



3 meals/day -- Gluten, Lactose & Soy Free 1839 (A)

DAY 1

Breakfast

7:00 AM

cream of rice cereal, no salt, cooked	2 Cup(s)	254 cal
egg, hard boiled	1 large	78 cal
drinking water	500 mL	0 cal
blueberries	1 Cup(s)	83 cal
pea protein	40 gm	140 cal
egg whites, cooked	3 large	51 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 79 g (52%) / **Protein** 57 g (37%) / **Fat** 7 g (10%) / **Fluid** 40

NOTES:

Lunch

12:00 PM

drinking water	500 mL	0 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	20 large	105 cal
sunflower flax bread	2 slice	270 cal
turkey breast, roasted	140 gm	190 cal
romaine lettuce	2 leaf	2 cal
eggless vegan mayo, light	2 Tbsp	70 cal

MEAL TOTAL: **Calories** 646 cal / **Carbs** 70 g (43%) / **Protein** 54 g (33%) / **Fat** 17 g (24%) / **Fluid** 31

NOTES:

Dinner

6:00 PM

cod fish	140 gm	115 cal
black beans, no salt, boiled	1 Cup(s)	227 cal
wild rice, cooked	1 Cup(s)	166 cal
drinking water	500 mL	0 cal
broccoli, no salt, boiled	8 spear	104 cal

MEAL TOTAL: **Calories** 611 cal / **Carbs** 97 g (64%) / **Protein** 54 g (35%) / **Fat** 4 g (5%) / **Fluid** 38

NOTES:

DAY 1 TOTAL: Calories 1,862 cal / **Carbs** 246 g (53%) / **Protein** 164 g (35%) / **Fat** 28 g (13%) / **Fluid** 109



DAY 2

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
corn chex cereal	1 3/4 Cup(s)	194 cal
turkey, pork, beef sausage, low-fat low-sodium	6 oz	172 cal
bananas	1 extra large	135 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal

MEAL TOTAL: **Calories** 605 cal / **Carbs** 115 g (76%) / **Protein** 20 g (13%) / **Fat** 10 g (15%) / **Fluid** 36

NOTES:

Lunch

12:00 PM

balsamic vinegar	1 Tbsp	14 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	4 oz	189 cal
drinking water	2 Cup(s)	0 cal
french rolls, gluten free	2 roll	160 cal

MEAL TOTAL: **Calories** 592 cal / **Carbs** 61 g (41%) / **Protein** 36 g (24%) / **Fat** 25 g (38%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

spinach, no salt, boiled	1 Cup(s)	41 cal
beef flank, lean, broiled	4 oz	218 cal
drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	1 large	162 cal
wild rice, cooked	1 1/3 Cup(s)	221 cal

MEAL TOTAL: **Calories** 642 cal / **Carbs** 91 g (57%) / **Protein** 49 g (31%) / **Fat** 11 g (15%) / **Fluid** 34

NOTES:

DAY 2 TOTAL: Calories 1,839 cal / **Carbs** 267 g (58%) / **Protein** 105 g (23%) / **Fat** 46 g (22%) / **Fluid** 93



DAY 3

Breakfast

7:00 AM

multigrain english muffins, gluten free	2 muffin	300 cal
drinking water	2 Cup(s)	0 cal
pears	1 large	119 cal
almond butter	1 1/2 Tbsp	150 cal
almond beverage with calcium	1 Cup(s)	69 cal

MEAL TOTAL: **Calories** 638 cal / **Carbs** 105 g (66%) / **Protein** 16 g (10%) / **Fat** 20 g (28%) / **Fluid** 30

NOTES:

Lunch

12:00 PM

eggless vegan mayo, light	2 Tbsp	70 cal
romaine lettuce	2 leaf	2 cal
tuna fish, very low-sodium, in water	4 oz	112 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** 572 cal / **Carbs** 74 g (52%) / **Protein** 37 g (26%) / **Fat** 16 g (25%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal
french rolls, gluten free	1 roll	80 cal
chicken and corn chili	1 1/2 serving	367 cal

MEAL TOTAL: **Calories** 520 cal / **Carbs** 68 g (52%) / **Protein** 51 g (39%) / **Fat** 8 g (14%) / **Fluid** 35

NOTES:

DAY 3 TOTAL: Calories 1,731 cal / **Carbs** 248 g (57%) / **Protein** 104 g (24%) / **Fat** 44 g (23%) / **Fluid** 89



DAY 4

Breakfast

7:00 AM

blueberries	1 1/2 Cup(s)	124 cal
egg, hard boiled	1 large	78 cal
drinking water	2 Cup(s)	0 cal
pea protein	1 1/2 oz	149 cal
cream of rice cereal, no salt, cooked	2 Cup(s)	254 cal

MEAL TOTAL: **Calories** 604 cal / **Carbs** 89 g (59%) / **Protein** 48 g (32%) / **Fat** 7 g (10%) / **Fluid** 38

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, brewed	2 Cup(s)	5 cal
balsamic vinegar	1 Tbsp	14 cal
corn tortillas, no salt	1 tortilla	58 cal
extra virgin olive oil	1 Tbsp	120 cal
chicken and corn chili	1 1/2 serving	367 cal

MEAL TOTAL: **Calories** 572 cal / **Carbs** 56 g (39%) / **Protein** 45 g (32%) / **Fat** 20 g (32%) / **Fluid** 30

NOTES:

Dinner

6:00 PM

summer squash, no salt, boiled	2 cup, sliced	72 cal
wild rice, cooked	1 Cup(s)	166 cal
beef flank, lean, broiled	4 oz	218 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
french rolls, gluten free	2 roll	160 cal

MEAL TOTAL: **Calories** 735 cal / **Carbs** 81 g (44%) / **Protein** 47 g (26%) / **Fat** 28 g (34%) / **Fluid** 34

NOTES:

DAY 4 TOTAL: Calories 1,911 cal / **Carbs** 225 g (47%) / **Protein** 141 g (29%) / **Fat** 55 g (26%) / **Fluid** 101



DAY 5

Breakfast

7:00 AM

almond beverage with calcium	1 1/2 Cup(s)	104 cal
turkey, pork, beef sausage, low-fat low-sodium	6 oz	172 cal
drinking water	2 Cup(s)	0 cal
corn chex cereal	1 3/4 Cup(s)	194 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 102 g (74%) / **Protein** 20 g (14%) / **Fat** 10 g (16%) / **Fluid** 37

NOTES:

Lunch

12:00 PM

baby carrots	15 large	79 cal
romaine lettuce	2 leaf	2 cal
tomatoes	1/4 Cup(s)	8 cal
drinking water	2 Cup(s)	0 cal
turkey breast, roasted	5 oz	193 cal
sunflower flax bread	2 slice	270 cal
eggless vegan mayo, light	2 Tbsp	70 cal

MEAL TOTAL: **Calories** 622 cal / **Carbs** 64 g (41%) / **Protein** 54 g (35%) / **Fat** 17 g (25%) / **Fluid** 28

NOTES:

Dinner

6:00 PM

mango black bean salad	1 serving	415 cal
corn tortillas, no salt	2 tortilla	115 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	2 oz	95 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 84 g (53%) / **Protein** 32 g (21%) / **Fat** 21 g (30%) / **Fluid** 29

NOTES:

DAY 5 TOTAL: Calories 1,800 cal / **Carbs** 249 g (55%) / **Protein** 106 g (24%) / **Fat** 47 g (24%) / **Fluid** 94



DAY 6

Breakfast

7:00 AM

almond butter	1 1/2 Tbsp	150 cal
multigrain english muffins, gluten free	2 muffin	300 cal
pears	1 large	119 cal
almond beverage with calcium	1 Cup(s)	69 cal
drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 638 cal / **Carbs** 105 g (66%) / **Protein** 16 g (10%) / **Fat** 20 g (28%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

mango black bean salad	1 serving	415 cal
chicken, boneless, roasted	2 oz	95 cal
drinking water	2 Cup(s)	0 cal
corn tortillas, no salt	2 tortilla	115 cal

MEAL TOTAL: **Calories** 626 cal / **Carbs** 84 g (53%) / **Protein** 32 g (21%) / **Fat** 21 g (30%) / **Fluid** 29

NOTES:

