

**Vegetarian 3250 (C)****Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	219	2 cups ORANGE JUICE			
		68	3 slices SMART 'BACON', VEGAN			
		147	2 large EGG, CHICKEN, POACHED			
		197	2 1/4 cups OAT BRAN, COOKED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 631</b>	<b>Carbs: 109g (57%)</b>	<b>Protein: 42g (22%)</b>	<b>Fat: 18g (21%)</b>	<b>Fluid: 42oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		120	2 fruit NECTARINE, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
		202	2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 451</b>	<b>Carbs: 81g (69%)</b>	<b>Protein: 30g (25%)</b>	<b>Fat: 3g (6%)</b>	<b>Fluid: 31oz</b>
Lunch	12:00 PM	4	1 oz TOMATO, RAW			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		320	4 slice 100% WHOLE WHEAT BREAD			
		160	2 slice CHEDDAR CHEESE, MEDIUM, SLICE			
		42	1/2 cups CARROT, BABY, RAW			
		119	4 oz SMART DELI, THREE PEPPERCORN PASTRAMI, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 658</b>	<b>Carbs: 62g (41%)</b>	<b>Protein: 52g (35%)</b>	<b>Fat: 16g (24%)</b>	<b>Fluid: 19oz</b>
Snack	3:00 PM	183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		90	1 small BANANA, RAW			
<b>Meal Totals:</b>		<b>Calories: 413</b>	<b>Carbs: 65g (62%)</b>	<b>Protein: 26g (25%)</b>	<b>Fat: 6g (13%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	4 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		190	4 oz MEATLESS TURKEY ROAST, VEGAN			
		60	1 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		224	1 cups QUINOA, COOKED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
<b>Meal Totals:</b>		<b>Calories: 666</b>	<b>Carbs: 88g (51%)</b>	<b>Protein: 43g (25%)</b>	<b>Fat: 18g (24%)</b>	<b>Fluid: 21oz</b>
Snack	8:00 PM	150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		17	3 large STRAWBERRY, RAW			
		91	2 cups COCONUT WATER			
		95	4 oz YOGURT, VANILLA, LOWFAT			
		82	1/2 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 435</b>	<b>Carbs: 60g (51%)</b>	<b>Protein: 27g (23%)</b>	<b>Fat: 14g (27%)</b>	<b>Fluid: 20oz</b>
<b>Day 1 Totals:</b>		<b>Calories: 3254</b>	<b>Carbs: 465g (54%)</b>	<b>Protein: 220g (26%)</b>	<b>Fat: 75g (20%)</b>	<b>Fluid: 151oz</b>

**Vegetarian 3250 (C)****Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		110	1 cups ORANGE JUICE			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		155	1 1/2 cups WHEAT CHEX, RTE			
<b>Meal Totals:</b>		<b>Calories: 651</b>	<b>Carbs: 85g (51%)</b>	<b>Protein: 41g (25%)</b>	<b>Fat: 18g (24%)</b>	<b>Fluid: 44oz</b>
Snack	10:00 AM	202	2 oz PRETZEL, STICKS			
		91	2 cups COCONUT WATER			
		55	1 small APPLE W/SKIN, RAW			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 449</b>	<b>Carbs: 83g (72%)</b>	<b>Protein: 9g (8%)</b>	<b>Fat: 10g (20%)</b>	<b>Fluid: 22oz</b>
Lunch	12:00 PM	83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
340	5 oz MEATLESS KIELBASA					
<b>Meal Totals:</b>		<b>Calories: 644</b>	<b>Carbs: 49g (33%)</b>	<b>Protein: 43g (29%)</b>	<b>Fat: 25g (38%)</b>	<b>Fluid: 18oz</b>
Snack	3:00 PM	120	2 fruit NECTARINE, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1/4 oz ALMOND, RAW			
		129	3/4 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 430</b>	<b>Carbs: 56g (48%)</b>	<b>Protein: 33g (28%)</b>	<b>Fat: 12g (23%)</b>	<b>Fluid: 32oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		233	5 oz VEGGIE STEAK STRIPS, VEGAN			
		391	<b>SHELL PASTA WITH ARTICHOKE IN GARLIC &amp; OLIVE OIL (1 Servings)</b> 2 tablespoons Basil, Fresh 2 clove Garlic, Raw 2 tablespoons Olive Oil 4 oz Shells Pasta, Dry 8 oz Artichoke, Raw (globe Or French)			
<b>Meal Totals:</b>		<b>Calories: 646</b>	<b>Carbs: 68g (41%)</b>	<b>Protein: 52g (32%)</b>	<b>Fat: 20g (27%)</b>	<b>Fluid: 25oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		90	1 small BANANA, RAW			
		190	8 oz YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 430</b>	<b>Carbs: 73g (63%)</b>	<b>Protein: 27g (23%)</b>	<b>Fat: 7g (14%)</b>	<b>Fluid: 11oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 3250</b>	<b>Carbs: 414g (50%)</b>	<b>Protein: 205g (25%)</b>	<b>Fat: 92g (25%)</b>	<b>Fluid: 152oz</b>

**Vegetarian 3250 (C)****Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	90	4 slices SMART 'BACON', VEGAN			
		60	1 fruit NECTARINE, RAW			
		160	2 slice 100% WHOLE WHEAT BREAD			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		152	1 1/2 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 645</b>	<b>Carbs: 70g (43%)</b>	<b>Protein: 45g (28%)</b>	<b>Fat: 21g (29%)</b>	<b>Fluid: 21oz</b>
Snack	10:00 AM	91	2 cups COCONUT WATER			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		55	1 small APPLE W/SKIN, RAW			
		164	1 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 60g (50%)</b>	<b>Protein: 14g (12%)</b>	<b>Fat: 20g (38%)</b>	<b>Fluid: 22oz</b>
Lunch	12:00 PM	75	1 roll ROLL, DINNER, WHOLE WHEAT			
		324	8 oz CHICKEN-FREE NUGGETS, VEGAN			
		100	2 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		2	16 fl oz ICED TEA, UNSWEETENED			
		4	2 teaspoons BALSAMIC VINEGAR			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
157	8 oz YAM, BOILED & DRAINED OR BAKED					
<b>Meal Totals:</b>		<b>Calories: 678</b>	<b>Carbs: 93g (53%)</b>	<b>Protein: 43g (24%)</b>	<b>Fat: 18g (23%)</b>	<b>Fluid: 26oz</b>
Snack	3:00 PM	202	2 oz PRETZEL, STICKS			
		83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		108	4 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
<b>Meal Totals:</b>		<b>Calories: 393</b>	<b>Carbs: 59g (76%)</b>	<b>Protein: 7g (9%)</b>	<b>Fat: 5g (15%)</b>	<b>Fluid: 18oz</b>
Dinner	6:00 PM	22	1 cups MUSTARD GREENS, BOILED, DRAINED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		272	4 oz MEATLESS KIELBASA			
		391	<b>SHELL PASTA WITH ARTICHOKE IN GARLIC &amp; OLIVE OIL (1 Servings)</b>			
			2 tablespoons Basil, Fresh 2 clove Garlic, Raw 2 tablespoons Olive Oil 4 oz Shells Pasta, Dry 8 oz Artichoke, Raw (globe Or French)			
<b>Meal Totals:</b>		<b>Calories: 685</b>	<b>Carbs: 74g (41%)</b>	<b>Protein: 43g (24%)</b>	<b>Fat: 29g (36%)</b>	<b>Fluid: 25oz</b>
Snack	8:00 PM	190	8 oz YOGURT, VANILLA, LOWFAT			
		62	1 cups BLACKBERRY, RAW			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 402</b>	<b>Carbs: 64g (58%)</b>	<b>Protein: 28g (25%)</b>	<b>Fat: 8g (16%)</b>	<b>Fluid: 13oz</b>
<b>Day 3 Totals:</b>		<b>Calories: 3253</b>	<b>Carbs: 420g (51%)</b>	<b>Protein: 180g (22%)</b>	<b>Fat: 101g (27%)</b>	<b>Fluid: 125oz</b>

**Vegetarian 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			
		110	1 cups ORANGE JUICE			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		203	2 large EGG, CHICKEN, SCRAMBLED			
<b>Meal Totals:</b>		<b>Calories: 663</b>	<b>Carbs: 84g (51%)</b>	<b>Protein: 26g (16%)</b>	<b>Fat: 25g (34%)</b>	<b>Fluid: 29oz</b>
Snack	10:00 AM	120	2 fruit NECTARINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		172	1 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 442</b>	<b>Carbs: 55g (44%)</b>	<b>Protein: 49g (39%)</b>	<b>Fat: 9g (16%)</b>	<b>Fluid: 32oz</b>
Lunch	12:00 PM	80	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
		151	2 pita BREAD, PITA, WHOLE WHEAT			
		400	2 cups CHILI, VEGETARIAN W/BEANS, RTS			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 631</b>	<b>Carbs: 107g (65%)</b>	<b>Protein: 38g (23%)</b>	<b>Fat: 9g (12%)</b>	<b>Fluid: 17oz</b>
Snack	3:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 433</b>	<b>Carbs: 55g (50%)</b>	<b>Protein: 22g (20%)</b>	<b>Fat: 15g (30%)</b>	<b>Fluid: 24oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		187	4 oz VEGGIE STEAK STRIPS, VEGAN			
		38	1 cups SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
		40	1 teaspoons OLIVE OIL, EXTRA VIRGIN			
		235	3/4 cups BEAN, NAVY, CANNED			
<b>Meal Totals:</b>		<b>Calories: 662</b>	<b>Carbs: 91g (53%)</b>	<b>Protein: 53g (31%)</b>	<b>Fat: 12g (16%)</b>	<b>Fluid: 33oz</b>
Snack	8:00 PM	90	1 small BANANA, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		164	1 oz ALMOND, RAW			
		190	8 oz YOGURT, VANILLA, LOWFAT			
<b>Meal Totals:</b>		<b>Calories: 444</b>	<b>Carbs: 60g (53%)</b>	<b>Protein: 18g (16%)</b>	<b>Fat: 16g (32%)</b>	<b>Fluid: 12oz</b>
<b>Day 4 Totals:</b>		<b>Calories: 3275</b>	<b>Carbs: 452g (53%)</b>	<b>Protein: 206g (24%)</b>	<b>Fat: 86g (23%)</b>	<b>Fluid: 147oz</b>

Vegetarian 3250 (C)

