



3 meals/day - Gluten, Lactose & Soy Free 1235 (A)

DAY 1

Breakfast

7:00 AM

cream of rice cereal, no salt, cooked	1 Cup(s)	127 cal
egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
blueberries	1 Cup(s)	83 cal
pea protein	1 oz	99 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 51 g (46%) / **Protein** 44 g (41%) / **Fat** 6 g (13%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 187 mg / **Sodium** 145 mg / **Calcium** 43 mg

NOTES:

Lunch

12:00 PM

romaine lettuce	1 leaf	1 cal
turkey breast, roasted	3 oz	116 cal
sunflower flax bread	2 slice	270 cal
baby carrots	5 large	26 cal
tomatoes	1/4 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 51 g (49%) / **Protein** 36 g (34%) / **Fat** 9 g (19%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 60 mg / **Sodium** 235 mg / **Calcium** 82 mg

NOTES:

Dinner

6:00 PM

broccoli, no salt, boiled	6 spear	78 cal
cod fish	4 oz	93 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 450 cal / **Carbs** 71 g (63%) / **Protein** 40 g (35%) / **Fat** 3 g (5%) / **Fluid** 32
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 49 mg / **Sodium** 158 mg / **Calcium** 135 mg

NOTES:

DAY 1 TOTAL: Calories 1,309 cal / **Carbs** 173 g (53%) / **Protein** 120 g (37%) / **Fat** 18 g (12%) / **Fluid** 86
ADDITIONAL NUTRIENTS: Saturated Fat 4 g / **Cholesterol** 295 mg / **Sodium** 538 mg / **Calcium** 261 mg



DAY 2

Breakfast

7:00 AM

almond beverage with calcium	1 Cup(s)	69 cal
corn chex cereal	1 Cup(s)	111 cal
drinking water	2 Cup(s)	0 cal
turkey, pork, beef sausage, low-fat low-sodium	3 oz	86 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 81 g (81%) / **Protein** 11 g (11%) / **Fat** 6 g (13%) / **Fluid** 30
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 18 mg / **Sodium** 997 mg / **Calcium** 563 mg

NOTES:

Lunch

12:00 PM

balsamic vinegar	2 tsp	9 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	2 tsp	80 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	3 oz	142 cal
drinking water	2 Cup(s)	0 cal
french rolls, gluten free	1 roll	80 cal

MEAL TOTAL: **Calories** 420 cal / **Carbs** 45 g (43%) / **Protein** 25 g (24%) / **Fat** 17 g (37%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 64 mg / **Sodium** 175 mg / **Calcium** 67 mg

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
sweet potato, no salt, baked	1 large	162 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 408 cal / **Carbs** 51 g (50%) / **Protein** 38 g (37%) / **Fat** 8 g (18%) / **Fluid** 34
ADDITIONAL NUTRIENTS: **Saturated Fat** 3 g / **Cholesterol** 67 mg / **Sodium** 364 mg / **Calcium** 575 mg

NOTES:

DAY 2 TOTAL: Calories 1,229 cal / **Carbs** 176 g (57%) / **Protein** 75 g (24%) / **Fat** 31 g (23%) / **Fluid** 85
ADDITIONAL NUTRIENTS: Saturated Fat 6 g / **Cholesterol** 149 mg / **Sodium** 1,536 mg / **Calcium** 1,205 mg



DAY 3

Breakfast

7:00 AM

almond butter	1 Tbsp	100 cal
drinking water	1 Cup(s)	0 cal
almond beverage with calcium	1 Cup(s)	69 cal
pears	1 large	119 cal
multigrain english muffins, gluten free	1 muffin	150 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 75 g (68%) / **Protein** 10 g (9%) / **Fat** 13 g (27%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 0 mg / **Sodium** 242 mg / **Calcium** 569 mg

NOTES:

Lunch

12:00 PM

eggless vegan mayo, light	2 tsp	23 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	2 oz	56 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal
sunflower flax bread	2 slice	270 cal
apples	1 large	110 cal

MEAL TOTAL: **Calories** 470 cal / **Carbs** 74 g (63%) / **Protein** 24 g (20%) / **Fat** 11 g (20%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 28 mg / **Sodium** 214 mg / **Calcium** 61 mg

NOTES:

