



# Weekly Meal Plan

Jump To   [Grocery List](#)   [Day 1](#)   [Day 2](#)   [Day 3](#)   [Day 4](#)   [Day 5](#)

Day 1 1669 Cal 159.0g Carbs (20.4g Fiber) 38.8g Fat 172.7g Protein

**Breakfast** 580 Cal

 **Brazilnuts**  
3 kernel • 99 Cal

 **Bagel with Salmon & Cottage Cheese**  
1 serving • 481 Cal

**Lunch** 386 Cal

 **One Pot Chicken & Rice**  
1/2 serving • 386 Cal

**Snack** 331 Cal

 **Coconut Blueberry Protein Shake**  
1 serving • 331 Cal

**Dinner** 372 Cal

 **Tuna and Hummus**  
1 serving • 372 Cal


Day 2 1560 Cal 143.0g Carbs (26.5g Fiber) 48.7g Fat 145.1g Protein

**Breakfast** 366 Cal

 **Very Berry Greek Yogurt**  
1 serving • 262 Cal

 **Italian Eggs**  
1 serving • 104 Cal

**Lunch** 383 Cal

 **Hummus**  
1 tbsp • 25 Cal

 **Field Greens Salad Mix**  
1 Serving • 20 Cal

 **Barbeque Chicken**  
1 serving • 338 Cal

**Snack** 331 Cal

 **Coconut Blueberry Protein Shake**  
1 serving • 331 Cal

**Dinner** 480 Cal

 **Salmon with Mushroom**  
1 serving • 271 Cal

 **Lemon Steamed Broccoli**  
1 serving • 89 Cal

 **Cauliflower Steaks**  
1 serving • 120 Cal

## Day 3

1585 Cal ● 108.1g Carbs (14.0g Fiber) ● 71.8g Fat ● 132.3g Protein

### Breakfast 551 Cal



#### Avocado Rice Cake

1 serving • 127 Cal



#### Smoked Salmon and Mushroom Scramble

1 serving • 424 Cal

### Lunch 594 Cal



#### Yellow Rice

1 servings • 238 Cal  
(Prepare a total of 2 servings, save 1 servings for leftovers)



#### Cilantro Turkey Burgers

2 patty • 356 Cal

### Snack 184 Cal



#### Nonfat greek yogurt

1 cup • 142 Cal



#### Blueberries

1/2 cup • 42 Cal

### Dinner 256 Cal



#### Citrus Tilapia

1 serving • 236 Cal



#### Field Greens Salad Mix

1 Serving • 20 Cal

## Day 4

1540 Cal ● 127.1g Carbs (14.9g Fiber) ● 67.6g Fat ● 105.9g Protein

### Breakfast 468 Cal



#### Easy Hard-Boiled Eggs

1 serving • 215 Cal



#### Peanut Butter and Banana Toast

1 serving • 155 Cal



#### Brazilnuts

3 kernel • 99 Cal

### Lunch 594 Cal



#### Yellow Rice

1 servings • 238 Cal (Leftovers)



#### Cilantro Turkey Burgers

2 patty • 356 Cal

### Snack 220 Cal



#### Protein Shake

1 serving • 220 Cal

### Dinner 258 Cal



#### Chicken and Ranch Wrap

1 wrap • 258 Cal  
(Prepare a total of 2 wrap, save 1 wrap for leftovers)

## Day 5

1453 Cal ● 92.8g Carbs (18.8g Fiber) ● 68.6g Fat ● 122.7g Protein

### Breakfast 531 Cal



#### Avocado Rice Cake

1 serving • 107 Cal



#### Smoked Salmon and Mushroom Scramble

1 serving • 424 Cal

### Lunch 258 Cal



#### Chicken and Ranch Wrap

1 wrap • 258 Cal (Leftovers)

