



4 meals/day - Gluten, Lactose & Soy Free 1872 (A)

DAY 1

Breakfast 7:00 AM	cream of rice cereal, no salt, cooked	1 1/2 Cup(s)	190 cal
	egg, hard boiled	1 large	78 cal
	drinking water	2 Cup(s)	0 cal
	blueberries	1 Cup(s)	83 cal
	pea protein	1 1/2 oz	149 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 568 cal / **Carbs** 65 g (46%) / **Protein** 61 g (43%) / **Fat** 7 g (11%) / **Fluid** 36

NOTES:

Snack 10:00 AM	apples	1 large	110 cal
	drinking water	2 Cup(s)	0 cal
	almond butter	1 1/2 Tbsp	150 cal
	apple cinnamon rice cakes	2 rice cake	100 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 58 g (64%) / **Protein** 7 g (8%) / **Fat** 12 g (31%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	romaine lettuce	2 leaf	2 cal
	turkey breast, roasted	3 oz	116 cal
	sunflower flax bread	2 slice	270 cal
	baby carrots	15 large	79 cal
	tomatoes	1/4 Cup(s)	8 cal
	drinking water	2 Cup(s)	0 cal
	eggless vegan mayo, light	1 tsp	12 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 64 g (52%) / **Protein** 37 g (31%) / **Fat** 10 g (19%) / **Fluid** 27

NOTES:

Dinner 6:00 PM	broccoli, no salt, boiled	6 spear	78 cal
	cod fish	3 oz	70 cal
	black beans, no salt, boiled	1 Cup(s)	227 cal
	wild rice, cooked	3/4 Cup(s)	124 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 499 cal / **Carbs** 83 g (67%) / **Protein** 41 g (33%) / **Fat** 3 g (5%) / **Fluid** 32

NOTES:

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DAY 1 TOTAL: Calories 1,913 cal / **Carbs** 270 g (56%) / **Protein** 146 g (31%) / **Fat** 32 g (15%) / **Fluid** 117

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DAY 2

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
corn chex cereal	1 1/2 Cup(s)	167 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
turkey, pork, beef sausage, low-fat low-sodium	3 oz	86 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 99 g (81%) / **Protein** 13 g (10%) / **Fat** 7 g (14%) / **Fluid** 34

NOTES:

Snack

10:00 AM

grapes	6 oz	97 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 46 g (53%) / **Protein** 10 g (11%) / **Fat** 16 g (42%) / **Fluid** 21

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	2 roll	160 cal

MEAL TOTAL: **Calories** 500 cal / **Carbs** 60 g (48%) / **Protein** 28 g (23%) / **Fat** 19 g (34%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

beef flank, lean, broiled	3 oz	163 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
sweet potato, no salt, baked	1 large	162 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 532 cal / **Carbs** 79 g (59%) / **Protein** 39 g (29%) / **Fat** 8 g (14%) / **Fluid** 32

NOTES:

DAY 2 TOTAL: Calories 1,873 cal / **Carbs** 284 g (61%) / **Protein** 90 g (19%) / **Fat** 51 g (24%) / **Fluid** 108



DAY 3

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
drinking water	2 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** 538 cal / **Carbs** 78 g (58%) / **Protein** 13 g (9%) / **Fat** 21 g (36%) / **Fluid** 30

NOTES:

Snack

10:00 AM

bananas	1 extra large	135 cal
coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
apple cinnamon rice cakes	2 rice cake	100 cal
egg, hard boiled	1 large	78 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 68 g (76%) / **Protein** 12 g (13%) / **Fat** 6 g (16%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

tuna fish, very low-sodium, in water	3 oz	84 cal
romaine lettuce	2 leaf	2 cal
sunflower flax bread	2 slice	270 cal
eggless vegan mayo, light	2 tsp	23 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
tomatoes	1/4 Cup(s)	8 cal

MEAL TOTAL: **Calories** 498 cal / **Carbs** 74 g (60%) / **Protein** 30 g (24%) / **Fat** 11 g (20%) / **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	2 roll	160 cal
chicken and corn chili	1 serving	245 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 70 g (59%) / **Protein** 40 g (33%) / **Fat** 8 g (14%) / **Fluid** 32

NOTES:

DAY 3 TOTAL: Calories 1,872 cal / **Carbs** 291 g (62%) / **Protein** 94 g (20%) / **Fat** 46 g (22%) / **Fluid** 106



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	1 1/2 Cup(s)	190 cal

MEAL TOTAL: **Calories** 541 cal / **Carbs** 75 g (55%) / **Protein** 47 g (35%) / **Fat** 7 g (11%) / **Fluid** 34

NOTES:

Snack

10:00 AM

almonds	1 oz	162 cal
pears	1 large	119 cal
coconut water	1 Cup(s)	46 cal
drinking water	1 Cup(s)	0 cal
apple cinnamon rice cakes	2 rice cake	100 cal

MEAL TOTAL: **Calories** 427 cal / **Carbs** 71 g (66%) / **Protein** 10 g (10%) / **Fat** 15 g (31%) / **Fluid** 22

NOTES:

Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
iced tea, brewed	2 Cup(s)	5 cal
balsamic vinegar	2 tsp	9 cal
corn tortillas, no salt	2 tortilla	115 cal
extra virgin olive oil	2 tsp	80 cal
chicken and corn chili	1 serving	245 cal

MEAL TOTAL: **Calories** 462 cal / **Carbs** 54 g (47%) / **Protein** 32 g (28%) / **Fat** 14 g (28%) / **Fluid** 26

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	3 oz	163 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 tsp	40 cal
french rolls, gluten free	1 roll	80 cal

MEAL TOTAL: **Calories** 485 cal / **Carbs** 58 g (48%) / **Protein** 35 g (29%) / **Fat** 14 g (27%) / **Fluid** 28

NOTES:

DAY 4 TOTAL: Calories 1,915 cal / **Carbs** 257 g (54%) / **Protein** 125 g (26%) / **Fat** 50 g (24%) / **Fluid** 110



DAY 5

Breakfast

7:00 AM

corn chex cereal	1 1/2 Cup(s)	167 cal
drinking water	2 Cup(s)	0 cal
turkey, pork, beef sausage, low-fat low-sodium	4 oz	115 cal
almond beverage with calcium	1 1/2 Cup(s)	104 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 468 cal / **Carbs** 89 g (76%) / **Protein** 15 g (12%) / **Fat** 8 g (16%) / **Fluid** 35

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal
apples	1 large	110 cal
apple cinnamon rice cakes	2 rice cake	100 cal

MEAL TOTAL: **Calories** 360 cal / **Carbs** 58 g (64%) / **Protein** 7 g (8%) / **Fat** 12 g (31%) / **Fluid** 22

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	3 oz	116 cal
sunflower flax bread	2 slice	270 cal
eggless vegan mayo, light	1 tsp	12 cal

MEAL TOTAL: **Calories** 486 cal / **Carbs** 64 g (52%) / **Protein** 37 g (31%) / **Fat** 10 g (19%) / **Fluid** 27

NOTES:

Dinner

6:00 PM

mango black bean salad	1/2 serving	208 cal
corn tortillas, no salt	2 tortilla	115 cal
drinking water	2 Cup(s)	0 cal
chicken, boneless, roasted	4 oz	189 cal

MEAL TOTAL: **Calories** 513 cal / **Carbs** 54 g (42%) / **Protein** 39 g (30%) / **Fat** 17 g (29%) / **Fluid** 25

NOTES:

DAY 5 TOTAL: Calories 1,827 cal / **Carbs** 264 g (58%) / **Protein** 98 g (21%) / **Fat** 47 g (23%) / **Fluid** 109



DAY 6

Breakfast

7:00 AM

almond butter	2 Tbsp	200 cal
multigrain english muffins, gluten free	1 muffin	150 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** 538 cal / **Carbs** 78 g (58%) / **Protein** 13 g (9%) / **Fat** 21 g (36%) / **Fluid** 22

NOTES:

Snack

10:00 AM

pea protein	1 oz	99 cal
coconut milk yogurt	3 oz	154 cal
blueberries	1 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 336 cal / **Carbs** 25 g (30%) / **Protein** 27 g (32%) / **Fat** 14 g (38%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

mango black bean salad	1/2 serving	208 cal
chicken, boneless, roasted	3 oz	142 cal
drinking water	2 Cup(s)	0 cal
corn tortillas, no salt	2 tortilla	115 cal

MEAL TOTAL: **Calories** 465 cal / **Carbs** 54 g (46%) / **Protein** 32 g (27%) / **Fat** 15 g (28%) / **Fluid** 24

NOTES:

Dinner

6:00 PM

wild rice, cooked	3/4 Cup(s)	124 cal
black beans, no salt, boiled	3/4 Cup(s)	170 cal
drinking water	2 Cup(s)	0 cal
salmon, cooked	3 oz	130 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
extra virgin olive oil	1 tsp	40 cal

MEAL TOTAL: **Calories** 506 cal / **Carbs** 64 g (50%) / **Protein** 43 g (34%) / **Fat** 11 g (19%) / **Fluid** 30

NOTES:

DAY 6 TOTAL: Calories 1,846 cal / **Carbs** 221 g (48%) / **Protein** 114 g (25%) / **Fat** 61 g (30%) / **Fluid** 96



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
	multigrain english muffins, gluten free	1 muffin	150 cal

MEAL TOTAL: **Calories** 517 cal / **Carbs** 68 g (53%) / **Protein** 15 g (11%) / **Fat** 22 g (38%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	baby carrots	15 large	79 cal
	non dairy swiss style cheese, slices	2 slice	140 cal
	brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 309 cal / **Carbs** 45 g (58%) / **Protein** 6 g (7%) / **Fat** 12 g (34%) / **Fluid** 23

NOTES:

Lunch 12:00 PM	sunflower flax bread	2 slice	270 cal
	iced tea, brewed	2 Cup(s)	5 cal
	eggless vegan mayo, light	2 Tbsp	70 cal
	tomatoes	1/4 Cup(s)	8 cal
	roast beef, thin slices	3 oz	93 cal
	red peppers	3/4 cup, chopped	35 cal

MEAL TOTAL: **Calories** 480 cal / **Carbs** 54 g (45%) / **Protein** 27 g (22%) / **Fat** 18 g (33%) / **Fluid** 21

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	4 oz	189 cal
	drinking water	2 Cup(s)	0 cal
	wild rice, cooked	1 Cup(s)	166 cal

MEAL TOTAL: **Calories** 553 cal / **Carbs** 80 g (58%) / **Protein** 41 g (30%) / **Fat** 9 g (14%) / **Fluid** 31

NOTES:

DAY 7 TOTAL: Calories 1,859 cal / **Carbs** 246 g (53%) / **Protein** 88 g (19%) / **Fat** 60 g (29%) / **Fluid** 96



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
2 Tbsp
salsa, ready to serve
0.5 Cup(s)

Beef

beef flank, lean, broiled
6 oz

Beverages

almond beverage with calcium
5 Cup(s)
coconut water
2 Cup(s)
drinking water
49 Cup(s)
iced tea, brewed
4 Cup(s)
pinto beans, no salt added
0.76 Cup(s)

Bread

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

Cereal & Grain Products

corn chex cereal
3 Cup(s)
cream of rice cereal, no salt, cooked
3 Cup(s)
wild rice, cooked
4.5 Cup(s)



Dairy & Egg

egg, hard boiled
4 large
egg whites, cooked
4 large

Fats & Oils

extra virgin olive oil
6 tsp
olive oil
1 Tbsp

Finfish & Shellfish

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

Fruits & Juices

apples
3 large
bananas
3 extra large
blueberries
4.5 Cup(s)
cranberries, dried sweetened
0.25 Cup(s)
grapes
6 oz
mangos
0.5 fruit
pears
3 large

Ingredients

balsamic vinegar
4 tsp



Legumes & Beans

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

Nuts & Seeds

almond butter
7 Tbsp
almonds
2 oz

Poultry

chicken, boneless, roasted
14 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
7 oz

Snacks

apple cinnamon rice cakes
8 rice cake
brown rice crackers, no salt
12 crackers

Spices & Herbs

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

Sports & Diet Nutritional

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pea protein
4 oz

Vegetables

baby carrots

45 large

broccoli, no salt, boiled

6 spear

green onions/scallions

2 medium

kale, no salt, boiled

3 Cup(s)

red peppers

0.91 cup, chopped

romaine lettuce

6 leaf

5 Cup(s)

spinach, no salt, boiled

2 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

6 oz

non dairy swiss style cheese, slices











2 slice









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