



## 1400 CALORIE MEAL PLAN

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Omelet w/slice of gluten free or Ezekial toast</b>						
1.00	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
0.25	1 cup slices	Mushrooms, portabella, grilled	0.99	1.34	0.18	8.77
0.25	1 cup, chopped	Onions, yellow, sauteed	0.21	1.71	2.35	28.71
0.25	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
<b>Totals:</b>			<b>25.50</b>	<b>25.15</b>	<b>2.57</b>	<b>228.98</b>
<b>AM Snack - 1 scoop shake in 8 oz of water</b>						
1.00	scoop	Ultimate Muscle Protein	21.00	3.00	3.00	130.00
<b>Totals:</b>			<b>21.00</b>	<b>3.00</b>	<b>3.00</b>	<b>130.00</b>
<b>Lunch - Chicken, brown rice or quinoa, veggies</b>						
0.75	cup	Brown rice - cooked	3.68	37.28	0.90	174.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.25	1 cup, chopped	Onions, yellow, sauteed	0.21	1.71	2.35	28.71
0.25	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
0.33	cup	zucchini	0.66	1.65	0.00	8.25
<b>Totals:</b>			<b>30.84</b>	<b>42.93</b>	<b>4.90</b>	<b>344.46</b>
<b>PM Snack</b>						
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
2.00	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<b>Totals:</b>			<b>6.24</b>	<b>22.33</b>	<b>9.88</b>	<b>195.00</b>
<b>Dinner - Chicken OR steak fajita/wrap</b>						
3.00	1 oz	Beef, bottom sirloin, tri-tip steak, lean and fat, 1/4" trim, all	17.67	0.00	10.37	169.25
0.25	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
1.00	each	Gluten Free Mission Soft Tortilla	3.00	24.00	4.50	130.00
1.00	2 tablespoon	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	1.50	4.83	0.42	29.12
0.50	cup	Sauteed onions and bellpeppers	0.50	2.50	0.50	37.50
<b>Totals:</b>			<b>29.56</b>	<b>31.87</b>	<b>17.76</b>	<b>414.74</b>
<b>Evening Snack - 1 scoop shake in 8 oz of water</b>						
1.00	scoop	Ultimate Muscle Protein	21.00	3.00	3.00	130.00
<b>Totals:</b>			<b>21.00</b>	<b>3.00</b>	<b>3.00</b>	<b>130.00</b>
<b>Actual Totals for Day 11/25/2018:</b>			<b>134.14</b>	<b>128.29</b>	<b>41.12</b>	<b>1443.18</b>
<b>Actual % of Total Calories:</b>			<b>37.79</b>	<b>36.14</b>	<b>26.06</b>	

# GROCERY LIST

Food	Quantity	Measure
Proteins (Healthy)		
Chicken Breast / White Meat	4	ounce(s)
Ultimate Muscle Protein	2	scoop
Egg Whites - scrambled/boiled	6	each
Starchy Carbohydrates (Healthy)		
Gluten Free Mission Soft Tortilla	1	each
Dairy		
Cheese, low fat, cheddar or colby	0.25	1 cup, shredded
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	1	2 tablespoon
Vegetables		
zucchini	0.33	cup
Sauteed onions and bellpeppers	0.5	cup
Pepper - sweet bell, all colors, chopped,	0.5	cup
Mushrooms, portabella, grilled	0.25	1 cup slices
Onions, yellow, sauteed	0.5	1 cup, chopped
Breads and baked goods		
Bread, Ezekiel Cinnamon Raisin	1	slice
Carb. Snack Foods (Healthy)		
Rice cake - apple cinnamon, Quaker	2	each
Performance Carbohydrates		
Brown rice - cooked	0.75	cup
Red Meats - Standard		
Beef, bottom sirloin, steak, lean and fat, 1/4" trim, all grades,	3	1 oz
Nuts & Seeds - Almonds		