

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			
		110	1 large APPLE W/SKIN, RAW			
		164	1 1/2 cups ORANGE JUICE			
		147	2 large EGG, CHICKEN, POACHED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		175	2 cups OAT BRAN, COOKED			
Meal Totals:		Calories: 660	Carbs: 121g (61%)	Protein: 36g (18%)	Fat: 18g (21%)	Fluid: 52oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	2 slice SOY CHEESE, MOZZARELLA, SLICED			
		120	2 fruit NECTARINE, RAW			
		180	9 crackers TRISCUIT WHEAT CRACKER, ROSEMARY & OLIVE OIL			
Meal Totals:		Calories: 440	Carbs: 63g (56%)	Protein: 12g (11%)	Fat: 17g (34%)	Fluid: 25oz
Lunch	12:00 PM	8	2 oz TOMATO, RAW			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		320	4 slice 100% WHOLE WHEAT BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		180	4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		136	3 oz AVOCADO, RAW			
Meal Totals:		Calories: 657	Carbs: 67g (41%)	Protein: 55g (34%)	Fat: 18g (25%)	Fluid: 26oz
Snack	3:00 PM	180	2 bars GRANOLA BAR, CINNAMON			
		135	1 extra-large BANANA, RAW			
		120	12 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
Meal Totals:		Calories: 435	Carbs: 79g (68%)	Protein: 15g (13%)	Fat: 10g (19%)	Fluid: 17oz
Dinner	6:00 PM	82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		189	8 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		336	1 1/2 cups QUINOA, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 607	Carbs: 75g (49%)	Protein: 54g (35%)	Fat: 11g (16%)	Fluid: 28oz
Snack	8:00 PM	140	2 oz PROTEIN POWDER, VEGETABLE PROTEIN			
		46	8 large STRAWBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		270	9 oz SOY YOGURT, MIXED BERRY			
Meal Totals:		Calories: 456	Carbs: 63g (53%)	Protein: 44g (37%)	Fat: 5g (10%)	Fluid: 13oz
Day 1 Totals:		Calories: 3255	Carbs: 468g (54%)	Protein: 216g (25%)	Fat: 79g (21%)	Fluid: 161oz

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

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	80	2 1/2 oz TURKEY SAUSAGE, LOWER FAT, COOKED 16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK) 6 large STRAWBERRY, RAW 2 cups WHEAT CHEX, RTE 1 1/2 cups ORANGE JUICE			
		160				
		35				
		207				
		164				
Meal Totals:		Calories: 646	Carbs: 119g (70%)	Protein: 29g (17%)	Fat: 10g (13%)	Fluid: 33oz
Snack	10:00 AM	110	1 large APPLE W/SKIN, RAW 2 tablespoons ALMOND BUTTER, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 1 1/2 oz PRETZEL, STICKS			
		203				
		0				
		152				
Meal Totals:		Calories: 465	Carbs: 71g (58%)	Protein: 9g (7%)	Fat: 19g (35%)	Fluid: 24oz
Lunch	12:00 PM	3	2 leaf LETTUCE, COS OR ROMAINE, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups CARROT, BABY, RAW 3 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN 3 pita BREAD, PITA, WHOLE WHEAT 6 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM 3 crackers TRISCUIT WHEAT CRACKER, ROSEMARY & OLIVE OIL			
		0				
		83				
		100				
		226				
		180				
		60				
Meal Totals:		Calories: 652	Carbs: 58g (36%)	Protein: 64g (39%)	Fat: 18g (25%)	Fluid: 23oz
Snack	3:00 PM	180	2 bars GRANOLA BAR, CINNAMON 16 fl oz WATER, DRINKING WATER, PURIFIED 2 slice SOY CHEESE, MOZZARELLA, SLICED 2 fruit NECTARINE, RAW			
		0				
		140				
		120				
Meal Totals:		Calories: 440	Carbs: 62g (56%)	Protein: 11g (10%)	Fat: 17g (34%)	Fluid: 26oz
Dinner	6:00 PM	151	2 roll ROLL, DINNER, WHOLE WHEAT 2 cups MUSTARD GREENS, BOILED, DRAINED 8 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN 16 fl oz WATER, DRINKING WATER, PURIFIED 8 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		44				
		195				
		0				
		246				
Meal Totals:		Calories: 636	Carbs: 80g (49%)	Protein: 52g (32%)	Fat: 14g (19%)	Fluid: 38oz
Snack	8:00 PM	270	9 oz SOY YOGURT, MIXED BERRY 8 fl oz WATER, DRINKING WATER, PURIFIED 1 extra-large BANANA, RAW			
		0				
		135				
Meal Totals:		Calories: 405	Carbs: 86g (78%)	Protein: 11g (10%)	Fat: 6g (12%)	Fluid: 13oz
Day 2 Totals:		Calories: 3244	Carbs: 476g (57%)	Protein: 176g (21%)	Fat: 84g (22%)	Fluid: 157oz

