

## Meal Plan

Paul m

Prepared By: Jason Nelson

Email: [bodyimagefitness@yahoo.com](mailto:bodyimagefitness@yahoo.com)

Created: 04-14-2016

# lean and ripped

# Meal Plan

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**Day 1**

Day 1						
	Meal Label	Calories	Meal Items			
	Breakfast	300	1/2 cups OATS, STEEL CUT (OATMEAL)			
		41	1/2 cups BLUEBERRY, RAW			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
	Meal Totals:	Calories: 544	Carbs: 68g (49%)	Protein: 25g (18%)	Fat: 20g (33%)	Fluid: 23oz
	Snack	91	2 cups COCONUT WATER			
		175	7 fl oz YOGURT SMOOTHIE, STRAWBERRY			
		89	2 fruit TANGERINE, MANDARIN, RAW			
Notes:						
	Meal Totals:	Calories: 355	Carbs: 72g (78%)	Protein: 11g (12%)	Fat: 4g (10%)	Fluid: 23oz
	Lunch	107	2 oz TURKEY BREAST, ROASTED			
		2	16 fl oz ICED TEA, UNSWEETENED			
		8	2 oz TOMATO, RAW			
		83	1 cups CARROT, BABY, RAW			
		332	4 slice BREAD, RYE			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
Notes:						
	Meal Totals:	Calories: 542	Carbs: 65g (59%)	Protein: 27g (25%)	Fat: 8g (16%)	Fluid: 24oz
	Snack	138	27 1/2 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		55	1/2 large APPLE W/SKIN, RAW			
Notes:						
	Meal Totals:	Calories: 403	Carbs: 43g (43%)	Protein: 18g (18%)	Fat: 17g (39%)	Fluid: 39oz
	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		154	1 cups MIXED VEGETABLES, BOILED, NO SALT			
		271	1 1/4 cups BROWN RICE, LONG GRAIN, COOKED			
		90	6 oz ORANGE ROUGHY, BAKED OR BROILED			
		35	1 teaspoons BUTTER			
Notes:						
	Meal Totals:	Calories: 550	Carbs: 87g (65%)	Protein: 32g (24%)	Fat: 7g (12%)	Fluid: 34oz
Continued on next page...						



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## Day 1

Day 1						
	Meal Label	Calories	Meal Items			
	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		132	3/4 oz ALMONDS, SLIVERED			
		50	3 apricot APRICOT, RAW			
		150	1/2 cups YOGURT, GREEK-STYLE			
Notes:						
Meal Totals:		Calories: 332	Carbs: 22g (26%)	Protein: 11g (13%)	Fat: 23g (61%)	Fluid: 13oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		2726	357g (54%)	124g (19%)	79g (27%)	156oz

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**Day 2**

Day 2						
	Meal Label	Calories	Meal Items			
	Breakfast	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		138	27 1/2 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		203	2 large EGG, CHICKEN, SCRAMBLED			
		206	1/4 cups CEREAL, RTE, MULTIGRAIN FLAKES			
Notes:						
	Meal Totals:	Calories: 547	Carbs: 56g (41%)	Protein: 23g (17%)	Fat: 26g (43%)	Fluid: 39oz
	Snack	100	1 cups APPLESAUCE			
		225	1 1/4 bar NUTRITION BAR, PEANUT BUTTER COOKIE			
		78	2 cups COCONUT WATER			
Notes:						
	Meal Totals:	Calories: 403	Carbs: 74g (67%)	Protein: 16g (15%)	Fat: 9g (18%)	Fluid: 14oz
	Lunch	151	1/2 cups BEAN, BLACK, BOILED			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		45	1 oz AVOCADO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		10	2 tablespoons SALSA			
Notes:						
	Meal Totals:	Calories: 546	Carbs: 85g (62%)	Protein: 21g (15%)	Fat: 14g (23%)	Fluid: 21oz
	Snack	225	3/4 cups YOGURT, GREEK-STYLE			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		64	4 oz KIWI FRUIT, RAW (CHINESE GOOSEBERRY)			
		60	1/2 bar SNACK BAR, COCONUT ALMOND, LOW CARB			
Notes:						
	Meal Totals:	Calories: 349	Carbs: 29g (33%)	Protein: 11g (13%)	Fat: 21g (54%)	Fluid: 20oz
	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		70	2 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		241	1 1/4 cups BARLEY, PEARLED, COOKED			
		77	1 cups PEAS & CARROTS, BOILED, NO SALT			
Notes:						
	Meal Totals:	Calories: 554	Carbs: 78g (54%)	Protein: 43g (30%)	Fat: 10g (16%)	Fluid: 31oz
Continued on next page...						



