINOA, COOKED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		270	6 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
Meal Totals:		Calories: 632	Carbs: 65g (41%)	Protein: 72g (45%)	Fat: 10g (14%)	Fluid: 28oz
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			
Meal Totals:		Calories: 435	Carbs: 98g (86%)	Protein: 7g (6%)	Fat: 4g (8%)	Fluid: 13oz
Day 7 Totals:		Calories: 3249	Carbs: 383g (49%)	Protein: 177g (23%)	Fat: 99g (28%)	Fluid: 126oz

Shopping List

Category	Quantity	Item
Accompaniments	2 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	4 tablespoons	Salsa
	4 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beef	16 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	9 cups	Orange Juice
	32 fl oz	Iced Tea, Unsweetened Generic
	68 fl oz	Soy Milk, Vanilla, Light (soymilk) Silk
	496 fl oz	Water, Drinking Water, Purified
Bread	2 tortilla	Tortilla, Corn, No Added Salt, Rtc
	10 1/2 serving	Dinner Roll, Tapioca Ener-G Foods
	11 slice	Brown Rice Bread Ener-G Foods
Cereal and Grain Products	3 1/2 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	2 cups	Cereal, Hot, Cream Of Rice, Cooked
	5 oz	Cereal, Rte, Brown Rice Crisps Barbara's Bakery
Cookies & Crackers	88 crackers	Brown Rice Cracker Eden Foods
Dairy Products	2 large	Egg, Chicken, Scrambled
	4 large	Egg, Chicken, Poached
	4 slice	Soy Cheese, American, Sliced Tofutti
	40 oz	Soy Yogurt, Strawberry Silk
Desserts	6 1/4 cups	Soy Frozen Yogurt, Swiss Dark Chocolate Whole Soy & Co.
Fats and Oils	8 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
	5 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
	6 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	1 cups	Blackberry, Raw
	4 extra-large	Banana, Raw
	5 large	Apple W/skin, Raw
	7 fruit	Nectarine, Raw
	21 large	Strawberry, Raw
Ingredients	3 teaspoons	Balsamic Vinegar Spectrum
Legumes	1/2 cups	Bean, Navy, Canned
	1 1/2 tablespoons	Peanut Butter
	2 3/4 oz	Soy Protein, Isolate
	10 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	3 5/8 oz	Almonds, Slivered Blue Diamond

Continued on next page...

Shopping List

Category	Quantity	Item
	7 1/2 tablespoons	Almond Butter, No Salt
Pork	7 oz	Pork Center Loin, Braised, Slo
Poultry	6 oz	Turkey Breast, Roasted
	16 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	5 oz	Turkey Jerky Shelton's
	11 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	4 1/2 cups	Quinoa, Cooked
Snacks	5 3/4 oz	Pretzel, Sesame Ener-G Foods
Vegetables	4 cups	Lettuce, Cos Or Romaine, Raw
	4 oz	Tomato, Raw
	5 cups	Mustard Greens, Boiled, Drained
	5 1/4 cups	Carrot, Baby, Raw
	5 leaf	Lettuce, Cos Or Romaine, Raw
	8 oz	Squash, Summer, Crookneck, Boiled, Drained
	12 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	16 oz	Brussels Sprouts, Boiled, No Salt
	1/2 clove	Garlic, Raw
Beverages	2 tablespoons	Lemon Juice
Cereal and Grain Products	3 tablespoons	Quinoa Grain
Fats and Oils	1 tablespoons	Olive Oil
	1 teaspoons	Vegetable Oil, Average
Fruits	1 teaspoons	Lemon Peel, Raw
Ingredients	1/4 teaspoons	Salt, Sea
Legumes	8 oz	Bean, Black, Boiled
Poultry	8 oz	Chicken Breast, Boneless, Roasted, Meat Only
Soup	1/4 cups	Vegetable Broth, Nonfat Health Valley
Spices	1/4 teaspoons	Pepper, Red Or Cayenne
	1/2 teaspoons	Cumin, Ground McCormick/Schilling
	1 1/2 tablespoons	Coriander, Raw (cilantro, Chinese Parsley)
Vegetables	1/2 cups	Corn, Sweet, Frozen, Kernels On Cob
	1/2 cups	Onion, Raw
	4 cups	Kale, Raw