Lactose Free 3250 (C)**Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		120	2 fruit NECTARINE, RAW			
		120	12 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
		253	2 1/2 tablespoons ALMOND BUTTER, NO SALT			
Meal Totals:		Calories: 653	Carbs: 81g (46%)	Protein: 26g (15%)	Fat: 30g (39%)	Fluid: 37oz
Snack	10:00 AM	110	1 large APPLE W/SKIN, RAW			
		180	2 bars GRANOLA BAR, CINNAMON			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		135	1 extra-large BANANA, RAW			
Meal Totals:		Calories: 425	Carbs: 93g (80%)	Protein: 7g (6%)	Fat: 7g (14%)	Fluid: 29oz
Lunch	12:00 PM	224	1 cups QUINOA, COOKED			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		246	8 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	1 teaspoons BALSAMIC VINEGAR			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
Meal Totals:		Calories: 645	Carbs: 57g (36%)	Protein: 47g (30%)	Fat: 24g (34%)	Fluid: 26oz
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		70	1 slice SOY CHEESE, MOZZARELLA, SLICED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		202	2 oz PRETZEL, STICKS			
Meal Totals:		Calories: 409	Carbs: 55g (69%)	Protein: 7g (9%)	Fat: 8g (23%)	Fluid: 17oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		533	GRILLED SWORDFISH SALAD (LACTOSE FREE) (1.5 Servings)			
			1 tablespoons Olive Oil			
			4 tablespoons Balsamic Vinegar			
			8 fruit Kumquat, Raw			
			2 cups Tomato, Cherry, Red, Ripe, Raw			
	12 oz Spinach, Baby					
	2 fruit Mango, Raw					
	16 oz Swordfish, Baked Or Broiled					
Meal Totals:		Calories: 684	Carbs: 88g (49%)	Protein: 55g (31%)	Fat: 16g (20%)	Fluid: 31oz
Snack	8:00 PM	105	1 1/2 oz PROTEIN POWDER, VEGETABLE PROTEIN			
		62	1 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		270	9 oz SOY YOGURT, MIXED BERRY			
Meal Totals:		Calories: 437	Carbs: 66g (57%)	Protein: 37g (32%)	Fat: 6g (12%)	Fluid: 13oz
Day 3 Totals:		Calories: 3253	Carbs: 440g (53%)	Protein: 179g (22%)	Fat: 91g (25%)	Fluid: 153oz