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**Day 2**

Day 2						
	Meal Label	Calories	Meal Items			
	Snack	132	3/4 oz ALMONDS, SLIVERED			
		172	1 cups CHEESE, COTTAGE 1%			
		46	3/4 cups BLACKBERRY, RAW			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
Meal Totals:		Calories: 350	Carbs: 21g (23%)	Protein: 38g (41%)	Fat: 15g (36%)	Fluid: 20oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 2 Totals:</b>		<b>2749</b>	<b>343g (48%)</b>	<b>152g (21%)</b>	<b>95g (30%)</b>	<b>145oz</b>

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**Day 3**

Day 3						
	Meal Label	Calories	Meal Items			
	Breakfast	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		138	27 1/2 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		132	1 1/2 tablespoons PEANUT BUTTER			
		166	2 slice BREAD, RYE			
		135	1 cups BLUEBERRY, RAW			
Notes:						
	Meal Totals:	Calories: 571	Carbs: 75g (51%)	Protein: 15g (10%)	Fat: 25g (38%)	Fluid: 45oz
	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
		110	1 large APPLE W/SKIN, RAW			
		39	1 cups COCONUT WATER			
		39				
Notes:						
	Meal Totals:	Calories: 359	Carbs: 58g (64%)	Protein: 17g (19%)	Fat: 7g (17%)	Fluid: 22oz
	Snack	135	3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		10	2 teaspoons MUSTARD, PREPARED, DJJON			
		50	1 1/2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		2	16 fl oz ICED TEA, UNSWEETENED			
Notes:						
	Meal Totals:	Calories: 540	Carbs: 57g (43%)	Protein: 38g (29%)	Fat: 17g (29%)	Fluid: 21oz
	Snack	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		125	1 1/2 cups CARROT, BABY, RAW			
		80	1 piece STRING CHEESE			
		140	3 crackers FLATBREAD CRACKER, PLAIN, LOW CARB			
Notes:						
	Meal Totals:	Calories: 399	Carbs: 15g (21%)	Protein: 18g (25%)	Fat: 17g (54%)	Fluid: 17oz
	Dinner	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
		213	1 cups PASTA, LOW CARB			
		200	<b>EGGPLANT PARMESAN (TOTALS) (0.5 Servings)</b>			
Notes:						
	Meal Totals:	Calories: 553	Carbs: 38g (28%)	Protein: 72g (53%)	Fat: 12g (20%)	Fluid: 18oz
Continued on next page...						



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Day 3

Day 3						
	Meal Label	Calories	Meal Items			
	Snack	225 0 34 60	3/4 cups YOGURT, GREEK-STYLE 8 fl oz WATER, DRINKING WATER, PURIFIED 2 apricot APRICOT, RAW 1/2 bar SNACK BAR, COCONUT ALMOND, LOW CARB			
Notes:						
Meal Totals:		Calories: 319	Carbs: 24g (30%)	Protein: 11g (14%)	Fat: 20g (56%)	Fluid: 11oz
		Calories	Carbs	Protein	Fat	Fluid
Day 3 Totals:		2741	267g (41%)	171g (26%)	98g (33%)	134oz

