

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

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	219	2 cups ORANGE JUICE			
		127	4 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		175	2 cups OAT BRAN, COOKED			
		147	2 large EGG, CHICKEN, POACHED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 668	Carbs: 108g (54%)	Protein: 42g (21%)	Fat: 22g (25%)	Fluid: 50oz
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		60	1 fruit NECTARINE, RAW			
		152	2 oz Hemp Protein Powder			
Meal Totals:		Calories: 402	Carbs: 57g (57%)	Protein: 32g (32%)	Fat: 5g (11%)	Fluid: 21oz
Lunch	12:00 PM	3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		5	1 teaspoons MUSTARD, PREPARED, DIJON			
		4	1 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		320	4 slice 100% WHOLE WHEAT BREAD			
		160	2 slice CHEDDAR CHEESE, MEDIUM, SLICE			
158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED					
Meal Totals:		Calories: 650	Carbs: 59g (37%)	Protein: 59g (37%)	Fat: 18g (26%)	Fluid: 22oz
Snack	3:00 PM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		123	3/4 oz ALMOND, RAW			
Meal Totals:		Calories: 446	Carbs: 46g (40%)	Protein: 30g (26%)	Fat: 17g (33%)	Fluid: 16oz
Dinner	6:00 PM	142	6 oz HALIBUT, ATLANTIC & PACIFIC, BAKED OR BROILED			
		80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		336	1 1/2 cups QUINOA, COOKED			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 640	Carbs: 75g (46%)	Protein: 45g (28%)	Fat: 19g (26%)	Fluid: 27oz
Snack	8:00 PM	150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	8 large STRAWBERRY, RAW			
		258	1 1/2 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 454	Carbs: 40g (33%)	Protein: 62g (51%)	Fat: 9g (17%)	Fluid: 24oz
Day 1 Totals:		Calories: 3260	Carbs: 385g (45%)	Protein: 270g (31%)	Fat: 90g (24%)	Fluid: 160oz

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

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	207	2 cups WHEAT CHEX, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		191	6 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		110	1 cups ORANGE JUICE			
Meal Totals:		Calories: 691	Carbs: 105g (59%)	Protein: 44g (25%)	Fat: 13g (16%)	Fluid: 43oz
Snack	10:00 AM	55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		280	2 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
Meal Totals:		Calories: 436	Carbs: 60g (52%)	Protein: 12g (10%)	Fat: 19g (37%)	Fluid: 21oz
Lunch	12:00 PM	180	6 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM			
		302	4 pita BREAD, PITA, WHOLE WHEAT			
		5	3 leaf LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
Meal Totals:		Calories: 637	Carbs: 63g (40%)	Protein: 65g (41%)	Fat: 13g (19%)	Fluid: 24oz
Snack	3:00 PM	120	2 fruit NECTARINE, RAW			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		164	1 oz ALMOND, RAW			
Meal Totals:		Calories: 434	Carbs: 54g (44%)	Protein: 24g (20%)	Fat: 20g (37%)	Fluid: 26oz
Dinner	6:00 PM	195	8 oz POTATO, BOILED, COOKED IN SKIN, FLESH & SKIN			
		69	2 teaspoons BUTTER			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		44	2 cups MUSTARD GREENS, BOILED, DRAINED			
		308	10 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
Meal Totals:		Calories: 616	Carbs: 51g (33%)	Protein: 56g (36%)	Fat: 22g (32%)	Fluid: 38oz
Snack	8:00 PM	90	1 small BANANA, RAW			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		152	2 oz Hemp Protein Powder			
Meal Totals:		Calories: 432	Carbs: 66g (60%)	Protein: 32g (29%)	Fat: 5g (10%)	Fluid: 11oz
Day 2 Totals:		Calories: 3246	Carbs: 399g (48%)	Protein: 233g (28%)	Fat: 92g (25%)	Fluid: 163oz