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

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	340	2 wrap WRAP, 100% WHOLE WHEAT			
		147	2 large EGG, CHICKEN, POACHED			
		10	2 tablespoons SALSA			
		164	1 1/2 cups ORANGE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 661	Carbs: 95g (57%)	Protein: 26g (16%)	Fat: 20g (27%)	Fluid: 24oz
Snack	10:00 AM	120	2 fruit NECTARINE, RAW			
		140	2 slice SOY CHEESE, MOZZARELLA, SLICED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		120	6 crackers TRISCUIT WHEAT CRACKER, ROSEMARY & OLIVE OIL			
Meal Totals:		Calories: 380	Carbs: 53g (55%)	Protein: 10g (10%)	Fat: 15g (35%)	Fluid: 25oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		533	GRILLED SWORDFISH SALAD (LACTOSE FREE) (1.5 Servings)			
			1 tablespoons Olive Oil			
			4 tablespoons Balsamic Vinegar			
	8 fruit Kumquat, Raw					
	2 cups Tomato, Cherry, Red, Ripe, Raw					
	12 oz Spinach, Baby					
	2 fruit Mango, Raw					
	16 oz Swordfish, Baked Or Broiled					
Meal Totals:		Calories: 684	Carbs: 88g (49%)	Protein: 55g (31%)	Fat: 16g (20%)	Fluid: 31oz
Snack	3:00 PM	62	1 cups BLACKBERRY, RAW			
		180	2 bars GRANOLA BAR, CINNAMON			
		160	16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
Meal Totals:		Calories: 402	Carbs: 63g (60%)	Protein: 18g (17%)	Fat: 11g (23%)	Fluid: 21oz
Dinner	6:00 PM	156	1/2 cups BEAN, NAVY, CANNED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
		344	6 oz PORK CENTER LOIN, BRAISED, SLO			
Meal Totals:		Calories: 684	Carbs: 65g (38%)	Protein: 68g (40%)	Fat: 16g (21%)	Fluid: 33oz
Snack	8:00 PM	135	1 extra-large BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		300	1 1/4 cups SOY FROZEN YOGURT, CREME CARAMEL			
Meal Totals:		Calories: 435	Carbs: 98g (86%)	Protein: 7g (6%)	Fat: 4g (8%)	Fluid: 13oz
Day 4 Totals:		Calories: 3246	Carbs: 462g (56%)	Protein: 184g (22%)	Fat: 82g (22%)	Fluid: 147oz

Lactose 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 6 large STRAWBERRY, RAW 2 large EGG, CHICKEN, POACHED 16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK) 2 cups WHEAT CHEX, RTE 8 fl oz WATER, DRINKING WATER, PURIFIED			
		35				
		147				
		160				
		207				
		0				
Meal Totals:		Calories: 644	Carbs: 83g (49%)	Protein: 40g (24%)	Fat: 20g (27%)	Fluid: 33oz
Snack	10:00 AM	202	2 oz PRETZEL, STICKS 1 1/4 tablespoons ALMOND BUTTER, NO SALT 1 large APPLE W/SKIN, RAW 16 fl oz WATER, DRINKING WATER, PURIFIED			
		127				
		110				
		0				
		0				
Meal Totals:		Calories: 439	Carbs: 80g (70%)	Protein: 8g (7%)	Fat: 12g (23%)	Fluid: 24oz
Lunch	12:00 PM	40	1 teaspoons OLIVE OIL, EXTRA VIRGIN 2 cups LETTUCE, COS OR ROMAINE, RAW 1 teaspoons BALSAMIC VINEGAR 16 fl oz WATER, DRINKING WATER, PURIFIED 2 pita BREAD, PITA, WHOLE WHEAT 8 oz PORK CENTER LOIN, BRAISED, SLO			
		16				
		2				
		0				
		151				
		458				
Meal Totals:		Calories: 667	Carbs: 35g (21%)	Protein: 75g (45%)	Fat: 25g (34%)	Fluid: 26oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups CARROT, BABY, RAW 2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA) 15 crackers TRISCUIT WHEAT CRACKER, ROSEMARY & OLIVE OIL			
		83				
		54				
		300				
		300				
Meal Totals:		Calories: 437	Carbs: 56g (59%)	Protein: 9g (10%)	Fat: 13g (31%)	Fluid: 17oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED 1/2 roll ROLL, DINNER, WHOLE WHEAT STUFFED PEPPERS WITH SEASONED GROUND BEEF (LACTOSE FREE) (2 Servings) 1/2 teaspoons Onion Powder 1/2 teaspoons Garlic Powder 2 teaspoons Worcestershire 8 oz Tomato Sauce, No Added Salt 2 medium Green Pepper, Sweet, Raw (bell) 1/2 cups White Rice, Long Grain, Dry 12 oz Beef Ground, Raw			
		38				
		632				
		632				
		632				
		632				
Meal Totals:		Calories: 670	Carbs: 61g (37%)	Protein: 37g (22%)	Fat: 30g (41%)	Fluid: 29oz
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Lactose Free 3250 (C)**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Snack	8:00 PM	135	1 extra-large BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		90	1 bars GRANOLA BAR, CINNAMON			
		180	6 oz SOY YOGURT, MIXED BERRY			
Meal Totals:		Calories: 405	Carbs: 84g (77%)	Protein: 10g (9%)	Fat: 7g (14%)	Fluid: 14oz
Day 5 Totals:		Calories: 3262	Carbs: 399g (49%)	Protein: 179g (22%)	Fat: 107g (29%)	Fluid: 143oz