### Snack 184 Cal



#### Nonfat greek yogurt

1 cup • 142 Cal



#### Blueberries

1/2 cup • 42 Cal

### Dinner 480 Cal



#### Salmon with Mushroom

1 serving • 271 Cal



#### Lemon Steamed Broccoli

1 serving • 89 Cal



#### Cauliflower Steaks

1 serving • 120 Cal

# Recipes

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## Avocado Rice Cake



Prep 1 serving for Breakfast on  
[Day 3](#)

Scaled to 1 serving

**1/4 fruit without skin and seeds** Avocados (76 g)  
**1 dash** Salt (0.4 g)  
**1 dash** Pepper (0.1 g)  
**0.3 g** Paprika  
**1 cakes** Rice cakes (9 g)

Per 1 serving :

127 Cal ● 13.5g Carbs (4.8g Fiber) ● 7.9g Fat ● 2.5g Protein

Directions are for original recipe of 1 serving

**1** Mash avocado. Season with salt, pepper, and paprika. Spread onto rice cake and enjoy!

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## Avocado Rice Cake



Prep 1 serving for Breakfast on  
[Day 5](#)

Scaled to 1 serving

**60 grams** Avocados  
**1 cakes** Rice cakes (9 g)  
**1 dash** Salt (0.4 g)  
**1 dash** Pepper (0.1 g)

Per 1 serving :

107 Cal ● 12.1g Carbs (3.8g Fiber) ● 6.3g Fat ● 2.1g Protein

Directions are for original recipe of 1 serving

**1** Mash avocado. Season with salt, pepper, and paprika. Spread onto rice cake and enjoy!

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## Bagel with Salmon & Cottage Cheese



Prep 1 serving for Breakfast on  
[Day 1](#)

Scaled to 1 serving

**226 g** Cottage cheese  
**1 medium bagel (3-1/2" to 4" dia)** Bagels (99 g)  
**28 g** Chinook salmon

Per 1 serving :

481 Cal ● 62.7g Carbs (2.6g Fiber) ● 5.2g Fat ● 44.2g Protein

Directions are for original recipe of 1 serving

**1** Spread the cream cheese on the toasted bagel.

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## Barbeque Chicken



Prep 1 serving for Lunch on [Day 2](#)

Scaled to 1 serving

**82 g** Barbecue sauce  
**7.1 g** Butter  
**1 g** Garlic powder  
**1 half breast (fillet)** Chicken breast (118 g)

Per 1 serving :

338 Cal ● 34.4g Carbs (0.8g Fiber) ● 9.4g Fat ● 27.5g Protein

Directions are for original recipe of 2 serving

- 1 Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
- 2 Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

## Cauliflower Steaks



Prep 1 serving for Dinner on [Day 2](#), Prep 1 serving for Dinner on [Day 5](#)

Scaled to 1 serving

**1/4 head large (6-7" dia.)** Cauliflower (Sliced down centre through core for steaks) (210 g)  
**6.8 g** Olive oil  
**3 g** Salt  
**1.1 g** Paprika  
**1.6 g** Garlic powder

Per 1 serving :

120 Cal ● 12.1g Carbs (4.7g Fiber) ● 7.5g Fat ● 4.4g Protein

Directions are for original recipe of 2 serving

- 1 Preheat oven to 400 degrees F. Preheat grill.
- 2 Set your cauliflower stem side down. Slice down the center. Then slice 3/4" thick slabs - one from each half. (If it's a really big cauliflower, you may be able to get more before they fall apart into florets.) Place steaks on to a baking sheets. Lightly brush both sides with oil.
- 3 Sprinkle both sides liberally with salt, paprika, and garlic powder.
- 4 Bake in the oven for 15 minutes. Transfer to a hot grill. Cook for 5-10 minutes, until fork tender. Enjoy!