Dinner

6:00 PM

kale, no salt, boiled	1 Cup(s)	36 cal
drinking water	2 Cup(s)	0 cal
french rolls, gluten free	1 roll	80 cal
chicken and corn chili	1 serving	245 cal

MEAL TOTAL: **Calories** 361 cal / **Carbs** 48 g (53%) / **Protein** 34 g (38%) / **Fat** 6 g (14%) / **Fluid** 27
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 72 mg / **Sodium** 273 mg / **Calcium** 184 mg

NOTES:

DAY 3 TOTAL: Calories 1,269 cal / **Carbs** 197 g (62%) / **Protein** 68 g (21%) / **Fat** 30 g (21%) / **Fluid** 73
ADDITIONAL NUTRIENTS: Saturated Fat 2 g / **Cholesterol** 100 mg / **Sodium** 729 mg / **Calcium** 814 mg



DAY 4

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
pea protein	1 oz	99 cal
cream of rice cereal, no salt, cooked	1 Cup(s)	127 cal

MEAL TOTAL: **Calories** 386 cal / **Carbs** 50 g (52%) / **Protein** 34 g (35%) / **Fat** 6 g (15%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 187 mg / **Sodium** 66 mg / **Calcium** 36 mg

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, brewed	2 Cup(s)	5 cal
french rolls, gluten free	1 roll	80 cal
balsamic vinegar	2 tsp	9 cal
chicken and corn chili	1 serving	245 cal

MEAL TOTAL: **Calories** 347 cal / **Carbs** 45 g (52%) / **Protein** 32 g (37%) / **Fat** 5 g (14%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 72 mg / **Sodium** 255 mg / **Calcium** 118 mg

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	1 cup, sliced	36 cal
wild rice, cooked	1 Cup(s)	166 cal
beef flank, lean, broiled	4 oz	218 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 419 cal / **Carbs** 43 g (41%) / **Protein** 40 g (38%) / **Fat** 10 g (22%) / **Fluid** 28
ADDITIONAL NUTRIENTS: **Saturated Fat** 4 g / **Cholesterol** 90 mg / **Sodium** 70 mg / **Calcium** 76 mg

NOTES:

DAY 4 TOTAL: Calories 1,153 cal / **Carbs** 138 g (48%) / **Protein** 105 g (37%) / **Fat** 22 g (17%) / **Fluid** 82
ADDITIONAL NUTRIENTS: Saturated Fat 7 g / **Cholesterol** 349 mg / **Sodium** 391 mg / **Calcium** 231 mg



DAY 5

Breakfast

7:00 AM

turkey, pork, beef sausage, low-fat low-sodium	3 oz	86 cal
drinking water	2 Cup(s)	0 cal
corn chex cereal	1 1/4 Cup(s)	139 cal
almond beverage with calcium	1 Cup(s)	69 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 74 g (78%) / **Protein** 11 g (12%) / **Fat** 6 g (14%) / **Fluid** 30
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 18 mg / **Sodium** 1,053 mg / **Calcium** 588 mg

NOTES:

Lunch

12:00 PM

baby carrots	4 large	21 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	3 oz	116 cal
sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 50 g (48%) / **Protein** 36 g (35%) / **Fat** 9 g (19%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 60 mg / **Sodium** 234 mg / **Calcium** 80 mg

NOTES:

Dinner

6:00 PM

corn tortillas, no salt	2 tortilla	115 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	2 oz	95 cal
mango black bean salad	1/2 serving	208 cal

MEAL TOTAL: **Calories** 418 cal / **Carbs** 54 g (52%) / **Protein** 25 g (24%) / **Fat** 13 g (28%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 43 mg / **Sodium** 57 mg / **Calcium** 149 mg

NOTES:

DAY 5 TOTAL: Calories 1,211 cal / **Carbs** 178 g (59%) / **Protein** 72 g (24%) / **Fat** 28 g (21%) / **Fluid** 76
ADDITIONAL NUTRIENTS: Saturated Fat 5 g / **Cholesterol** 120 mg / **Sodium** 1,344 mg / **Calcium** 816 mg



DAY 6

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
almond butter	1 Tbsp	100 cal
multigrain english muffins, gluten free	1 muffin	150 cal
pears	1 large	119 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 438 cal / **Carbs** 75 g (68%) / **Protein** 10 g (9%) / **Fat** 13 g (27%) / **Fluid** 30
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 0 mg / **Sodium** 242 mg / **Calcium** 569 mg