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			
		160	2 slice 100% WHOLE WHEAT BREAD			
		147	2 large EGG, CHICKEN, POACHED			
		160	16 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
Meal Totals:		Calories: 670	Carbs: 56g (32%)	Protein: 38g (22%)	Fat: 35g (46%)	Fluid: 27oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		120	2 fruit NECTARINE, RAW			
		35	1/2 oz PROTEIN POWDER, VEGETABLE PROTEIN			
		270	9 oz SOY YOGURT, MIXED BERRY			
Meal Totals:		Calories: 425	Carbs: 80g (70%)	Protein: 21g (18%)	Fat: 6g (12%)	Fluid: 25oz
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		38	1/2 roll ROLL, DINNER, WHOLE WHEAT			
		632	STUFFED PEPPERS WITH SEASONED GROUND BEEF (LACTOSE FREE) (2 Servings)			
			1/2 teaspoons Onion Powder			
			1/2 teaspoons Garlic Powder			
	2 teaspoons Worcestershire					
	8 oz Tomato Sauce, No Added Salt					
	2 medium Green Pepper, Sweet, Raw (bell)					
	1/2 cups White Rice, Long Grain, Dry					
	12 oz Beef Ground, Raw					
Meal Totals:		Calories: 672	Carbs: 61g (37%)	Protein: 37g (22%)	Fat: 30g (41%)	Fluid: 30oz
Snack	3:00 PM	180	2 bars GRANOLA BAR, CINNAMON			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		110	1 large APPLE W/SKIN, RAW			
		140	2 slice SOY CHEESE, MOZZARELLA, SLICED			
Meal Totals:		Calories: 430	Carbs: 62g (58%)	Protein: 9g (8%)	Fat: 16g (34%)	Fluid: 24oz
Dinner	6:00 PM	361	1 2/3 cups BROWN RICE, LONG GRAIN, COOKED			
		36	8 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		246	8 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 643	Carbs: 83g (52%)	Protein: 44g (27%)	Fat: 15g (21%)	Fluid: 34oz
Snack	8:00 PM	35	6 large STRAWBERRY, RAW			
		135	1 extra-large BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		240	1 cups SOY FROZEN YOGURT, CREME CARAMEL			
Meal Totals:		Calories: 410	Carbs: 93g (87%)	Protein: 7g (7%)	Fat: 3g (6%)	Fluid: 17oz
Day 6 Totals:		Calories: 3250	Carbs: 435g (53%)	Protein: 156g (19%)	Fat: 105g (29%)	Fluid: 157oz

Lactose 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			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		147	2 large EGG, CHICKEN, POACHED			
		110	1 large APPLE W/SKIN, RAW			
Meal Totals:		Calories: 622	Carbs: 88g (55%)	Protein: 32g (20%)	Fat: 18g (25%)	Fluid: 32oz
Snack	10:00 AM	152	1 1/2 oz PRETZEL, STICKS			
		140	2 slice SOY CHEESE, MOZZARELLA, SLICED			
		83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		81	3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
Meal Totals:		Calories: 456	Carbs: 48g (54%)	Protein: 9g (10%)	Fat: 14g (36%)	Fluid: 18oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		16	4 oz TOMATO, RAW			
		15	3 teaspoons MUSTARD, PREPARED, DIJON			
		268	5 oz TURKEY BREAST, ROASTED			
Meal Totals:		Calories: 642	Carbs: 60g (38%)	Protein: 52g (33%)	Fat: 20g (29%)	Fluid: 26oz
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		270	9 oz SOY YOGURT, MIXED BERRY			
		70	1 oz PROTEIN POWDER, VEGETABLE PROTEIN			
		58	10 large STRAWBERRY, RAW			
Meal Totals:		Calories: 398	Carbs: 66g (62%)	Protein: 27g (25%)	Fat: 6g (13%)	Fluid: 22oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		336	1 1/2 cups QUINOA, COOKED			
		61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		270	6 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
Meal Totals:		Calories: 667	Carbs: 71g (42%)	Protein: 72g (43%)	Fat: 11g (15%)	Fluid: 26oz
Snack	8:00 PM	180	2 bars GRANOLA BAR, CINNAMON			
		135	1 extra-large BANANA, RAW			
		62	1 cups BLACKBERRY, RAW			
		80	8 fl oz SOY MILK, VANILLA, LIGHT (SOYMILK)			
Meal Totals:		Calories: 457	Carbs: 88g (71%)	Protein: 14g (11%)	Fat: 10g (18%)	Fluid: 19oz
Day 7 Totals:		Calories: 3242	Carbs: 421g (52%)	Protein: 206g (26%)	Fat: 79g (22%)	Fluid: 143oz