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**Day 4**

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	Meal Label	Calories	Meal Items			
	Breakfast	83	1 cups BLUEBERRY, RAW			
		88	1/2 oz ALMONDS, SLIVERED			
		91	18 1/4 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		300	1/2 cups OATS, STEEL CUT (OATMEAL)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
Notes:						
	Meal Totals:	Calories: 562	Carbs: 83g (59%)	Protein: 16g (11%)	Fat: 19g (30%)	Fluid: 32oz
	Snack	89	2 fruit TANGERINE, MANDARIN, RAW			
		91	2 cups COCONUT WATER			
		172	1 cups CHEESE, COTTAGE 1%			
Notes:						
	Meal Totals:	Calories: 352	Carbs: 47g (50%)	Protein: 35g (38%)	Fat: 5g (12%)	Fluid: 30oz
	Lunch	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		140	3 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY			
		213	1 cups PASTA, LOW CARB			
		200	<b>EGGPLANT PARMESAN (TOTALS) (0.5 Servings)</b>			
Notes:						
	Meal Totals:	Calories: 553	Carbs: 38g (28%)	Protein: 72g (53%)	Fat: 12g (20%)	Fluid: 18oz
	Snack	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		210	1 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
		110	1 large APPLE W/SKIN, RAW			
		80	1 piece STRING CHEESE			
Notes:						
	Meal Totals:	Calories: 400	Carbs: 51g (49%)	Protein: 23g (22%)	Fat: 13g (28%)	Fluid: 23oz
	Dinner	154	1 cups MIXED VEGETABLES, BOILED, NO SALT			
		241	1 1/4 cups BARLEY, PEARLED, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		35	1 teaspoons BUTTER			
		115	2 oz PORK CENTER LOIN, BRAISED, SLO			
Notes:						
	Meal Totals:	Calories: 545	Carbs: 86g (63%)	Protein: 28g (21%)	Fat: 10g (16%)	Fluid: 31oz
	Snack	176	1 oz ALMONDS, SLIVERED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		179	6 oz YOGURT, FRUIT, LOW FAT			
Continued on next page...						





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**Day 4**

Day 4						
	Meal Label	Calories	Meal Items			
Notes:						
Meal Totals:	Calories: 355	Carbs: 37g (43%)	Protein: 14g (16%)	Fat: 16g (41%)	Fluid: 14oz	
	Calories	Carbs	Protein	Fat	Fluid	
<b>Day 4 Totals:</b>	<b>2767</b>	<b>342g (49%)</b>	<b>188g (27%)</b>	<b>75g (24%)</b>	<b>148oz</b>	

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**Day 5**

Day 5						
	Meal Label	Calories	Meal Items			
	Breakfast	137	1 1/2 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		210	1 1/2 cups GOLEAN CEREAL, RTE			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		203	2 large EGG, CHICKEN, SCRAMBLED			
Notes:						
	Meal Totals:	Calories: 550	Carbs: 64g (42%)	Protein: 49g (32%)	Fat: 18g (26%)	Fluid: 23oz
	Snack	83	1 cups BLUEBERRY, RAW			
		88	1/2 oz ALMONDS, SLIVERED			
		86	1/2 cups CHEESE, COTTAGE 1%			
		78	2 cups COCONUT WATER			
Notes:						
	Meal Totals:	Calories: 335	Carbs: 42g (50%)	Protein: 22g (26%)	Fat: 9g (24%)	Fluid: 24oz
	Lunch	8	2 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		10	2 teaspoons MUSTARD, PREPARED, DIJON			
		118	4 oz HAM LUNCH MEAT, LOWFAT			
		35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		332	4 slice BREAD, RYE			
	55	1/2 large APPLE W/SKIN, RAW				
Notes:						
	Meal Totals:	Calories: 566	Carbs: 87g (61%)	Protein: 30g (21%)	Fat: 11g (17%)	Fluid: 30oz
	Snack	125	1 1/2 cups CARROT, BABY, RAW			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 piece STRING CHEESE			
	140	3 crackers FLATBREAD CRACKER, PLAIN, LOW CARB				
Notes:						
	Meal Totals:	Calories: 399	Carbs: 15g (21%)	Protein: 18g (25%)	Fat: 17g (54%)	Fluid: 17oz
	Dinner	170	1 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		377	<b>CHICKEN FIESTA SALAD (TOTALS) (1 Servings)</b>			
Notes:						
	Meal Totals:	Calories: 547	Carbs: 73g (52%)	Protein: 42g (30%)	Fat: 11g (18%)	Fluid: 16oz
Continued on next page...						