NOTES:

Lunch

12:00 PM

corn tortillas, no salt	1 tortilla	58 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	3 oz	142 cal
mango black bean salad	1/2 serving	208 cal

MEAL TOTAL: **Calories** 407 cal / **Carbs** 42 g (41%) / **Protein** 30 g (30%) / **Fat** 14 g (31%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Saturated Fat** 3 g / **Cholesterol** 64 mg / **Sodium** 75 mg / **Calcium** 106 mg

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
salmon, cooked	3 oz	130 cal
drinking water	2 Cup(s)	0 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	3/4 Cup(s)	124 cal

MEAL TOTAL: **Calories** 409 cal / **Carbs** 53 g (52%) / **Protein** 39 g (38%) / **Fat** 6 g (13%) / **Fluid** 29
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 47 mg / **Sodium** 207 mg / **Calcium** 279 mg

NOTES:

DAY 6 TOTAL: Calories 1,255 cal / **Carbs** 170 g (54%) / **Protein** 79 g (25%) / **Fat** 33 g (24%) / **Fluid** 82
ADDITIONAL NUTRIENTS: Saturated Fat 4 g / **Cholesterol** 111 mg / **Sodium** 524 mg / **Calcium** 954 mg



DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
bananas	1 extra large	135 cal
coconut milk yogurt	3 oz	154 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 401 cal / **Carbs** 39 g (39%) / **Protein** 17 g (17%) / **Fat** 20 g (44%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Saturated Fat** 12 g / **Cholesterol** 187 mg / **Sodium** 133 mg / **Calcium** 37 mg

NOTES:

Lunch

12:00 PM

roast beef, thin slices	3 oz	93 cal
tomatoes	1/4 Cup(s)	8 cal
eggless vegan mayo, light	2 tsp	23 cal
iced tea, brewed	2 Cup(s)	5 cal
sunflower flax bread	2 slice	270 cal
brown rice crackers, no salt	2 crackers	30 cal

MEAL TOTAL: **Calories** 429 cal / **Carbs** 53 g (49%) / **Protein** 27 g (25%) / **Fat** 13 g (27%) / **Fluid** 17
ADDITIONAL NUTRIENTS: **Saturated Fat** 1 g / **Cholesterol** 46 mg / **Sodium** 573 mg / **Calcium** 59 mg

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	1 Cup(s)	36 cal
sweet potato, no salt, baked	1 large	162 cal
chicken, boneless, roasted	4 oz	189 cal

MEAL TOTAL: **Calories** 388 cal / **Carbs** 45 g (46%) / **Protein** 34 g (36%) / **Fat** 8 g (19%) / **Fluid** 27
ADDITIONAL NUTRIENTS: **Saturated Fat** 2 g / **Cholesterol** 85 mg / **Sodium** 180 mg / **Calcium** 176 mg

NOTES:

DAY 7 TOTAL: Calories 1,218 cal / **Carbs** 137 g (45%) / **Protein** 78 g (26%) / **Fat** 41 g (30%) / **Fluid** 68
ADDITIONAL NUTRIENTS: Saturated Fat 15 g / **Cholesterol** 318 mg / **Sodium** 886 mg / **Calcium** 272 mg



4 Servings

chicken and corn chili

Ingredients

salsa, ready to serve
1 Cup(s)

chicken breast skinless
14 oz

sweet corn kernels, frozen
2 cup kernels

cumin ground
1 tsp

pinto beans, no salt added
1 1/2 Cup(s)

garlic powder
1 tsp

chili powder
1 tsp

Nutrition Totals

Calories 979 / Carbs 102 g / Protein 115 g / Fat 15 g / Fluid 29.93 fl oz

Instructions

1. Place chicken and salsa in the slow cooker the night before you want to eat this chili. Season with garlic powder, cumin, & chili powder (add optional dash pepper). Cook 6 to 8 hours on Low setting.
2. About 3 to 4 hours before you want to eat, shred the chicken with 2 forks. Return the meat to the pot, and continue cooking.
3. Stir the corn and the pinto beans into the slow cooker. Simmer until ready to serve.