Day 5

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		23	4 large STRAWBERRY, RAW			
		207	2 cups WHEAT CHEX, RTE			
		147	2 large EGG, CHICKEN, POACHED			
		90	4 slices SMART 'BACON', VEGAN			
<b>Meal Totals:</b>		<b>Calories: 650</b>	<b>Carbs: 79g (48%)</b>	<b>Protein: 51g (31%)</b>	<b>Fat: 16g (22%)</b>	<b>Fluid: 38oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1 small APPLE W/SKIN, RAW			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		228	2 1/4 tablespoons ALMOND BUTTER, NO SALT			
<b>Meal Totals:</b>		<b>Calories: 433</b>	<b>Carbs: 42g (35%)</b>	<b>Protein: 20g (17%)</b>	<b>Fat: 26g (49%)</b>	<b>Fluid: 21oz</b>
Lunch	12:00 PM	157	8 oz YAM, BOILED & DRAINED OR BAKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		2	1 teaspoons BALSAMIC VINEGAR			
		16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
		60	1 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
		340	5 oz MEATLESS KIELBASA			
<b>Meal Totals:</b>		<b>Calories: 650</b>	<b>Carbs: 72g (42%)</b>	<b>Protein: 42g (25%)</b>	<b>Fat: 25g (33%)</b>	<b>Fluid: 25oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		83	1 cups CARROT, BABY, RAW			
		101	1 oz PRETZEL, STICKS			
		81	3 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		172	1 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 437</b>	<b>Carbs: 39g (43%)</b>	<b>Protein: 35g (39%)</b>	<b>Fat: 7g (18%)</b>	<b>Fluid: 25oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		50	1/4 cups REFRIED BEANS, VEGETARIAN			
		596	<b>VEGAN FAJITAS (1.5 Servings)</b>			
			2 tablespoons Olive Oil			
			2 tablespoons Red Wine Vinegar			
			1 teaspoons Chili Powder			
			1/2 teaspoons Oregano, Dried, Ground			
			1 small Zucchini W/skin, Raw			
			1 medium Summer Squash, Raw			
			1 pepper Peppers, Sweet, Green, Raw			
			1 large Onion, Raw			
	2 cups Corn, Golden, Whole Kernel					
	2 cups Bean, Black, Boiled					
	4 tortilla Tortilla, Corn, No Added Salt, Rtc					
<b>Meal Totals:</b>		<b>Calories: 646</b>	<b>Carbs: 108g (64%)</b>	<b>Protein: 26g (15%)</b>	<b>Fat: 15g (20%)</b>	<b>Fluid: 28oz</b>
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**Vegetarian 3250 (C)****Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Snack	8:00 PM	90	1 small BANANA, RAW			
		280	2 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		68	1 1/2 cups COCONUT WATER			
<b>Meal Totals:</b>		<b>Calories: 438</b>	<b>Carbs: 78g (67%)</b>	<b>Protein: 14g (12%)</b>	<b>Fat: 11g (21%)</b>	<b>Fluid: 16oz</b>
<b>Day 5 Totals:</b>		<b>Calories: 3254</b>	<b>Carbs: 418g (50%)</b>	<b>Protein: 188g (23%)</b>	<b>Fat: 100g (27%)</b>	<b>Fluid: 153oz</b>

**Vegetarian 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			
		90	1 small BANANA, RAW			
		160	2 slice 100% WHOLE WHEAT BREAD			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		183	2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
<b>Meal Totals:</b>		<b>Calories: 636</b>	<b>Carbs: 79g (49%)</b>	<b>Protein: 34g (21%)</b>	<b>Fat: 22g (30%)</b>	<b>Fluid: 27oz</b>
Snack	10:00 AM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		120	2 fruit NECTARINE, RAW			
		190	8 oz YOGURT, VANILLA, LOWFAT			
		123	3/4 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 433</b>	<b>Carbs: 64g (56%)</b>	<b>Protein: 19g (17%)</b>	<b>Fat: 14g (28%)</b>	<b>Fluid: 26oz</b>
Lunch	12:00 PM	2	16 fl oz ICED TEA, UNSWEETENED			
		50	1/4 cups REFRIED BEANS, VEGETARIAN			
		596	<b>VEGAN FAJITAS (1.5 Servings)</b>			
			2 tablespoons Olive Oil			
			2 tablespoons Red Wine Vinegar			
			1 teaspoons Chili Powder			
			1/2 teaspoons Oregano, Dried, Ground			
			1 small Zucchini W/skin, Raw			
			1 medium Summer Squash, Raw			
			1 pepper Peppers, Sweet, Green, Raw			
	1 large Onion, Raw					
	2 cups Corn, Golden, Whole Kernel					
	2 cups Bean, Black, Boiled					
	4 tortilla Tortilla, Corn, No Added Salt, Rtc					
<b>Meal Totals:</b>		<b>Calories: 648</b>	<b>Carbs: 108g (64%)</b>	<b>Protein: 26g (15%)</b>	<b>Fat: 15g (20%)</b>	<b>Fluid: 29oz</b>
Snack	3:00 PM	140	1 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		101	1 tablespoons ALMOND BUTTER, NO SALT			
		55	1 small APPLE W/SKIN, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		152	1 1/2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 448</b>	<b>Carbs: 74g (64%)</b>	<b>Protein: 10g (9%)</b>	<b>Fat: 14g (27%)</b>	<b>Fluid: 21oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		35	1 teaspoons BUTTER			
		216	1 cups BROWN RICE, LONG GRAIN, COOKED			
		38	1 cups SQUASH, SUMMER, CROOKNECK, BOILED, DRAINED			
		380	8 oz MEATLESS TURKEY ROAST, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 669</b>	<b>Carbs: 73g (43%)</b>	<b>Protein: 59g (35%)</b>	<b>Fat: 17g (22%)</b>	<b>Fluid: 30oz</b>
Snack	8:00 PM	23	4 large STRAWBERRY, RAW			
		91	2 cups COCONUT WATER			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		172	1 cups CHEESE, COTTAGE 1%			
<b>Meal Totals:</b>		<b>Calories: 436</b>	<b>Carbs: 50g (42%)</b>	<b>Protein: 49g (41%)</b>	<b>Fat: 9g (17%)</b>	<b>Fluid: 27oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 3270</b>	<b>Carbs: 448g (53%)</b>	<b>Protein: 197g (23%)</b>	<b>Fat: 91g (24%)</b>	<b>Fluid: 160oz</b>

**Vegetarian 3250 (C)****Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	147	2 large EGG, CHICKEN, POACHED			
		160	2 slice 100% WHOLE WHEAT BREAD			
		35	1 teaspoons BUTTER			
		90	4 slices SMART 'BACON', VEGAN			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		219	2 cups ORANGE JUICE			
<b>Meal Totals:</b>		<b>Calories: 651</b>	<b>Carbs: 81g (49%)</b>	<b>Protein: 37g (22%)</b>	<b>Fat: 21g (29%)</b>	<b>Fluid: 28oz</b>
Snack	10:00 AM	83	1 cups CARROT, BABY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1 bar PROTEIN BAR, SOY, CRUNCH RASPBERRY			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		152	1 1/2 oz PRETZEL, STICKS			
<b>Meal Totals:</b>		<b>Calories: 439</b>	<b>Carbs: 60g (62%)</b>	<b>Protein: 19g (20%)</b>	<b>Fat: 8g (19%)</b>	<b>Fluid: 17oz</b>
Lunch	12:00 PM	10	2 teaspoons MUSTARD, PREPARED, DIJON			
		8	2 oz TOMATO, RAW			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		67	2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		209	7 oz SMART DELI, THREE PEPPERCORN PASTRAMI, VEGAN			
<b>Meal Totals:</b>		<b>Calories: 637</b>	<b>Carbs: 61g (40%)</b>	<b>Protein: 55g (36%)</b>	<b>Fat: 16g (24%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		190	8 oz YOGURT, VANILLA, LOWFAT			
		46	8 large STRAWBERRY, RAW			
		205	1 1/4 oz ALMOND, RAW			
<b>Meal Totals:</b>		<b>Calories: 441</b>	<b>Carbs: 49g (43%)</b>	<b>Protein: 20g (18%)</b>	<b>Fat: 20g (39%)</b>	<b>Fluid: 22oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		243	6 oz CHICKEN-FREE NUGGETS, VEGAN			
		82	8 oz BRUSSELS SPROUTS, BOILED, NO SALT			
		336	1 1/2 cups QUINOA, COOKED			
<b>Meal Totals:</b>		<b>Calories: 661</b>	<b>Carbs: 103g (59%)</b>	<b>Protein: 46g (26%)</b>	<b>Fat: 11g (14%)</b>	<b>Fluid: 24oz</b>
Snack	8:00 PM	90	1 small BANANA, RAW			
		280	2 bar GRANOLA BAR, CHEWY, HONEY ALMOND FLAX			
		68	1 1/2 cups COCONUT WATER			
<b>Meal Totals:</b>		<b>Calories: 438</b>	<b>Carbs: 78g (67%)</b>	<b>Protein: 14g (12%)</b>	<b>Fat: 11g (21%)</b>	<b>Fluid: 16oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 3267</b>	<b>Carbs: 432g (53%)</b>	<b>Protein: 191g (23%)</b>	<b>Fat: 87g (24%)</b>	<b>Fluid: 127oz</b>



**Shopping List**

Category	Quantity	Item
Accompaniments	2 tablespoons	Salsa
	4 teaspoons	Mayonnaise, Olive Oil, Artisan   Spectrum
	4 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
Beverages	6 cups	Orange Juice
	11 cups	Coconut Water
	11 1/2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	32 fl oz	Iced Tea, Unsweetened   Generic
Bread	456 fl oz	Water, Drinking Water, Purified
	2 roll	Roll, Dinner, Whole Wheat
	4 wrap	Wrap, 100% Whole Wheat   Sahara
	6 pita	Bread, Pita, Whole Wheat
	10 slice	100% Whole Wheat Bread   Sara Lee
Cereal and Grain Products	1 3/4 cups	Brown Rice, Long Grain, Cooked
	2 1/4 cups	Oat Bran, Cooked
Cereals, Ready to Eat	3 1/2 cups	Wheat Chex, Rte   Ralston
Dairy Products	1/4 cups	4 Mexican Cheese, Shredded, Reduced Fat   Sargento
	2 slice	Cheddar Cheese, Medium, Slice   Sargento
	2 teaspoons	Butter
	4 1/2 cups	Cheese, Cottage 1%
	4 large	Egg, Chicken, Scrambled
	6 large	Egg, Chicken, Poached
	44 oz	Yogurt, Vanilla, Lowfat   Mountain High
Fats and Oils	6 1/2 teaspoons	Olive Oil, Extra Virgin   Bertolli
Fruits	1 cups	Blackberry, Raw
	5 small	Apple W/skin, Raw
	6 small	Banana, Raw
	9 fruit	Nectarine, Raw
	19 large	Strawberry, Raw
Ingredients	3 teaspoons	Balsamic Vinegar   Spectrum
Legumes	1/2 cups	Refried Beans, Vegetarian   Old El Paso
	3/4 cups	Bean, Navy, Canned
	9 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	4 3/4 oz	Almond, Raw
	8 3/4 tablespoons	Almond Butter, No Salt
Side Dishes	2 1/2 cups	Quinoa, Cooked

Continued on next page...

**Shopping List**

Category	Quantity	Item
Snacks	9 bar	Granola Bar, Chewy, Honey Almond Flax   Kashi
	10 oz	Pretzel, Sticks   Rold Gold
Soup	2 cups	Chili, Vegetarian W/beans, Rts   Hormel
Sport and Diet Nutritionals	7 bar	Protein Bar, Soy, Crunch Raspberry   Genisoy
Vegetables	2 cups	Mustard Greens, Boiled, Drained
	2 cups	Squash, Summer, Crookneck, Boiled, Drained
	3 oz	Tomato, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 1/2 cups	Carrot, Baby, Raw
	6 leaf	Lettuce, Cos Or Romaine, Raw
	12 oz	Brussels Sprouts, Boiled, No Salt
	16 oz	Yam, Boiled & Drained Or Baked
Vegetarian Products	9 oz	Veggie Steak Strips, Vegan   Momingstar Farms
	11 oz	Smart Deli, Three Peppercom Pastrami, Vegan   LightLife
	12 oz	Meatless Turkey Roast, Vegan   Tofurky
	14 oz	Chicken-free Nuggets, Vegan   Health is Wealth
	14 oz	Meatless Kielbasa   Tofurky
	15 slices	Smart 'bacon', Vegan   LightLife
Bread	4 tortilla	Tortilla, Corn, No Added Salt, Rtc
Vegetables	1 large	Onion, Raw
	1 medium	Summer Squash, Raw
	1 pepper	Peppers, Sweet, Green, Raw
	1 small	Zucchini W/skin, Raw
	2 clove	Garlic, Raw
Cereal and Grain Products	4 oz	Shells Pasta, Dry   De Boles
Fats and Oils	4 tablespoons	Olive Oil
Ingredients	2 tablespoons	Red Wine Vinegar   Spectrum
Legumes	2 cups	Bean, Black, Boiled
Spices	1/2 teaspoons	Oregano, Dried, Ground
	1 teaspoons	Chili Powder
	2 tablespoons	Basil, Fresh
Vegetables	2 cups	Corn, Golden, Whole Kernel   Del Monte
	8 oz	Artichoke, Raw (globe Or French)