Dinner

6:00 PM

wild rice, cooked	1 Cup(s)	166 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	4 oz	174 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 614 cal / **Carbs** 62 g (40%) / **Protein** 47 g (31%) / **Fat** 21 g (31%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,878 cal / **Carbs** 251 g (53%) / **Protein** 96 g (20%) / **Fat** 62 g (30%) / **Fluid** 81



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	4 oz	205 cal
	multigrain english muffins, gluten free	1 1/2 muffin	225 cal

MEAL TOTAL: **Calories** 643 cal / **Carbs** 84 g (52%) / **Protein** 18 g (11%) / **Fat** 28 g (39%) / **Fluid** 21

NOTES:

Lunch 12:00 PM	tomatoes	1/2 Cup(s)	16 cal
	roast beef, thin slices	3 oz	93 cal
	red peppers	1 cup, chopped	46 cal
	eggless vegan mayo, light	2 Tbsp	70 cal
	iced tea, brewed	2 Cup(s)	5 cal
	sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 58 g (46%) / **Protein** 28 g (22%) / **Fat** 18 g (32%) / **Fluid** 24

NOTES:

Dinner 6:00 PM	kale, no salt, boiled	1 Cup(s)	36 cal
	sweet potato, no salt, baked	1 large	162 cal
	chicken, boneless, roasted	7 oz	331 cal
	drinking water	2 Cup(s)	0 cal
	wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 695 cal / **Carbs** 80 g (46%) / **Protein** 62 g (36%) / **Fat** 15 g (19%) / **Fluid** 33

NOTES:

DAY 7 TOTAL: Calories 1,839 cal / **Carbs** 221 g (48%) / **Protein** 108 g (23%) / **Fat** 60 g (29%) / **Fluid** 78



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
8 Tbsp
salsa, ready to serve
0.76 Cup(s)

Beef

beef flank, lean, broiled
8 oz

Beverages

almond beverage with calcium
5 Cup(s)
drinking water
1500 mL
31 Cup(s)
iced tea, brewed
4 Cup(s)
pinto beans, no salt added
1.12 Cup(s)

Bread

corn tortillas, no salt
5 tortilla
french rolls, gluten free
5 roll
multigrain english muffins, gluten free
5.5 muffin
sunflower flax bread
8 slice

Cereal & Grain Products

corn chex cereal
3.5 Cup(s)
cream of rice cereal, no salt, cooked
4 Cup(s)
wild rice, cooked
5.33 Cup(s)



Dairy & Egg

egg, hard boiled

3 large

egg whites, cooked

3 large

Fats & Oils

extra virgin olive oil

4 Tbsp

olive oil

2 Tbsp

Finfish & Shellfish

cod fish

140 gm

salmon, cooked

4 oz

tuna fish, very low-sodium, in water

4 oz

Fruits & Juices

apples

1 large

bananas

2 extra large

blueberries

3.5 Cup(s)

cranberries, dried sweetened

0.25 Cup(s)

mangos

1 fruit

pears

2 large

Ingredients

balsamic vinegar

2 Tbsp

Legumes & Beans

black beans, no salt, boiled

3 Cup(s)



Nuts & Seeds

almond butter
3 Tbsp

Poultry

chicken, boneless, roasted
15 oz
chicken breast skinless
10.5 oz
turkey breast, roasted
140 gm
5 oz

Sausages & Meats

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

Spices & Herbs

chili powder
0.76 tsp
cumin ground
1.76 tsp
garlic powder
0.76 tsp

Sports & Diet Nutritionals

pea protein
40 gm
1.5 oz

Vegetables

baby carrots
35 large
broccoli, no salt, boiled
8 spear
green onions/scallions
4 medium



kale, no salt, boiled

3 Cup(s)

red peppers

1.34 cup, chopped

romaine lettuce

6 leaf

7 Cup(s)

spinach, no salt, boiled

2 Cup(s)

summer squash, no salt, boiled

2 cup, sliced

sweet corn kernels, frozen

1.5 cup kernels

sweet potato, no salt, baked

2 large

sweet white corn, no salt, boiled

0.66 cup kernels

tomatoes

1.25 Cup(s)

Vegetarian Products

coconut milk yogurt















4 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