Nutrition Label

Chicken And Corn Chili	
Amount Per Serving	
Calories	245
% Daily Value*	
Total Fat 3.6g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 72.4mg	24%
Sodium 143.5mg	6%
Total Carbohydrates 25.4g	8%
Dietary Fiber 6.3g	25%
Total Sugar 4.5g	
Protein 28.6g	
Vitamin D 0.9IU	0%
Calcium 70.3mg	7%
Iron 2.2mg	13%
Potassium 865.2mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

mango black bean salad

Ingredients

green onions/scallions
4 medium

mangos
1 fruit

romaine lettuce
4 Cup(s)

red peppers
1/3 cup, chopped

sweet white corn, no salt, boiled
2/3 cup kernels

olive oil
2 Tbsp

black beans, no salt, boiled
1 1/2 Cup(s)

cumin ground
1 tsp

Nutrition Totals

Calories 831 / **Carbs** 119 g / **Protein** 31 g / **Fat** 31 g / **Fluid** 22.32 fl oz

Instructions

1. Whisk together olive oil, garlic, cumin, and chili powder (with salt & pepper to taste) in a small bowl.
2. Place romaine lettuce to large mixing bowl.
3. Add mango, red bell pepper, black beans, corn, green onions, drizzle dressing over mixture and toss to coat.



Nutrition Label

Mango Black Bean Salad	
Amount Per Serving	
Calories	415
% Daily Value*	
Total Fat 15.4g	24%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 59.4g	20%
Dietary Fiber 16.7g	67%
Total Sugar 16.9g	
Protein 15.2g	
Vitamin D 0IU	0%
Calcium 101.5mg	10%
Iron 4.5mg	25%
Potassium 1067.9mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Shopping List

Accompaniments

eggless vegan mayo, light

4 tsp

salsa, ready to serve

0.5 Cup(s)

Beef

beef flank, lean, broiled

7 oz

Beverages

almond beverage with calcium

4 Cup(s)

drinking water

37 Cup(s)

iced tea, brewed

4 Cup(s)

pinto beans, no salt added

0.76 Cup(s)

Bread

corn tortillas, no salt

3 tortilla

french rolls, gluten free

3 roll

multigrain english muffins, gluten free

2 muffin

sunflower flax bread

8 slice

Cereal & Grain Products

corn chex cereal

2.25 Cup(s)

cream of rice cereal, no salt, cooked

2 Cup(s)

wild rice, cooked

2.75 Cup(s)

Dairy & Egg

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egg, hard boiled
3 large
egg whites, cooked
5 large

Fats & Oils

extra virgin olive oil
2 tsp
olive oil
1 Tbsp

Finfish & Shellfish

cod fish
4 oz
salmon, cooked
3 oz
tuna fish, very low-sodium, in water
2 oz

Fruits & Juices

apples
1 large
bananas
2 extra large
blueberries
3 Cup(s)
cranberries, dried sweetened
0.25 Cup(s)
mangos
0.5 fruit
pears
2 large

Ingredients

balsamic vinegar
4 tsp

Legumes & Beans

black beans, no salt, boiled
1.76 Cup(s)



Nuts & Seeds

almond butter
2 Tbsp

Poultry

chicken, boneless, roasted
12 oz
chicken breast skinless
7 oz
turkey breast, roasted
6 oz

Sausages & Meats

roast beef, thin slices
3 oz
turkey, pork, beef sausage, low-fat low-sodium
6 oz

Snacks

brown rice crackers, no salt
2 crackers

Spices & Herbs

chili powder
0.5 tsp
cumin ground
1 tsp
garlic powder
0.5 tsp

Sports & Diet Nutritionals

pea protein
2 oz

Vegetables

baby carrots
9 large
broccoli, no salt, boiled
6 spear

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green onions/scallions

2 medium

kale, no salt, boiled

2 Cup(s)

red peppers

0.16 cup, chopped

romaine lettuce

5 leaf

5 Cup(s)

spinach, no salt, boiled

3 Cup(s)

summer squash, no salt, boiled

1 cup, sliced

sweet corn kernels, frozen

1 cup kernels

sweet potato, no salt, baked

2 large

sweet white corn, no salt, boiled

0.34 cup kernels

tomatoes

1 Cup(s)

Vegetarian Products

coconut milk yogurt















3 oz









Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball 1/4 cup / 1 oz / 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse 1/2 cup	 Baseball 1 cup	 Rounded Handful 1/2 cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 This Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz / 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 1/2 oz cheese	 Kids' Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
 Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox