



Generic Meal Plan for Jane Doe

Day 1:

Breakfast (7:30 AM):		
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 medium bagel (3-1/2" to 4" dia)	Calories: 289
Cheese, cream, low fat	2 tbsp(s)	Calories: 60
Orange Juice (Orange juice, raw)	1 cup(s)	Calories: 112
Snack (10:00 AM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Peanut butter, smooth style, with salt	2 tbsp(s)	Calories: 188
Lunch (12:00 PM):		
+Ham and Cheese Rollups	1 serving(s)	Calories: 376
Carrots, baby, raw	2 oz	Calories: 20
Salad dressing, ranch dressing, reduced fat	1 tbsp(s)	Calories: 29
Snack (3:00 PM):		
Snacks, granola bars, hard, chocolate chip	1 bar(s)	Calories: 105
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80
Dinner (6:00 PM):		
pasta, cooked	8 ounces	Calories: 197
Simply Organic - Pasta Sauces - Alfredo Sauce	1 serving(s)	Calories: 35
Chicken Breast Prepared, low sodium	3 oz	Calories: 91
Broccoli, cooked, boiled, drained, with salt	1 cup(s), chopped	Calories: 55
Snack (9:00 PM):		
Ice creams, vanilla	1 cup(s)	Calories: 298

+ Indicates Item has Recipe

Calories: 2007 kCal	Saturated Fat: 29 g
Fat: 70 (58)* grams (24.9%)	Cholesterol: 220 mg
Carbohydrates: 257 (260)* grams (55%)	Fiber: 21 (25)* g
Protein: 98 grams (20.1%)	Sodium: 3856 (2300)* mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

Provided By: Brooke Lister

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Generic Meal Plan for Jane Doe

Day 2:

Breakfast (7:30 AM):		
+Scrambled Eggs	1 serving(s)	Calories: 152
+Toast with Avocado Mash - Paleo Style	1 serving(s)	Calories: 154
Snack (10:00 AM):		
Bananas, raw	1 medium (7 to 7-7/8 long)	Calories: 105
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80
Lunch (12:00 PM):		
Peanut butter and jelly sandwich	1 sandwich	Calories: 406
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Snack (3:00 PM):		
Cheese, cheddar	1 oz	Calories: 114
Nabisco Wheat Thins, baked (NABISCO, NABISCO WHEAT THINS Crackers, baked)	1 Serving(s)	Calories: 136
Dinner (6:00 PM):		
Whole Wheat Tortilla	2 tortilla(s)	Calories: 256
Cheese, cheddar	1/2 cup(s), shredded	Calories: 228
Black Beans - Cooked (Beans, black, mature seeds, cooked, boiled, with salt)	1/2 cup(s)	Calories: 114
Snack (9:00 PM):		
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	1 oz	Calories: 149

+ Indicates Item has Recipe

Calories: 1966 kCal	Saturated Fat: 34 g
Fat: 96 (58)* grams (24.9%)	Cholesterol: 528 (300)* mg
Carbohydrates: 211 (260)* grams (55%)	Fiber: 35 g
Protein: 87 (95)* grams (20.1%)	Sodium: 3305 (2300)* mg
First Number is daily amount	
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Generic Meal Plan for Jane Doe

Day 3:

Breakfast (7:30 AM):		
Pancakes, plain, dry mix, complete (includes buttermilk)	1/2 cup(s), poured from box	Calories: 244
Syrup, maple (Syrups, maple)	1 tbsp(s)	Calories: 52
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	1 cup(s)	Calories: 122
Snack (10:00 AM):		
Snacks, tortilla chips, plain, white corn	1 oz	Calories: 139
Salsa (Sauce, ready-to-serve, salsa)	1/2 cup(s)	Calories: 35
Lunch (12:00 PM):		
+Bean Burrito	1 serving(s)	Calories: 278
+Cilantro Lime Rice	1 serving(s)	Calories: 202
Snack (3:00 PM):		
Snacks, trail mix, regular	1/2 cup(s)	Calories: 346
Dinner (6:00 PM):		
+Chef Salad	1 serving(s)	Calories: 280
Wheat Rolls (Rolls, dinner, whole-wheat)	1 roll(s) (1 oz each)	Calories: 74
Salad dressing, ranch dressing, reduced fat	1 tbsp(s)	Calories: 29
Snack (9:00 PM):		
Bread, wheat, toasted	2 slice(s)	Calories: 144
Smuckers - Strawberry Preserves - Sugar Free	2 serving(s)	Calories: 20