Shopping List

Category	Quantity	Item
Accompaniments	2 tablespoons	Salsa
	3 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	5 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beef	16 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	5 1/2 cups	Orange Juice
	32 fl oz	Iced Tea, Unsweetened Generic
	96 fl oz	Soy Milk, Vanilla, Light (soymilk) Silk
Bread	500 fl oz	Water, Drinking Water, Purified
	4 roll	Roll, Dinner, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat Sahara
	9 pita	Bread, Pita, Whole Wheat
Cereal and Grain Products	10 slice	100% Whole Wheat Bread Sara Lee
	2 1/2 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	2 cups	Oat Bran, Cooked
	4 cups	Wheat Chex, Rte Ralston
Cookies & Crackers	33 crackers	Triscuit Wheat Cracker, Rosemary & Olive Oil Triscuit
Dairy Products	10 large	Egg, Chicken, Poached
	11 slice	Soy Cheese, Mozzarella, Sliced Tofutti
	51 oz	Soy Yogurt, Mixed Berry Whole Soy & Co.
Desserts	2 1/4 cups	Soy Frozen Yogurt, Creme Caramel Whole Soy & Co.
Fats and Oils	3 teaspoons	Olive Oil, Extra Virgin Bertolli
Finfish and Shellfish Products	6 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium Chicken of the Sea
	8 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
	8 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	3 cups	Blackberry, Raw
	3 oz	Avocado, Raw
	6 large	Apple W/skin, Raw
	7 extra-large	Banana, Raw
	10 fruit	Nectarine, Raw
	36 large	Strawberry, Raw
Legumes	1/2 cups	Bean, Navy, Canned
	7 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	7 3/4 tablespoons	Almond Butter, No Salt
Pork	14 oz	Pork Center Loin, Braised, Slo
Poultry	5 oz	Turkey Breast, Roasted

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Shopping List

Category	Quantity	Item
	10 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	10 1/2 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	4 cups	Quinoa, Cooked
Snacks	7 oz	Pretzel, Sticks Rold Gold
	13 bars	Granola Bar, Cinnamon Nature Valley
Sport and Diet Nutritionals	5 oz	Protein Powder, Vegetable Protein MLO
Vegetables	3 cups	Mustard Greens, Boiled, Drained
	4 cups	Carrot, Baby, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	6 leaf	Lettuce, Cos Or Romaine, Raw
	6 oz	Tomato, Raw
	8 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	8 oz	Squash, Summer, Crookneck, Boiled, Drained
	14 oz	Brussels Sprouts, Boiled, No Salt
Fruits	2 fruit	Mango, Raw
	8 fruit	Kumquat, Raw
Vegetables	2 medium	Green Pepper, Sweet, Raw (bell)
Accompaniments	2 teaspoons	Worcestershire
Beef	12 oz	Beef Ground, Raw
Cereal and Grain Products	1/2 cups	White Rice, Long Grain, Dry Uncle Ben's
Fats and Oils	1 tablespoons	Olive Oil
Finfish and Shellfish Products	16 oz	Swordfish, Baked Or Broiled
Ingredients	4 1/3 tablespoons	Balsamic Vinegar Spectrum
	8 oz	Tomato Sauce, No Added Salt
Spices	1/2 teaspoons	Garlic Powder
	1/2 teaspoons	Onion Powder
Vegetables	2 cups	Tomato, Cherry, Red, Ripe, Raw
	12 oz	Spinach, Baby Dole