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**Day 5**

Day 5						
	Meal Label	Calories	Meal Items			
	Snack	225 0 34 150	1 1/4 bar NUTRITION BAR, CHOCOLATE PEPPERMINT STICK 8 fl oz WATER, DRINKING WATER, PURIFIED 2 apricot APRICOT, RAW 1/2 cups YOGURT, GREEK-STYLE			
Notes:						
Meal Totals:		Calories: 409	Carbs: 48g (45%)	Protein: 17g (16%)	Fat: 18g (38%)	Fluid: 11oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 5 Totals:</b>		<b>2806</b>	<b>329g (47%)</b>	<b>178g (26%)</b>	<b>84g (27%)</b>	<b>121oz</b>

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**Day 6**

Day 6						
	Meal Label	Calories	Meal Items			
	Breakfast	340	2 wrap WRAP, 100% WHOLE WHEAT			
		21	4 tablespoons SALSA			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		91	2 oz AVOCADO, RAW			
Notes:						
	Meal Totals:	Calories: 553	Carbs: 64g (47%)	Protein: 19g (14%)	Fat: 24g (39%)	Fluid: 22oz
	Snack	180	1/4 cups CHEDDAR CHEESE, SHARP, REDUCED FAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		62	1 cups BLACKBERRY, RAW			
		124	4 cups POPCORN, AIR-POPPED			
Notes:						
	Meal Totals:	Calories: 366	Carbs: 41g (44%)	Protein: 20g (22%)	Fat: 14g (34%)	Fluid: 22oz
	Lunch	170	1 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		377	<b>CHICKEN FIESTA SALAD (TOTALS) (1 Servings)</b>			
Notes:						
	Meal Totals:	Calories: 547	Carbs: 73g (52%)	Protein: 42g (30%)	Fat: 11g (18%)	Fluid: 16oz
	Snack	88	1 tablespoons PEANUT BUTTER			
		183	36 1/2 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		110	1 large APPLE W/SKIN, RAW			
Notes:						
	Meal Totals:	Calories: 381	Carbs: 40g (41%)	Protein: 9g (9%)	Fat: 22g (50%)	Fluid: 43oz
	Dinner	320	1 1/2 cups PASTA, LOW CARB			
		33	2 teaspoons CHEESE, PARMESAN			
		123	4 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		41	1 cups SPINACH, BOILED, NO SALT			
		60	1 1/2 teaspoons OLIVE OIL, EXTRA VIRGIN			
Notes:						
	Meal Totals:	Calories: 577	Carbs: 27g (19%)	Protein: 81g (56%)	Fat: 16g (25%)	Fluid: 25oz
	Snack	39	1 cups COCONUT WATER			
		100	1 cups APPLESAUCE			
		225	1 1/4 bar NUTRITION BAR, NUTZ OVER CHOCOLATE			
Continued on next page...						



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**Day 6**

Day 6					
Meal Label	Calories	Meal Items			
Notes:					
Meal Totals:	Calories: 364	Carbs: 66g (71%)	Protein: 14g (15%)	Fat: 6g (14%)	Fluid: 7oz
	Calories	Carbs	Protein	Fat	Fluid
<b>Day 6 Totals:</b>	<b>2788</b>	<b>311g (44%)</b>	<b>185g (26%)</b>	<b>93g (30%)</b>	<b>135oz</b>