+ Indicates Item has Recipe

Calories: 1967 kCal	Saturated Fat: 14 g
Fat: 60 (58)* grams (24.9%)	Cholesterol: 73 mg
Carbohydrates: 292 (288)* grams (55%)	Fiber: 32 g
Protein: 85 (95)* grams (20.1%)	Sodium: 4373 (2300)* mg
First Number is daily amount	
*-Number in () is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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Generic Meal Plan for Jane Doe

Day 4:

Breakfast (7:30 AM):		
+Egg Omelet	1 serving(s)	Calories: 159
Bananas, raw	1 medium (7 to 7-7/8 long)	Calories: 105
Orange Juice (Orange juice, raw)	1 cup(s)	Calories: 112
Snack (10:00 AM):		
Hummus, commercial	1/2 cup(s)	Calories: 208
Snacks, pretzels, hard, plain, salted	2 oz	Calories: 215
Lunch (12:00 PM):		
+Grilled Cheese	1 serving(s)	Calories: 280
CAMPBELL Soup Company, CAMPBELLS SELECT Soup, Harvest Tomato with Basil Soup	1 serving(s)	Calories: 81
Snack (3:00 PM):		
Oikos Triple Zero - Vanilla Yogurt	1 cup(s)	Calories: 100
Strawberries, raw	1/2 cup(s), halves	Calories: 24
Dinner (6:00 PM):		
+Beef and Veggie Stir Fry for One	1 serving(s)	Calories: 427
Wheat Rolls (Rolls, dinner, whole-wheat)	2 roll(s) (1 oz each)	Calories: 149
Snack (9:00 PM):		
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	1 oz	Calories: 149

+ Indicates Item has Recipe

Calories: 2009 kCal	Saturated Fat: 22 g
Fat: 72 (58)* grams (24.9%)	Cholesterol: 509 (300)* mg
Carbohydrates: 247 (260)* grams (55%)	Fiber: 35 g
Protein: 104 grams (20.1%)	Sodium: 5590 (2300)* mg
First Number is daily amount	
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Generic Meal Plan for Jane Doe

Day 5:

Breakfast (7:30 AM):		
Oikos Triple Zero - Vanilla Yogurt	1 cup(s)	Calories: 100
Bread, wheat	1 slice(s)	Calories: 66
Avocado (Avocados, raw, all commercial varieties)	1/2 avocado	Calories: 161
Snack (10:00 AM):		
Snacks, granola bars, hard, chocolate chip	1 bar(s)	Calories: 105
Frigo String Cheese	1 piece(s) (1 oz per piece)	Calories: 80
Lunch (12:00 PM):		
Soup, ramen noodle, chicken flavor, dry	1 package	Calories: 371
Egg, whole, cooked, scrambled	1 large	Calories: 102
Mixed Vegetables Cooked (Vegetables, mixed, frozen, cooked, boiled, drained, without salt)	1/2 cup(s)	Calories: 59
Snack (3:00 PM):		
Apples, Raw (Apples, raw, with skin)	1 medium (2-3/4 dia) (approx 3 per lb)	Calories: 72
Peanut butter, smooth style, with salt	2 tbsp(s)	Calories: 188
Dinner (6:00 PM):		
+Garlic Chicken Breast	1 serving(s)	Calories: 271
+Cilantro Lime Rice	1 serving(s)	Calories: 202
Black Beans - Cooked (Beans, black, mature seeds, cooked, boiled, with salt)	3/4 cup(s)	Calories: 170
Snack (9:00 PM):		
Carrots, baby, raw	2 oz	Calories: 20
Salad dressing, ranch dressing, reduced fat	1 tbsp(s)	Calories: 29

+ Indicates Item has Recipe

Calories: 1998 kCal	Saturated Fat: 23 g
Fat: 76 (58)* grams (24.9%)	Cholesterol: 388 (300)* mg
Carbohydrates: 216 (260)* grams (55%)	Fiber: 38 g
Protein: 121 (105)* grams (20.1%)	Sodium: 3375 (2300)* mg
First Number is daily amount	
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Day 6:

Breakfast (7:30 AM):		
+Sweet Fruit Smoothie	1 serving(s)	Calories: 224
Bread, wheat, toasted	1 slice(s)	Calories: 72
Smuckers - Strawberry Preserves - Sugar Free	1 serving(s)	Calories: 10
Snack (10:00 AM):		
Hummus, commercial	1/2 cup(s)	Calories: 208
Broccoli, flower clusters, raw	1 cup(s) flowerets	Calories: 20
Lunch (12:00 PM):		
Peanut butter and jelly sandwich	1 sandwich	Calories: 406
Snack (3:00 PM):		
Oikos Triple Zero - Vanilla Yogurt	1 cup(s)	Calories: 100
Dinner (6:00 PM):		
+Garlic Mashed Potatoes	1 serving(s)	Calories: 215
Fish, salmon, Atlantic, farmed, cooked, dry heat	3 oz	Calories: 175
Mixed Vegetables Cooked (Vegetables, mixed, frozen, cooked, boiled, drained, without salt)	1 cup(s)	Calories: 118
Snack (9:00 PM):		
Nabisco Biscuit Company Nabisco, Oreo, Milk's Favorite Sandwich Cookies, Chocolate	2 serving(s) (1.2 oz per serving)	Calories: 320
2% Reduced Fat Milk (Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A)	1 cup(s)	Calories: 138

+ Indicates Item has Recipe

Calories: 2005 kCal	Saturated Fat: 18 g
Fat: 67 (58)* grams (24.9%)	Cholesterol: 94 mg
Carbohydrates: 271 grams (55%)	Fiber: 37 g
Protein: 98 grams (20.1%)	Sodium: 1901 mg
First Number is daily amount	
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Generic Meal Plan for Jane Doe

Day 7:

Breakfast (7:30 AM):		
+Breakfast Oatmeal	1 serving(s)	Calories: 387
Bananas, raw	1 medium (7 to 7-7/8 long)	Calories: 105
Snack (10:00 AM):		
Snacks, trail mix, regular	1/2 cup(s)	Calories: 346
Orange Juice (Orange juice, raw)	1 cup(s)	Calories: 112
Lunch (12:00 PM):		
+Turkey Sandwich	1 serving(s)	Calories: 209
Carrots, baby, raw	2 oz	Calories: 20
Salad dressing, ranch dressing, reduced fat	1 tbsp(s)	Calories: 29
Snack (3:00 PM):		
Cheese, cheddar	1 oz	Calories: 114
Nabisco Wheat Thins, baked (NABISCO, NABISCO WHEAT THINS Crackers, baked)	1 Serving(s)	Calories: 136
Dinner (6:00 PM):		
+Classic Pepperoni Pizza	2 serving(s)	Calories: 324
+Baby Greens Salad	1 serving(s)	Calories: 10
Salad dressing, ranch dressing, reduced fat	1 tbsp(s)	Calories: 29
Snack (9:00 PM):		
Grapes (Grapes, red or green (european type varieties, such as, Thompson seedless), raw)	1 cup(s), seedless	Calories: 110
Snacks, pretzels, hard, plain, salted	1 oz	Calories: 108

+ Indicates Item has Recipe

Calories: 2040 kCal	Saturated Fat: 20 g
Fat: 66 (58)* grams (24.9%)	Cholesterol: 96 mg
Carbohydrates: 300 (288)* grams (55%)	Fiber: 33 g
Protein: 83 (95)* grams (20.1%)	Sodium: 2494 (2300)* mg
First Number is daily amount	
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Baby Greens Salad

This recipe makes 4 cups.
This recipe makes 2 servings.
1 Serving = two cups.

Ingredients:

Mixed Baby Greens	3 cup(s)	Calories: 10
Romaine Lettuce	1 cup(s), shredded	Calories: 10

Instructions:

Wash lettuce and greens thoroughly. Tear lettuce leaves into bite size pieces and toss with baby greens. Serve chilled.

Nutrition Information for 1 Serving:	
Calories: 10 kCal	Saturated Fat: 0 grams
Fat: 0 grams	Cholesterol: 0 mgs
Carbohydrates: 2 grams	Fiber: 1 grams
Protein: 1 grams	Sodium: 7 mgs

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Bean Burrito

This recipe makes 4 burritos.
This recipe makes 4 servings.
1 Serving = 1 burrito.

Ingredients:

Black Beans Cooked without salt	1 cup(s)	Calories: 227
Canned Green Chili	1/2 cup(s)	Calories: 15
Cumin Seed (ground)	1 tbsp(s)	Calories: 22
Flour Tortillas	4 tortilla (approx 7-8 dia)	Calories: 574
Lettuce, green leaf, raw	6 leaf(s)	Calories: 9
Refried Beans - Canned	1 cup(s)	Calories: 229
Salsa	1/2 cup(s)	Calories: 35

Instructions:

Stir together beans, chilies, and cumin in medium bowl. Place lettuce over tortillas. Spoon 1/2 cup of bean mixture onto each tortilla and top with salsa. Roll tortilla.
Place one or more burritos on a microwave-safe plate. Cook, uncovered, on high power for 35-40 seconds or until hot.

Nutrition Information for 1 Serving:	
Calories: 278 kCal	Saturated Fat: 1 grams
Fat: 5 grams	Cholesterol: 0 mgs
Carbohydrates: 47 grams	Fiber: 10 grams
Protein: 12 grams	Sodium: 846 mgs

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Beef and Veggie Stir Fry for One

This recipe makes 2 cups.
This recipe makes 1 servings.
1 Serving = 2 cups.

Ingredients:

Mixed Vegetables - Frozen	1/2 package (10 oz)	Calories: 91
Olive Oil	1/2 tbsp(s)	Calories: 60
Teriyaki Sauce	3 tbsp(s)	Calories: 48
Top Sirloin	4 oz	Calories: 228

Instructions:

Place 1/2 bag of frozen stir fry vegetables in a microwave safe dish and heat covered on high for approximately 1 1/2 minutes. Let stand 1 minute.
 Slice beef into bite size pieces.
 Heat oil in a large skillet or wok over medium-high heat. Add beef and stir fry to desired doneness.
 Add vegetables.
 Stir for 1 minute, remove from heat and stir in teriyaki sauce.

Tip:

A Spicy Thai peanut sauce may be substituted for teriyaki sauce. Use frozen stir fry vegetables if available.

Nutrition Information for 1 Serving:	
Calories: 427 kCal	Saturated Fat: 7 grams
Fat: 22 grams	Cholesterol: 53 mgs
Carbohydrates: 28 grams	Fiber: 6 grams
Protein: 31 grams	Sodium: 2196 mgs

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Breakfast Oatmeal

This recipe makes 1 bowl.
This recipe makes 1 servings.
1 Serving = 1 bowl.

Ingredients:

Blueberries, raw	1/2 cup(s)	Calories: 41
Bobs Red Mill Steel Cut Oats Gluten Free	1/2 cup(s)	Calories: 340
Cinnamon	1 tsp(s)	Calories: 6

Instructions:

Cook steel cut oats according to package directions.
Add blueberries and cinnamon.

Nutrition Information for 1 Serving:

Calories: 387 kCal	Saturated Fat: 1 grams
Fat: 6 grams	Cholesterol: 0 mgs
Carbohydrates: 70 grams	Fiber: 13 grams
Protein: 15 grams	Sodium: 1 mgs

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Chef Salad

This recipe makes 1 Salad.
This recipe makes 1 servings.
1 Serving = 1 salad.

Ingredients:

Boars Head Turkey Breast Ovengold Roast	3 oz	Calories: 90
Carrots, baby, raw	1 oz	Calories: 10
Cucumber, with peel, raw	1/4 cup(s) slices	Calories: 4
Low Fat Cheddar or Colby Cheese	1/4 cup(s), shredded	Calories: 49
Romaine Lettuce	2 cup(s), shredded	Calories: 19
Tomatoes	1/2 cup(s) cherry tomatoes	Calories: 16
Croutons, seasoned	1/2 cup(s)	Calories: 93

Instructions:

Toss all ingredients and serve.

Tip:

Fresh spinach or baby greens may be substituted for all or part of the romaine lettuce to boost nutritional value. Use fresh roasted turkey for a lower sodium option.

Nutrition Information for 1 Serving:

Calories: 280 kCal	Saturated Fat: 2 grams
Fat: 8 grams	Cholesterol: 37 mgs
Carbohydrates: 24 grams	Fiber: 5 grams
Protein: 31 grams	Sodium: 993 mgs

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Cilantro Lime Rice

This recipe makes 3 cups.
This recipe makes 4 servings.
1 Serving = 3/4 cups.

Ingredients:

Cilantro	3 tbsp(s)	Calories: 1
Lime juice, raw	1/2 lime yields	Calories: 5
Rice, brown, long-grain, raw	1 cup(s)	Calories: 684
Vegetable Oil	3 tsp(s)	Calories: 119
Water, tap, drinking	2 cup(s) (8 fl oz per cup)	Calories: 0

Instructions:

1. In a small heavy pot, add rice, water, 1 tsp oil. Boil on high until most of the water evaporates. When the water just skims the top of the rice, reduce to low and cover about 15 minutes. Shut off flame and keep covered an additional 5 minutes.
2. In a medium bowl, combine chopped cilantro, lime juice, rice and remaining oil and toss until completely mixed.

Nutrition Information for 1 Serving:	
Calories: 202 kCal	Saturated Fat: 1 grams
Fat: 5 grams	Cholesterol: 0 mgs
Carbohydrates: 36 grams	Fiber: 2 grams
Protein: 4 grams	Sodium: 8 mgs

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Classic Pepperoni Pizza

This recipe makes 1 pizza.
This recipe makes 8 servings.
1 Serving = 1 slice.

Ingredients:

Boboli 100% Whole Wheat 12 inch Thin Pizza Crust	1 pizza crust(s)	Calories: 750
Buitoni Sauce, Red - Marinara Sauce	1/2 cup(s)	Calories: 70
Cheese, mozzarella, low sodium	1 cup, shredded	Calories: 316
Applegate Naturals - Natural Pepperoni	2 serving(s)	Calories: 160

Instructions:

1. Preheat oven to 450 degrees.
2. Spread marinara sauce over the pizza crust. Next, spread cheese evenly over the sauce. Add all other pizza toppings at this point. You can choose to add whatever vegetables you prefer.
3. Place pizza in the oven and bake for 8-10 minutes or until cheese is bubbly and the crust is brown.

Nutrition Information for 1 Serving:	
Calories: 162 kCal	Saturated Fat: 3 grams
Fat: 6 grams	Cholesterol: 13 mgs
Carbohydrates: 19 grams	Fiber: 3 grams
Protein: 9 grams	Sodium: 312 mgs

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Egg Omelet

This recipe makes 1 Omelet.
This recipe makes 1 servings.
1 Serving = 1 Omelet.

Ingredients:

Black Pepper	1 dash(s)	Calories: 0
Egg Whites	1 large egg(s)	Calories: 16
Egg(s) (Without salt)	2 large egg(s)	Calories: 143
Salt	1 dash(s)	Calories: 0

Instructions:

1. Heat an 8-inch skillet over medium heat until skillet is hot. Spray with non fat cooking spray.
2. With one egg, separate yolk from egg white. Discard yolk.
3. In a bowl combine eggs, egg white, and pepper. Beat until just combined.
4. Pour mixture into medium hot skillet and begin stirring gently and continuously with a spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring.
5. Cook 30-60 seconds more or until egg mixture is set.
6. Remove from heat and flip edges.

Nutrition Information for 1 Serving:	
Calories: 159 kCal	Saturated Fat: 3 grams
Fat: 10 grams	Cholesterol: 423 mgs
Carbohydrates: 1 grams	Fiber: 0 grams
Protein: 16 grams	Sodium: 350 mgs

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Garlic Chicken Breast

This recipe makes 4 breasts.
This recipe makes 4 servings.
1 Serving = 1 breast.

Ingredients:

Chicken Breast - No Skin Raw	4 breast, bone and skin removed (8 oz)	Calories: 1076
Garlic, raw	2 tsp(s)	Calories: 8

Instructions:

Preheat oven to 375° F.
Mince garlic.
Rinse chicken and dry. Place on a baking sheet. Spread 1/2 teaspoon of garlic onto each breast.
Bake, uncovered, for 30 minutes until internal temperature of 180° F has been reached.

Nutrition Information for 1 Serving:	
Calories: 271 kCal	Saturated Fat: 1 grams
Fat: 6 grams	Cholesterol: 151 mgs
Carbohydrates: 0 grams	Fiber: 0 grams
Protein: 50 grams	Sodium: 274 mgs

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Garlic Mashed Potatoes

This recipe makes 3 cups.
This recipe makes 6 servings.
1 Serving = 1/2 cup.

Ingredients:		
Black Pepper	1 dash(s)	Calories: 0
Butter, whipped, with salt	1 tbsp(s)	Calories: 67
Garlic, raw	4 clove(s) (minced)	Calories: 18
Red Potatoes	4 potato large (3 to 4-1/4 dia)	Calories: 1064
2% Reduced Fat Milk	1 cup(s)	Calories: 138

Instructions:

Place potatoes and garlic in a large pan and cover with water. Bring potatoes to a boil over high heat then reduce heat to low, cover and simmer until tender and fall apart when cut with a knife, about 25-30 minutes.

In a small skillet or saucepan over low heat, melt butter until it begins to brown, about 1 minute. Stir in the buttermilk and heat through, but do not boil or the milk will curdle.

Drain the potatoes and mash with electric mixer. When smooth, blend in the buttermilk and browned butter. Pepper to taste.

Tip:

Buttermilk is very sensitive to heat. When cooking monitor closely.

Nutrition Information for 1 Serving:	
Calories: 215 kCal	Saturated Fat: 1 grams
Fat: 2 grams	Cholesterol: 7 mgs
Carbohydrates: 42 grams	Fiber: 4 grams
Protein: 6 grams	Sodium: 61 mgs

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Grilled Cheese

This recipe makes 1 sandwich.
This recipe makes 1 servings.
1 Serving = sandwich.

Ingredients:

Cheese, colby	1 oz	Calories: 112
Smart Balance Light Buttery Spread	2 tsp(s)	Calories: 30
Wheat Bread	2 slice(s)	Calories: 138

Instructions:

1. Heat medium-size skillet to medium-high heat.
2. Spread butter on one side of each slice of bread.
3. Place 1 slice of bread on the skillet, butter-side down. Then place cheese on the slice of bread. Put the other slice of bread on top with the butter-side facing up.
4. Cook approximately 5 minutes or until cheese is melted.

Nutrition Information for 1 Serving:	
Calories: 280 kCal	Saturated Fat: 7 grams
Fat: 14 grams	Cholesterol: 27 mgs
Carbohydrates: 24 grams	Fiber: 4 grams
Protein: 14 grams	Sodium: 495 mgs

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Ham and Cheese Rollups

This recipe makes 1 Rollup.
This recipe makes 1 servings.
1 Serving = 1 Rollup.

Ingredients:

Boars Head Lower Sodium Ham	3 oz	Calories: 90
Cheese, swiss, low sodium	1 slice(s)	Calories: 105
Whole Wheat Tortilla	1 tortilla(s)	Calories: 128
Light Mayonnaise	1 tbsp(s)	Calories: 50
Lettuce, green leaf, raw	2 leaf(s)	Calories: 3

Instructions:

1. Spread mayo on whole wheat tortilla.
2. Layer cheese, deli ham, and lettuce on tortilla and roll into a rollup.

Nutrition Information for 1 Serving:	
Calories: 376 kCal	Saturated Fat: 6 grams
Fat: 16 grams	Cholesterol: 70 mg
Carbohydrates: 29 grams	Fiber: 2 grams
Protein: 28 grams	Sodium: 1164 mg

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Scrambled Eggs

This recipe makes 1 serving.
This recipe makes 1 servings.
1 Serving = 1 serving of eggs.

Ingredients:

Black Pepper	1 tsp(s)	Calories: 5
Egg(s) (Without salt)	2 large egg(s)	Calories: 143
No Stick cooking spray, Wesson	2 spray(s)	Calories: 4
Salt	1/4 tsp(s)	Calories: 0

Instructions:

1. Whisk together egg whites and egg. Add black pepper and salt and combine.
2. Heat a non-stick skillet over medium high heat and coat with non-stick cooking spray.
3. Pour eggs into heated skillet and scramble until cooked throughout.
4. Serve Immediately.

Nutrition Information for 1 Serving:	
Calories: 152 kCal	Saturated Fat: 3 grams
Fat: 10 grams	Cholesterol: 423 mgs
Carbohydrates: 2 grams	Fiber: 1 grams
Protein: 13 grams	Sodium: 722 mgs

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Sweet Fruit Smoothie

This recipe makes 2 Smoothie.
This recipe makes 2 servings.
1 Serving = 1 cup.

Ingredients:

Nonfat Milk	1 cup(s)	Calories: 83
Peaches, frozen, sliced, unsweetened	1 cup(s)	Calories: 50
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	1 cup(s) (8 fl oz)	Calories: 208
Mangos, raw	1 cup(s), sliced	Calories: 107

Instructions:

Combine all ingredients in a blender or food processor and process until smooth

Tip:

May substitute blueberries, strawberries, mangos, and/or bananas for peaches & mango.

Nutrition Information for 1 Serving:	
Calories: 224 kCal	Saturated Fat: 1 grams
Fat: 2 grams	Cholesterol: 8 mgs
Carbohydrates: 43 grams	Fiber: 2 grams
Protein: 11 grams	Sodium: 134 mgs

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Toast with Avocado Mash - Paleo Style

This recipe makes 1 slice.
This recipe makes 1 servings.
1 Serving = slice of toast.

Ingredients:

Avocado	2 tbsp(s) (pureed)	Calories: 46
Julian Bakery Breads - Paleo Bread, Almond	1 slice(s)	Calories: 100
Tomatoes	1/4 cup(s) cherry tomatoes	Calories: 8

Instructions:

Toast Bread and top with mashed avocado and chopped tomatoes.

Nutrition Information for 1 Serving:	
Calories: 154 kCal	Saturated Fat: 1 grams
Fat: 12 grams	Cholesterol: 0 mgs
Carbohydrates: 9 grams	Fiber: 6 grams
Protein: 10 grams	Sodium: 105 mgs

Provided By: Brooke Lister

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Turkey Sandwich

This recipe makes 1 Sandwich.
This recipe makes 1 servings.
1 Serving = 1 sandwich.

Ingredients:

Lettuce, green leaf, raw	2 leaf(s)	Calories: 3
Mustard, dijon	1 tsp(s)	Calories: 5
Roasted Turkey Breast	3 oz	Calories: 107
Tomatoes	2 slice(s), medium (1/4 thick)	Calories: 8
Whole Wheat Pita Bread	1/2 pita(s), large (6-1/2 dia)	Calories: 85

Instructions:

Stuff Pita bread with turkey, lettuce, tomato.
Spread mustard on inside of pita as desired.

Nutrition Information for 1 Serving:	
Calories: 209 kCal	Saturated Fat: 1 grams
Fat: 4 grams	Cholesterol: 36 mgs
Carbohydrates: 21 grams	Fiber: 3 grams
Protein: 23 grams	Sodium: 637 mgs

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Shopping List for Jane Doe

Plan Name: Generic Meal Plan

Food (Baked Products)	Amount
Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	1 medium bagel (3-1/2" to 4" dia)
Bread, wheat	1 slice(s)
Bread, wheat, toasted	3 slice(s)
Flour Tortillas	4 tortilla (approx 7-8 dia)
Julian Bakery Breads - Paleo Bread, Almond	1 slice(s)
Nabisco Wheat Thins, baked	2 Serving(s)
Pancakes, plain, dry mix, complete (includes buttermilk)	1/2 cup(s), poured from box
Wheat Bread	2 slice(s)
Wheat Rolls	3 roll(s) (1 oz each)
Whole Wheat Pita Bread	1/2 pita(s), large (6-1/2 dia)
Whole Wheat Tortilla	2 tortilla(s)
Food (Beef Products)	Amount
Top Sirloin	4 oz
Food (Beverages)	Amount
Water, tap, drinking	4 cup(s) (8 fl oz per cup)
Food (Cereal Grains and Pasta)	Amount
pasta, cooked	8 ounces
Rice, brown, long-grain, raw	2 cup(s)
Food (Dairy and Egg Products)	Amount
2% Reduced Fat Milk	1 cup(s)
Cheese, cheddar	1/2 cup(s), shredded
Cheese, cheddar	2 oz
Cheese, colby	1 oz
Cheese, cream, low fat	2 tbsp(s)
Egg, whole, cooked, scrambled	1 large
Frigo String Cheese	3 piece(s) (1 oz per piece)
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	1 cup(s)
Oikos Triple Zero - Vanilla Yogurt	3 cup(s)
Food (Fats and Oils)	Amount
Olive Oil	1/2 tbsp(s)
Salad dressing, ranch dressing, reduced fat	5 tbsp(s)
Smart Balance Light Buttery Spread	2 tsp(s)
Vegetable Oil	6 tsp(s)
Food (Finfish and Shellfish Products)	Amount
Fish, salmon, Atlantic, farmed, cooked, dry heat	3 oz
Food (Fruits and Fruit Juices)	Amount
Apples, Raw	3 medium (2-3/4 dia) (approx 3 per lb)
Avocado	1/2 avocado
Avocado	2 tbsp(s) (pureed)
Bananas, raw	3 medium (7 to 7-7/8 long)

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Shopping List for Jane Doe

Plan Name: Generic Meal Plan

Food (Fruits and Fruit Juices)	Amount
Grapes	1 cup(s), seedless
Lime juice, raw	1 lime yields
Orange Juice	3 cup(s)
Smuckers - Strawberry Preserves - Sugar Free	3 serving(s)
Strawberries, raw	1/2 cup(s), halves
Food (Legumes and Legume Products)	Amount
Black Beans - Cooked	1 1/4 cup(s)
Black Beans Cooked without salt	1 cup(s)
Hummus, commercial	1 cup(s)
Mixed Baby Greens	3 cup(s)
Peanut butter, smooth style, with salt	4 tbsp(s)
Refried Beans - Canned	1 cup(s)
Food (Meals, Entrees, and Sidedishes)	Amount
Peanut butter and jelly sandwich	2 sandwich
Food (Poultry Products)	Amount
Chicken Breast - No Skin Raw	4 breast, bone and skin removed (8 oz)
Chicken Breast Prepared, low sodium	3 oz
Roasted Turkey Breast	3 oz
Food (Snacks)	Amount
Snacks, granola bars, hard, chocolate chip	2 bar(s)
Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	2 oz
Snacks, pretzels, hard, plain, salted	3 oz
Snacks, tortilla chips, plain, white corn	1 oz
Snacks, trail mix, regular	1 cup(s)
Food (Soups, Sauces, and Gravies)	Amount
CAMPBELL Soup Company, CAMPBELLS SELECT Soup, Harvest Tomato with Basil Soup	1 serving(s)
Salsa	1 cup(s)
Simply Organic - Pasta Sauces - Alfredo Sauce	1 serving(s)
Soup, ramen noodle, chicken flavor, dry	1 package
Teriyaki Sauce	3 tbsp(s)
Food (Spices and Herbs)	Amount
Cumin Seed (ground)	1 tbsp(s)
Mustard, dijon	1 tsp(s)
Food (Sweets)	Amount
Ice creams, vanilla	1 cup(s)
Syrup, maple	1 tbsp(s)
Food (Uncategorized Foods)	Amount
Nabisco Biscuit Company Nabisco, Oreo, Milk's Favorite Sandwich Cookies, Chocolate	2 serving(s) (1.2 oz per serving)

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Shopping List for Jane Doe

Plan Name: Generic Meal Plan

Food (Vegetables and Vegetable Products)	Amount
Broccoli, cooked, boiled, drained, with salt	1 cup(s), chopped
Broccoli, flower clusters, raw	1 cup(s) flowerets
Canned Green Chili	1/2 cup(s)
Carrots, baby, raw	6 oz
Cilantro	6 tbsp(s)
Garlic, raw	2 tsp(s)
Lettuce, green leaf, raw	8 leaf(s)
Mixed Vegetables - Frozen	1/2 package (10 oz)
Mixed Vegetables Cooked	1 1/2 cup(s)
Romaine Lettuce	1 cup(s), shredded
Tomatoes	2 slice(s), medium (1/4 thick)
Tomatoes	1/4 cup(s) cherry tomatoes

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