## Chicken and Ranch Wrap



Prep 2 wrap for Dinner on [Day 4](#)

Scaled to 2 wrap

**3.4 g** Olive oil  
**142 g** Chicken breast  
**2 tortilla (approx 7-8" dia)** Tortillas (92 g)  
**47 g** Lettuce  
**61 g** Plain yogurt

Per 1 wrap (1 serving):

258 Cal ● 26.5g Carbs (1.7g Fiber) ● 6.8g Fat ● 21.5g Protein

Directions are for original recipe of 8 wrap

- 1 Chop chicken into bite sized pieces. Heat oil in a pan over medium-high heat. Cook chicken for 10-15 minutes, or until cooked through, no longer pink, and the juices run clear. Set aside.
- 2 Toss chicken with the yoghurt until coated.
- 3 To make a wrap, spread a half a cup of the chicken mixture on a wrap and top with half a cup of lettuce.
- 4 Wrap can be heated up in microwave slightly to make soft; heat up the mixture as well for a hot sandwich.

## Cilantro Turkey Burgers



Prep 2 patty for Lunch on [Day 3](#), Prep 2 patty for Lunch on [Day 4](#)

Scaled to 2 patty

**1/2 lb** Ground turkey (227 g)  
**8 g** Fresh cilantro  
**1/8 onion** Onions (41 g)  
**1 cloves, minced** Garlic (3 g)  
**3 g** Salt  
**0.3 g** Pepper

Per 1 patty (1 serving):

178 Cal ● 2.3g Carbs (0.4g Fiber) ● 8.7g Fat ● 22.7g Protein

Directions are for original recipe of 4 patty

- 1 Prepare the grill to medium heat or turn the broiler on low.
- 2 Combine all ingredients in a bowl and use a fork to mix well.
- 3 Divide into 4 portions and shape into patties.
- 4 Grill or broil until cooked through and no longer pink, about 10 minutes.

## Citrus Tilapia



Prep 1 serving for Dinner on  
[Day 3](#)

Scaled to 1 serving

**1/4 lb** Tilapia (113 g)  
**1/4 fruit without seeds** Lemons (27 g)  
**3.9 g** Wheat flour  
**0.1 g** Ginger root  
**36 g** Orange juice  
**3.4 g** Olive oil  
**1/4 dash** Pepper (0 g)  
**1/4 dash** Salt (0.1 g)  
**3.5 g** Butter

Per 1 serving :

236 Cal ● 18.4g Carbs (1.7g Fiber) ● 8.4g Fat ● 24.4g Protein

Directions are for original recipe of 4 serving

- 1** Zest lemon peel. Reserve. Cut lemon in half and juice. Reserve juice.
- 2** 1. On a plate, combine the flour and a sprinkle of salt and pepper. Lightly dredge the tilapia in the flour.
- 3** 2. In a large skillet over medium heat, add the oil and butter. When the butter has melted, add the fish and cook for 2 to 3 minutes per side, or until golden and just cooked through. Remove the fish and set aside.
- 4** 3. Add the orange juice, 2 tablespoons of the lemon juice, and the ginger to the skillet. Increase the heat and simmer for 1 to 2 minutes, or until thickened, stirring occasionally. Taste and add lemon zest or more lemon juice if necessary. Return the fish to the skillet, coat with sauce, and cook for 1 to 2 minutes, or until heated through.

## Coconut Blueberry Protein Shake



Prep 1 serving for Snack on  
[Day 1](#), Prep 1 serving for Snack on [Day 2](#)

Scaled to 1 serving

**1 Serving** Unsweetened Almond Milk (100 g)  
**170 g** Nonfat greek yogurt  
**155 g** Blueberries, frozen  
**1 serving** Plant Vegan Protein Powder (30 g)

Per 1 serving :

331 Cal ● 30.0g Carbs (6.2g Fiber) ● 5.7g Fat ● 40.0g Protein

Directions are for original recipe of 1 serving

- 1** Combine all ingredients in a blender and pulse until smooth. Enjoy!

## Easy Hard-Boiled Eggs



Prep 1 serving for Breakfast on  
[Day 4](#)

Scaled to 1 serving

**3 large** Egg (150 g)

Per 1 serving :

215 Cal ● 1.1g Carbs (0g Fiber) ● 14.3g Fat ● 18.8g Protein

Directions are for original recipe of 1 serving

- 1** Place eggs in a pot; pour enough water over the eggs to cover. Cover and turn stove to high; bring to a boil; turn off heat and place pot on a cool burner. Let the pot sit with the cover on for 15 minutes. Meanwhile, fill a large bowl halfway with cold water; transfer the eggs from the pot to the cold water. Replace the water with cold water as needed to keep cold until the eggs are completely cooled. Chill in refrigerator at least 2 hours before peeling.

## Italian Eggs



Prep 1 serving for Breakfast on [Day 2](#)

Scaled to 1 serving

**1/2 large** Egg (25 g)  
**3.4 g** Olive oil  
**1.6 g** Pepper  
**2.5 g** Onions  
**1/4 clove** Garlic (0.8 g)  
**1/16 slice, medium (1/4" thick)** Tomatoes (1.2 g)  
**0.9 g** Parsley  
**0.8 g** Oregano  
**1/4 leaf, whole** Basil (0.1 g)  
**1.4 g** Tomato paste  
**1/4 pepper, large (3-3/4" long, 3" dia)** Yellow peppers (46 g)  
**3/4 egg white (separated from yolk)** Egg white (30 g)

Per 1 serving :

104 Cal ● 5.7g Carbs (1.3g Fiber) ● 6.0g Fat ● 7.3g Protein

Directions are for original recipe of 4 serving

- 1 Put olive oil in a pan and heat it up. Chop all the vegetables and the basil. Sauté them until soft. Add tomato paste.
- 2 Put eggs and egg whites in a bowl. Add seasonings and beat the eggs.
- 3 Put the eggs in the pan. Let them sit for a minute on medium-low heat, then mix them as if making scrambled eggs. Continue until cooked.

## Lemon Steamed Broccoli



Prep 1 serving for Dinner on [Day 2](#), Prep 1 serving for Dinner on [Day 5](#)

Scaled to 1 serving

**1/4 bunch** Broccoli (170 g)  
**1.5 g** Salt  
**0.5 g** Pepper  
**3.4 g** Olive oil  
**0.6 g** Lemon juice

Per 1 serving :

89 Cal ● 11.7g Carbs (4.6g Fiber) ● 4.0g Fat ● 4.8g Protein

Directions are for original recipe of 4 serving

- 1 Trim the broccoli into large florets.
- 2 Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
- 3 Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
- 4 Remove to a platter; season with salt and pepper, olive oil, and the lemon juice.

## One Pot Chicken & Rice



Prep 0.5 serving for Lunch on [Day 1](#)

Scaled to 1/2 serving

**6.8 g** Olive oil  
**114 g** Onions  
**2.5 g** Minced Garlic  
**1/2 half breast (fillet)** Chicken breast (59 g)  
**3 g** Oregano  
**9 g** Salt  
**3.2 g** Pepper  
**45 g** Rice Jasmine  
**1 carrot** Carrots (46 g)  
**34 g** Peas  
**120 g** Chicken broth  
**1.9 g** Parsley

Per 1 serving :

772 Cal ● 111.5g Carbs (13.6g Fiber) ● 18.0g Fat ● 40.7g Protein

Directions are for original recipe of 1 serving

- 1 Heat the olive oil in a large pot over a medium heat. Add the onion and garlic and cook for 3-4 minutes until fragrant.
- 2 Add the chicken, oregano, salt and pepper to the pot and cook until the chicken is cooked through, around 5-7 minutes.
- 3 Now add in the rice and mix to combine with the chicken, cooking for 1-2 minutes.
- 4 Next add the vegetables and chicken broth. Bring to a boil, then lower the heat to low. Cover the pot and simmer gently for 15 minutes, until the rice has cooked. Remove the pot from the heat and allow it to stand for a further 5 minutes.
- 5 Store any leftovers in an airtight container in the refrigerator for up to 4 days.



## Peanut Butter and Banana Toast



Prep 1 serving for Breakfast on  
[Day 4](#)

Scaled to 1 serving

**1/2 medium (7" to 7-7/8" long)**  
Banana (half banana) (59 g)  
**5.4 g** Peanut butter  
**0.3 g** Cinnamon  
**2 cakes** Rice cakes (18 g)

Per 1 serving :  
155 Cal ● 29.6g Carbs (2.7g Fiber) ● 3.5g Fat ● 3.3g Protein

Directions are for original recipe of 1 serving

**1** Toast bread, top with peanut butter, slice banana, and a dash of cinnamon. Enjoy!

## Protein Shake



Prep 1 serving for Snack on  
[Day 4](#)

Scaled to 1 serving

**1 scoops** Plant Based Protein (20 g)  
**250 grams** Unsweetened Almond Milk  
**1/2 medium (7" to 7-7/8" long)**  
Banana (59 g)

Per 1 serving :  
220 Cal ● 24.5g Carbs (7.5g Fiber) ● 8.5g Fat ● 11.2g Protein

Directions are for original recipe of 1 serving

**1** Combine all ingredients together in a blender and pulse until smooth. Enjoy!

## Salmon with Mushroom



Prep 1 serving for Dinner on  
[Day 2](#), Prep 1 serving for  
Dinner on [Day 5](#)

Scaled to 1 serving

**170 g** Atlantic salmon  
**12 g** Mushrooms  
**2.3 g** Coconut oil  
**18 g** Onions

Per 1 serving :  
271 Cal ● 2.1g Carbs (0.4g Fiber) ● 13.1g Fat ● 34.3g Protein

Directions are for original recipe of 6 serving

- 1** Preheat oven to 350 degrees F (175 degrees C). Lightly butter one 9x13 inch baking dish.
- 2** In a cup, combine salad dressing mix, water and lemon juice.
- 3** Arrange salmon fillets in a single layer in the prepared baking dish. Pour the water mixture over the top and place the sliced mushrooms over the salmon.
- 4** Bake, covered, for 15 minutes. Remove cover and bake for an additional 15 minutes, basting with cooking liquids. Serve. Each serving is a 6 ounce fillet.

## Smoked Salmon and Mushroom Scramble



Prep 1 serving for Breakfast on  
[Day 3](#), Prep 1 serving for  
Breakfast on [Day 5](#)

Scaled to 1 serving

**14 g** Coconut oil  
**40 g** Onions  
**86 g** Mushrooms  
**2.8 g** Garlic  
**2 jumbo** Egg (Beaten) (126 g)  
**57 g** Chinook salmon  
**5 g** Parmesan cheese

Per 1 serving :  
424 Cal ● 9.0g Carbs (1.9g Fiber) ● 29.7g Fat ● 30.5g Protein

Directions are for original recipe of 1 serving

- 1** Spray a 10-inch non-stick sauté pan with cooking spray; heat over medium-high heat. Add onions and mushrooms; cook and stir 3 minutes or until onion and mushrooms are tender. Add garlic; cook 2 to 3 minutes.
- 2** Pour beaten eggs evenly over mixture; cook 2 to 3 minutes or until edges begin to set. Add smoked salmon. Reduce heat to medium; cover. Cook 8 to 10 minutes or until top is almost set. Scramble, then when cooked through add cheese.

## Tuna and Hummus



Prep 1 serving for Dinner on [Day 1](#)

Scaled to 1 serving

**315 g** Tuna  
**0.7 g** Rosemary  
**1 dash** Pepper (0.1 g)  
**60 g** Hummus

Per 1 serving :

372 Cal ● 8.8g Carbs (3.8g Fiber) ● 8.8g Fat ● 66.0g Protein

Directions are for original recipe of 1 serving

**1** Mix all ingredients together and serve.

## Very Berry Greek Yogurt



Prep 1 serving for Breakfast on [Day 2](#)

Scaled to 1 serving

**38 g** Strawberries  
**31 g** Raspberries  
**227 g** Nonfat greek yogurt  
**37 g** Blueberries  
**36 g** Blackberries  
**21 g** Honey

Per 1 serving :

262 Cal ● 40.9g Carbs (5.6g Fiber) ● 1.5g Fat ● 24.6g Protein

Directions are for original recipe of 1 serving

**1** In a parfait or sundae glass, layer some fruit, top with yogurt, and layer more fruit on top. Drizzle with 1 tbsp honey per serving (or to taste). Enjoy!

## Yellow Rice



Prep 2 servings for Lunch on [Day 3](#)

Scaled to 2 servings

**237 g** Water  
**92 g** White rice  
**20 g** Onions  
**14 g** Olive oil  
**1.1 g** Turmeric (optional)  
**1.6 g** Garlic powder (optional)  
**1.1 g** Pepper  
**3 g** Salt

Per 1 servings (1 serving):

238 Cal ● 39.2g Carbs (1.1g Fiber) ● 7.1g Fat ● 3.7g Protein

Directions are for original recipe of 4 servings

**1** Boil water in a pan on stove. Finely chop onion while waiting for water to come to a boil.  
**2** Once boiling, add rice, onion, olive oil, turmeric, garlic powder, black pepper, and salt and stir to combine. Cover the pan and reduce heat to low. Cook until water is absorbed and rice is cooked approx. 20 min.  
**3** Fluff with fork and serve.

# Basic Foods

## Blueberries



Per 1 cup (148 g) :

84 Cal ● 21.4g Carbs (3.6g Fiber) ● 0.5g Fat ● 1.1g Protein

Eat 0.5 cup for Snack on [Day 3](#), Eat 0.5 cup for Snack on [Day 5](#)



## Brazilnuts



Per 1 cup, whole (133 g) :  
876 Cal ● 15.6g Carbs (10.0g Fiber) ● 89.2g Fat ● 19.0g Protein

Eat 3 kernel for Breakfast on [Day 1](#), Eat 3 kernel for Breakfast on [Day 4](#)

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## Field Greens Salad Mix



Per 1 Serving (100 g) :  
20 Cal ● 4g Carbs (2g Fiber) ● 0g Fat ● 1g Protein

Eat 1 Serving for Lunch on [Day 2](#), Eat 1 Serving for Dinner on [Day 3](#)

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## Hummus



Per 1 tbsp (15 g) :  
25 Cal ● 2.1g Carbs (0.9g Fiber) ● 1.4g Fat ● 1.2g Protein

Eat 1 tbsp for Lunch on [Day 2](#)

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## Nonfat greek yogurt



Per 1 cup (240 g) :  
142 Cal ● 8.6g Carbs (0g Fiber) ● 0.9g Fat ● 24.5g Protein

Eat 1 cup for Snack on [Day 3](#), Eat 1 cup for Snack on [Day 5](#)

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# Grocery List

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## Vegetables



### Plant Vegan Protein Powder

2 serving (60 g), Fusion



### Carrots

1/3 cup slices (52 g), Cooked, boiled, drained, without salt



### Peas

1/4 cup (34 g), Green, frozen, unprepared



### Parsley

3/4 tbsp (2.85 g), Raw



### Onions

2 medium (2-1/2" dia) (220 g), Raw



### Garlic

4 1/4 clove (13 g), Raw



### Tomatoes

1/4 medium whole (2-3/5" dia) (31 g), Red, ripe, raw, year round average



### Tomato paste

1/4 cup (66 g), Canned, without salt added



### Yellow peppers

1/4 pepper, large (3-3/4" long, 3" dia) (46 g), Sweet, raw



### Field Greens Salad Mix

2 Serving (200 g), Dole



### Mushrooms

1/4 cup, whole (24 g), White, raw



### Broccoli

3 3/4 cup chopped (341 g), Raw



### Cauliflower

4 cup chopped, (1/2" pieces) (428 g), Raw



### Mushrooms

2 1/4 mushroom, whole (189 g), Portabella, raw



### Fresh cilantro

16 tbsp (16 g), Coriander leaves, raw



### Ginger root

1/4 tbsp (1.5 g), Raw



### Lettuce

1 cup shredded (47 g), Romaine or cos, raw

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## Fruits and Fruit Juices



### Blueberries, frozen

2 cup, unthawed (310 g), Unsweetened



### Strawberries

1/3 cup, whole (48 g), Raw



### Raspberries

1/4 cup (31 g), Raw



### Blueberries

1 1/4 cup (185 g), Raw



### Blackberries

1/4 cup (36 g), Raw



### Lemon juice

1/4 tbsp (3.75 g), Raw



### Avocados

1/2 fruit without skin and seeds (152 g), Florida, raw



### Lemons

1/4 fruit without seeds (27 g), Raw, with peel



### Orange juice

1/4 cup (71 g), condensed, frozen



### Banana

1 medium (7" to 7-7/8" long) (118 g), Raw

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## Dairy Products



### Cottage cheese

1 cup, (not packed) (226 g), Lowfat, 1% milkfat



### Nonfat greek yogurt

4 1/2 cup (1.08 kg), Nonfat, plain



### Egg

8 2/3 large (433 g), Whole, fresh eggs



### Egg white

3/4 egg white (separated from yolk) (30 g), Raw, fresh eggs



### Butter

3/4 tbsp (11 g), Unsalted



### Parmesan cheese

2 tbsp (10 g), Shredded



### Plain yogurt

1/4 cup (8 fl oz) (61 g), Low fat, 12 grams protein per 8 ounce

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## Beverages



### Water

1 cup (237 g), Plain, clean water

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## Poultry Products



### Chicken breast

2 3/4 half breast (fillet) (324 g), Broilers or fryers, meat only, raw



### Ground turkey

16 oz (456 g), Poultry food products, raw

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## Seafood



### Chinook salmon

5 oz, boneless (142 g), Fish, smoked



### Tuna

11 1/4 oz (319 g), Fish, light, canned in water, drained solids



### Atlantic salmon

12 oz (340 g), Fish, wild, raw



### Tilapia

4 oz (113 g), Fish, raw

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## Spices and Herbs



### Minced Garlic

1/2 tablespoon (2.5 g), Nature's Place



### Oregano

1/2 tablespoon (3 g), Freshdirect



### Salt

1 2/3 tbsp (30 g), Table



### Pepper

1 1/4 tbsp (8 g), Spices, black



### Rosemary

1/2 tbsp (0.85 g), Fresh



### Oregano

1/4 tbsp, leaves (0.75 g), Spices, dried



### Basil

1/4 leaf, whole (0.125 g), Fresh



### Garlic powder

2/3 tbsp (6.5 g), Spices



### Paprika

1/2 tbsp (3.45 g), Spices



### Turmeric

1/4 tbsp (1.7 g), Spices, ground



### Cinnamon

1/4 tbsp (1.95 g), Spices, ground

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## Soups and Sauces



### Chicken broth

1/2 cup (120 g), Soup, canned, ready-to-serve



### Barbecue sauce

4 3/4 tbsp (83 g),

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## Soy & Legumes



### Hummus

5 tbsp (75 g), Commercial



### Peanut butter

1/2 tbsp (8 g), Smooth style, without salt

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## Nut and Seed Products



### Brazilnuts

1/4 cup, whole (33 g), Nuts, dried, unblanched



### Unsweetened Almond Milk

4 1/2 Serving (450 g), Pure

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## Baked Products

### Bagels



1 medium bagel (3-1/2" to 4" dia) (99 g), Plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

### Tortillas



2 tortilla (approx 7-8" dia) (92 g), Ready-to-bake or -fry, flour

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## Grains and Pasta

### Rice Jasmine



1/4 cup (45 g), Rice - Compliments

### White rice



1/2 cup (92 g), Long-grain, regular, raw, enriched

### Wheat flour



1/4 cup (31 g), White, all-purpose, unenriched

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## Fats and Oils



### Olive oil

3 3/4 tbsp (51 g), Salad or cooking



### Coconut oil

2 1/3 tbsp (32 g),

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## Sweets



### Honey

1 tbsp (21 g),

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## Snacks



### Rice cakes

4 cake (36 g), Snacks, brown rice, plain

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## Uncategorized



### Plant Based Protein

1 scoops (20 g), Skoop