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

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		160	2 slice 100% WHOLE WHEAT BREAD			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		120	2 fruit NECTARINE, RAW			
		Meal Totals:	Calories: 666	Carbs: 85g (49%)	Protein: 36g (21%)	Fat: 23g (30%)
Snack	10:00 AM	55	1 small APPLE W/SKIN, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		110	1 cups ORANGE JUICE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		123	3/4 oz ALMOND, RAW			
Meal Totals:	Calories: 428	Carbs: 65g (56%)	Protein: 12g (10%)	Fat: 17g (33%)	Fluid: 21oz	
Lunch	12:00 PM	80	2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		2	16 fl oz ICED TEA, UNSWEETENED			
		246	8 oz BEEF, LOIN, T-BONE STEAK, LEAN, 0 TRIM, BROILED			
		2	1 teaspoons BALSAMIC VINEGAR			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
Meal Totals:	Calories: 637	Carbs: 63g (40%)	Protein: 44g (28%)	Fat: 22g (32%)	Fluid: 32oz	
Snack	3:00 PM	83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		301	1 3/4 cups CHEESE, COTTAGE 1%			
		Meal Totals:	Calories: 438	Carbs: 17g (20%)	Protein: 54g (62%)	Fat: 7g (18%)
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		75	1 pita BREAD, PITA, WHOLE WHEAT			
		555	CHICKEN & QUINOA WITH VEGETABLES (2 Servings)			
			12 oz Chicken, Breast W/o Skin, Raw			
			5 leaves Basil, Fresh			
			1 cups Vegetables, Mixed, No Salt Added			
			8 cups Chicken Broth			
	4 oz Grain, Quinoa					
Meal Totals:	Calories: 630	Carbs: 67g (42%)	Protein: 60g (38%)	Fat: 14g (20%)	Fluid: 25oz	
Snack	8:00 PM	190	1 cups YOGURT, VANILLA, LOWFAT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		62	1 cups BLACKBERRY, RAW			
		190	2 1/2 oz Hemp Protein Powder			
		Meal Totals:	Calories: 442	Carbs: 60g (54%)	Protein: 38g (34%)	Fat: 6g (12%)
Day 3 Totals:	Calories: 3241	Carbs: 357g (45%)	Protein: 244g (30%)	Fat: 89g (25%)	Fluid: 145oz	

Protein Focused 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	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		120	2 fruit NECTARINE, RAW			
		301	1 3/4 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 421	Carbs: 40g (37%)	Protein: 56g (52%)	Fat: 5g (10%)	Fluid: 37oz
Lunch	12:00 PM	4	2 teaspoons BALSAMIC VINEGAR			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		60	1 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		416	CHICKEN & QUINOA WITH VEGETABLES (1.5 Servings) 12 oz Chicken, Breast W/o Skin, Raw 5 leaves Basil, Fresh 1 cups Vegetables, Mixed, No Salt Added 8 cups Chicken Broth 4 oz Grain, Quinoa			
Meal Totals:		Calories: 639	Carbs: 73g (45%)	Protein: 50g (31%)	Fat: 18g (25%)	Fluid: 25oz
Snack	3:00 PM	150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		123	3/4 oz ALMOND, RAW			
Meal Totals:		Calories: 456	Carbs: 44g (36%)	Protein: 40g (33%)	Fat: 17g (31%)	Fluid: 16oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		172	3 oz PORK CENTER LOIN, BRAISED, SLO			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
		313	1 cups BEAN, NAVY, CANNED			
Meal Totals:		Calories: 669	Carbs: 94g (56%)	Protein: 53g (32%)	Fat: 9g (12%)	Fluid: 34oz
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		190	1 cups YOGURT, VANILLA, LOWFAT			
		90	1 small BANANA, RAW			
		152	2 oz Hemp Protein Powder			
Meal Totals:		Calories: 432	Carbs: 66g (60%)	Protein: 32g (29%)	Fat: 5g (10%)	Fluid: 11oz
Day 4 Totals:		Calories: 3278	Carbs: 412g (49%)	Protein: 257g (31%)	Fat: 74g (20%)	Fluid: 147oz

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

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	159	5 oz TURKEY SAUSAGE, LOWER FAT, COOKED			
		110	1 cups ORANGE JUICE			
		207	2 cups WHEAT CHEX, RTE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
Meal Totals:		Calories: 659	Carbs: 104g (61%)	Protein: 42g (25%)	Fat: 11g (14%)	Fluid: 42oz
Snack	10:00 AM	101	1 tablespoons ALMOND BUTTER, NO SALT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		285	1 1/2 cups YOGURT, VANILLA, LOWFAT			
Meal Totals:		Calories: 441	Carbs: 65g (59%)	Protein: 19g (17%)	Fat: 12g (24%)	Fluid: 21oz
Lunch	12:00 PM	16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	1 teaspoons BALSAMIC VINEGAR			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		185	7 oz POTATO, BAKED, FLESH & SKIN			
344	6 oz PORK CENTER LOIN, BRAISED, SLO					
Meal Totals:		Calories: 662	Carbs: 60g (37%)	Protein: 59g (36%)	Fat: 20g (27%)	Fluid: 31oz
Snack	3:00 PM	54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		301	1 3/4 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 438	Carbs: 17g (20%)	Protein: 54g (62%)	Fat: 7g (18%)	Fluid: 29oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		113	1 1/2 pita BREAD, PITA, WHOLE WHEAT			
		526	CHOPPED KALE SALAD WITH CHICKEN (1.5 Servings)			
			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					
Meal Totals:		Calories: 639	Carbs: 45g (28%)	Protein: 64g (39%)	Fat: 24g (33%)	Fluid: 28oz
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			
		86	1 large ORANGE, ALL VARIETIES, RAW			
		123	3/4 oz ALMOND, RAW			
Meal Totals:		Calories: 439	Carbs: 70g (59%)	Protein: 13g (11%)	Fat: 16g (30%)	Fluid: 18oz
Day 5 Totals:		Calories: 3278	Carbs: 361g (44%)	Protein: 251g (31%)	Fat: 90g (25%)	Fluid: 169oz

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

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	147	2 large EGG, CHICKEN, POACHED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		152	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
Meal Totals:		Calories: 642	Carbs: 55g (34%)	Protein: 45g (28%)	Fat: 27g (38%)	Fluid: 27oz
Snack	10:00 AM	120	2 fruit NECTARINE, RAW			
		76	1 oz Hemp Protein Powder			
		238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Meal Totals:		Calories: 434	Carbs: 74g (66%)	Protein: 27g (24%)	Fat: 5g (10%)	Fluid: 25oz
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		151	2 roll ROLL, DINNER, WHOLE WHEAT			
		526	CHOPPED KALE SALAD WITH CHICKEN (1.5 Servings)			
			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					
Meal Totals:		Calories: 679	Carbs: 51g (29%)	Protein: 65g (37%)	Fat: 26g (34%)	Fluid: 29oz
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			
		258	1 1/2 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 453	Carbs: 46g (39%)	Protein: 51g (43%)	Fat: 9g (17%)	Fluid: 31oz
Dinner	6:00 PM	246	8 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		361	1 2/3 cups BROWN RICE, LONG GRAIN, COOKED			
		36	8 oz SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		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	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		58	10 large STRAWBERRY, RAW			
		225	1 1/2 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		123	3/4 oz ALMOND, RAW			
Meal Totals:		Calories: 406	Carbs: 47g (40%)	Protein: 29g (24%)	Fat: 19g (36%)	Fluid: 15oz
Day 6 Totals:		Calories: 3257	Carbs: 356g (42%)	Protein: 261g (31%)	Fat: 101g (27%)	Fluid: 161oz

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

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	160	2 slice 100% WHOLE WHEAT BREAD			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		147	2 large EGG, CHICKEN, POACHED			
		219	2 cups ORANGE JUICE			
		69	2 teaspoons BUTTER			
		60	1 fruit NECTARINE, RAW			
Meal Totals:		Calories: 655	Carbs: 93g (56%)	Protein: 26g (16%)	Fat: 21g (28%)	Fluid: 41oz
Snack	10:00 AM	54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		301	1 3/4 cups CHEESE, COTTAGE 1%			
Meal Totals:		Calories: 438	Carbs: 17g (20%)	Protein: 54g (62%)	Fat: 7g (18%)	Fluid: 29oz
Lunch	12:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		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			
		268	5 oz TURKEY BREAST, ROASTED			
Meal Totals:		Calories: 629	Carbs: 58g (38%)	Protein: 51g (33%)	Fat: 20g (29%)	Fluid: 24oz
Snack	3:00 PM	46	8 large STRAWBERRY, RAW			
		238	1 1/4 cups YOGURT, VANILLA, LOWFAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		152	2 oz Hemp Protein Powder			
Meal Totals:		Calories: 436	Carbs: 62g (56%)	Protein: 35g (32%)	Fat: 6g (12%)	Fluid: 21oz
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		61	6 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		280	1 1/4 cups QUINOA, COOKED			
		316	7 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
Meal Totals:		Calories: 657	Carbs: 61g (38%)	Protein: 79g (49%)	Fat: 10g (14%)	Fluid: 27oz
Snack	8:00 PM	90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		205	1 1/4 oz ALMOND, RAW			
Meal Totals:		Calories: 445	Carbs: 49g (39%)	Protein: 24g (19%)	Fat: 23g (41%)	Fluid: 12oz
Day 7 Totals:		Calories: 3260	Carbs: 340g (42%)	Protein: 269g (33%)	Fat: 87g (24%)	Fluid: 154oz

Shopping List

Category	Quantity	Item
Accompaniments	2 tablespoons	Salsa
	2 teaspoons	Mayonnaise, Olive Oil, Artisan Spectrum
	3 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beef	18 oz	Beef, Loin, T-bone Steak, Lean, 0 Trim, Broiled
Beverages	8 1/2 cups	Orange Juice
	12 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened Generic
	512 fl oz	Water, Drinking Water, Purified
Bread	4 roll	Roll, Dinner, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat Sahara
	8 1/2 pita	Bread, Pita, Whole Wheat
	10 slice	100% Whole Wheat Bread Sara Lee
Cereal and Grain Products	2 cups	Oat Bran, Cooked
	3 1/2 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	4 cups	Wheat Chex, Rte Ralston
Dairy Products	2 slice	Cheddar Cheese, Medium, Slice Sargento
	4 teaspoons	Butter
	10 cups	Cheese, Cottage 1%
	8 cups	Yogurt, Vanilla, Lowfat Mountain High
	8 large	Egg, Chicken, Poached
Fats and Oils	6 1/2 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
	6 oz	Halibut, Atlantic & Pacific, Baked Or Broiled
	8 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	1 cups	Blackberry, Raw
	1 large	Orange, All Varieties, Raw
	4 small	Apple W/skin, Raw
	4 small	Banana, Raw
	10 fruit	Nectarine, Raw
	26 large	Strawberry, Raw
Ingredients	4 teaspoons	Balsamic Vinegar Spectrum
Legumes	1 cups	Bean, Navy, Canned
	6 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	6 oz	Almond, Raw
	5 1/2 tablespoons	Almond Butter, No Salt

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Shopping List

Category	Quantity	Item
Pork	9 oz	Pork Center Loin, Braised, Slo
Poultry	5 oz	Turkey Breast, Roasted
	10 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	15 oz	Turkey Sausage, Lower Fat, Cooked
Side Dishes	2 3/4 cups	Quinoa, Cooked
Snacks	6 bar	Granola Bar, Chewy, Honey Almond Flax Kashi
Sport and Diet Nutritionals	5 1/2 bar	Protein Bar, Soy, Crunch Raspberry Genisoy
	11 1/2 oz	Hemp Protein Powder
Vegetables	3 cups	Mustard Greens, Boiled, Drained
	3 oz	Tomato, Raw
	4 cups	Carrot, Baby, Raw
	5 cups	Lettuce, Cos Or Romaine, Raw
	7 leaf	Lettuce, Cos Or Romaine, Raw
	7 oz	Potato, Baked, Flesh & Skin
	8 oz	Potato, Boiled, Cooked In Skin, Flesh & Skin
	8 oz	Squash, Summer, Crookneck, Boiled, Drained
	14 oz	Brussels Sprouts, Boiled, No Salt
Spices	5 leaves	Basil, Fresh
Beverages	1/4 cups	Lemon Juice
Cereal and Grain Products	4 oz	Grain, Quinoa
Fats and Oils	3 tablespoons	Olive Oil, Extra Virgin Star
Fruits	2 teaspoons	Lemon Peel, Raw
Ingredients	1/2 teaspoons	Salt, Sea
Poultry	12 oz	Chicken, Breast W/o Skin, Raw
	16 oz	Chicken Breast, Boneless, Roasted, Meat Only
Side Dishes	1 cups	Vegetables, Mixed, No Salt Added
Soup	8 cups	Chicken Broth Valley Fresh
Spices	1/2 teaspoons	Black Pepper, Ground McCormick/Schilling
Vegetables	8 cups	Kale, Raw