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**Day 7**

Day 7						
	Meal Label	Calories	Meal Items			
	Breakfast	138	27 1/2 fl oz ALMOND BEVERAGE, VANILLA UNSWEETENED, NONDAIRY			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		176	2 tablespoons PEANUT BUTTER			
		166	2 slice BREAD, RYE			
		58	1 1/4 cups STRAWBERRY, RAW			
Notes:						
	Meal Totals:	Calories: 538	Carbs: 55g (41%)	Protein: 15g (11%)	Fat: 28g (47%)	Fluid: 43oz
	Snack	101	3/4 cups BLUEBERRY, RAW			
		91	2 cups COCONUT WATER			
		179	6 oz YOGURT, FRUIT, LOW FAT			
Notes:						
	Meal Totals:	Calories: 371	Carbs: 76g (78%)	Protein: 12g (12%)	Fat: 4g (9%)	Fluid: 28oz
	Lunch	10	2 teaspoons MUSTARD, PREPARED, DIJON			
		3	2 leaf LETTUCE, COS OR ROMAINE, RAW			
		161	3 oz TURKEY BREAST, ROASTED			
		340	2 wrap WRAP, 100% WHOLE WHEAT			
		2	16 fl oz ICED TEA, UNSWEETENED			
	55	1/2 large APPLE W/SKIN, RAW				
Notes:						
	Meal Totals:	Calories: 571	Carbs: 72g (52%)	Protein: 34g (24%)	Fat: 15g (24%)	Fluid: 25oz
	Snack	125	1 1/2 cups CARROT, BABY, RAW			
		54	2 tablespoons HUMMUS (SEASONED MASHED CHICKPEA)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 piece STRING CHEESE			
	140	3 crackers FLATBREAD CRACKER, PLAIN, LOW CARB				
Notes:						
	Meal Totals:	Calories: 399	Carbs: 15g (21%)	Protein: 18g (25%)	Fat: 17g (54%)	Fluid: 17oz
	Dinner	193	1 cups BARLEY, PEARLED, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		158	3 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		113	1 cups PEAS & CARROTS, BOILED, NO SALT			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
	70	2 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE				
Notes:						
	Meal Totals:	Calories: 542	Carbs: 75g (53%)	Protein: 45g (32%)	Fat: 10g (16%)	Fluid: 33oz
Continued on next page...						

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**Day 7**

Day 7						
	Meal Label	Calories	Meal Items			
	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		172	1 cups CHEESE, COTTAGE 1%			
		50	3 apricot APRICOT, RAW			
		44	1/4 oz ALMONDS, SLIVERED			
		64	4 oz KIWI FRUIT, RAW (CHINESE GOOSEBERRY)			
Notes:						
Meal Totals:		Calories: 330	Carbs: 33g (38%)	Protein: 35g (41%)	Fat: 8g (21%)	Fluid: 24oz
		Calories	Carbs	Protein	Fat	Fluid
<b>Day 7 Totals:</b>		<b>2751</b>	<b>326g (49%)</b>	<b>159g (24%)</b>	<b>82g (28%)</b>	<b>170oz</b>

## Recipes

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Email: [bodyimagefitness@yahoo.com](mailto:bodyimagefitness@yahoo.com)

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### **Eggplant Parmesan (totals) (serves 2)**

#### Ingredients

- 1 large Egg, Chicken, Raw
- 1 cups Sauce, Spaghetti, Low Salt
- 3 oz Mozzarella Cheese, Shredded
- 1/2 cups Bread Crumbs, Seasoned
- 1/4 teaspoons Basil, Dried
- 1 tablespoons Cheese, Parmesan
- 1/2 eggplant Eggplant, Raw

#### Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side.
3. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
4. Bake for 35 minutes, or until golden brown.



# Recipes

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## Chicken Fiesta Salad (totals) (serves 2)

### Ingredients

- 2/3 cups Bean, Black, Boiled
- 8 oz Chicken, Breast W/o Skin, Raw
- 1/2 cups Corn, Sweet, Frozen, Kernels On Cob
- 1/2 cups Tomato, Raw
- 1/2 medium Onion, Raw
- 2 cups Classic Romaine Salad Mix
- 1/4 cups Salsa
- 1/2 tablespoons Vegetable Oil
- 2 tablespoons Chicken Fajitas Seasoning Mix

### Instructions

1. Rub chicken evenly with 1/2 the fajita seasoning. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear; set aside.
2. In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.
3. Prepare the salad by tossing the greens, onion and tomato. Top salad with chicken and dress with the bean and corn mixture.

**Meal Plan Shopping List**

Category	Quantity	Item
Accompaniments	1 1/2 teaspoons	Mayonnaise, Olive Oil, Artisan   Spectrum
	5 tablespoons	Salad Dressing, Balsamic Italian Vinaigrette   Wish-Bone
	8 teaspoons	Mustard, Prepared, Dijon   Grey Poupon
Beverages	1 1/2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	6 cups	Coconut Water
	6 cups	Coconut Water
	48 fl oz	Iced Tea, Unsweetened   Generic
	164 3/4 fl oz	Almond Beverage, Vanilla Unsweetened, Nondairy   Blue Diamond Almond Breeze
	408 fl oz	Water, Drinking Water, Purified
Bread	10 wrap	Wrap, 100% Whole Wheat   Sahara
	12 slice	Bread, Rye
Cereal and Grain Products	1 cups	Oats, Steel Cut (oatmeal)   Quaker
	1 1/4 cups	Brown Rice, Long Grain, Cooked
	3 1/2 cups	Barley, Pearled, Cooked
	3 1/2 cups	Pasta, Low Carb   Due Amici
Cereals, Ready to Eat	1/4 cups	Cereal, Rte, Multigrain Flakes   Nature's Path
	1 1/2 cups	Golean Cereal, Rte   Kashi
Cookies & Crackers	9 crackers	Flatbread Cracker, Plain, Low Carb   Atkins
	1/4 cups	Cheddar Cheese, Sharp, Reduced Fat   Cracker Barrel
Dairy Products	2 1/2 cups	Yogurt, Greek-style   Cascade Fresh
	2 teaspoons	Butter
	3 1/2 cups	Cheese, Cottage 1%
	4 piece	String Cheese   Kraft
	7 fl oz	Yogurt Smoothie, Strawberry   Stonyfield Farm
	7 large	Egg, Chicken, Scrambled
	12 oz	Yogurt, Fruit, Low Fat
Fats and Oils	1 1/2 teaspoons	Olive Oil, Extra Virgin   Bertolli
Finfish and Shellfish Products	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	6 oz	Orange Roughy, Baked Or Broiled
Fruits	2 cups	Applesauce   Mott's
	1 1/4 cups	Strawberry, Raw
	1 3/4 cups	Blackberry, Raw
	1 3/4 cups	Blueberry, Raw
	2 1/2 cups	Blueberry, Raw
	3 oz	Avocado, Raw

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**Meal Plan Shopping List**

Category	Quantity	Item
	4 1/2 large	Apple W/skin, Raw
	4 fruit	Tangerine, Mandarin, Raw
	8 oz	Kiwi Fruit, Raw (chinese Gooseberry)
	10 apricot	Apricot, Raw
Legumes	4 1/2 tablespoons	Peanut Butter
	6 tablespoons	Hummus (seasoned Mashed Chickpea)
Nuts and Seeds	3 3/4 oz	Almonds, Slivered   Blue Diamond
Pork	2 oz	Pork Center Loin, Braised, Slo
Poultry	5 oz	Turkey Breast, Roasted
	6 oz	Chicken Breast, Boneless, Roasted, Meat Only
	10 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	4 oz	Ham Lunch Meat, Lowfat   Oscar Mayer
Side Dishes	2 cups	Mixed Vegetables, Boiled, No Salt
Snacks	1 bar	Snack Bar, Coconut Almond, Low Carb   Slim-Fast
	4 cups	Popcorn, Air-popped
Sport and Diet Nutritionals	1 1/4 bar	Nutrition Bar, Chocolate Peppermint Stick   Luna
	1 1/4 bar	Nutrition Bar, Nutz Over Chocolate   Luna
	1 1/4 bar	Nutrition Bar, Peanut Butter Cookie   Luna
	3 bar	Nutrition Bar 40-30-30, Strawberry Yogurt   Zone Perfect
Vegetables	1 cups	Peas & Carrots, Boiled, No Salt
	1 cups	Peas & Carrots, Boiled, No Salt
	1 cups	Spinach, Boiled, No Salt
	3 cups	Lettuce, Cos Or Romaine, Raw
	4 leaf	Lettuce, Cos Or Romaine, Raw
	5 1/2 cups	Carrot, Baby, Raw
















**Recipe Shopping List**

Category	Quantity	Item
Dairy Products	1 large	Egg, Chicken, Raw
Vegetables	1/2 eggplant	Eggplant, Raw
	1/2 medium	Onion, Raw
Accompaniments	1/2 cups	Salsa
	1 cups	Sauce, Spaghetti, Low Salt
Dairy Products	1 1/3 tablespoons	Cheese, Parmesan
	3 oz	Mozzarella Cheese, Shredded   Kraft
Fats and Oils	1/2 tablespoons	Vegetable Oil   Wesson
Ingredients	1/2 cups	Bread Crumbs, Seasoned
	2 tablespoons	Chicken Fajitas Seasoning Mix   Lawry's
Legumes	0.92 cups	Bean, Black, Boiled
Poultry	8 oz	Chicken, Breast W/o Skin, Raw
Spices	1/4 teaspoons	Basil, Dried
Vegetables	1/2 cups	Corn, Sweet, Frozen, Kernels On Cob
	3/4 cups	Tomato, Raw
	2 cups	Classic Romaine Salad Mix   Dole







**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 <b>¼ cup</b> <b>1 oz</b> <b>2 tbsp</b>	 Tennis Ball <b>1/3 cup</b>	 Computer Mouse <b>½ cup</b>	 Baseball <b>1 cup</b>	 Rounded Handful <b>½ cup</b> <b>1 oz dried goods</b>
 Hockey Puck <b>3 oz muffin or biscuit</b>	 Matchbox <b>1 oz serving of meat</b>	 Deck of Cards <b>3 oz of chicken, meat, or fish</b>	 Thin Paperback Book <b>8 oz serving of meat</b>	 Thumb <b>1 tsp</b>
 Poker Chip <b>1 tbsp</b>	 Shot Glass <b>1 oz</b> <b>2 tbsp</b>	 CD <b>1 slice of bread</b> <b>1 oz lunch meat</b>	 3 Dice <b>1 ½ oz cheese</b>	 Kids' School Milk Carton <b>8 oz drink</b>

**Useful Examples**

 Bread & Grains <b>1 cup of cereal = 1 baseball</b> <b>½ cup cooked rice = computer mouse</b> <b>½ cup cooked paste = computer mouse</b> <b>1 slice of bread = CD</b> <b>3 cups of popcorn = 3 baseballs</b>	 Fruits & Vegetables <b>½ cup grapes = about 16 grapes</b> <b>1 cup of strawberries = about 12 berries</b> <b>1 cup of salad greens = 1 baseball</b> <b>1 cup cooked vegetables = 1 baseball</b> <b>1 baked potato = computer mouse</b>	 Meats, Fish & Nuts <b>3 oz lean meat or poultry = deck of cards</b> <b>3 oz tofu = deck of cards</b> <b>2 tbsp peanut butter = golf ball</b> <b>¼ cup almonds = about 23 almonds</b> <b>¼ cup pistachios = about 24 pistachios</b>
 Dairy & Cheese <b>1 ½ oz cheese = stacked dice</b> <b>1 cup yogurt = baseball</b> <b>½ cup ice cream = computer mouse</b>	 Fats & Oils <b>1 tbsp butter or spread = poker chip</b> <b>1 tbsp salad dressing = poker chip</b> <b>1 tbsp oil or mayonnaise = poker chip</b>	 Sweets & Treats <b>1 slice cake = deck of cards</b> <b>1 cookie = about 2 poker chips</b> <b>1 piece of chocolate = matchbox</b>