

EXAMPLE CLIENT



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Day 1

2736 Cal ● 330.8g Carbs (39.8g Fiber) ● 68.6g Fat ● 213.1g Protein

Breakfast (Pre-Workout Meal) 564 Cal



Cottage Cheese Breakfast

1 1/2 serving • 564 Cal

Lunch (1st Meal at Work) 518 Cal



Turkey Sandwich

1 1/2 sandwich • 265 Cal



Cottage Cheese with Banana

1 serving • 253 Cal

Before Bed Snack 513 Cal



Ham and cheese sandwich

1/2 serving • 239 Cal



Yogurt & Strawberries

1 1/2 serving • 274 Cal

Post Workout Meal (Directly after Workout) 415 Cal



Berry Yogurt Smoothie

2 serving • 415 Cal

Dinner (2nd Meal at Work) 726 Cal



Pasta Caprice

2 serving • 726 Cal

(Prepare a total of 3 1/2 serving, save 1 1/2 serving for leftovers)

Day 2

2503 Cal ● 234.3g Carbs (29.4g Fiber) ● 109.5g Fat ● 153.6g Protein

Breakfast (Pre-Workout Meal) 541 Cal



Classic Omelet

1 1/2 omelet • 449 Cal



Strawberries

2 cup • 92 Cal

Lunch (1st Meal at Work) 545 Cal



Pasta Caprice

1 1/2 serving • 545 Cal (Leftovers)

Before Bed Snack 581 Cal



Spinach and Turkey Wrap

2 serving • 581 Cal

Post Workout Meal (Directly after Workout) 381 Cal



Greek Yogurt with Berries, Nuts, and Honey

1 1/2 bowl • 350 Cal



Oranges

1/2 fruit • 31 Cal

Dinner (2nd Meal at Work) 455 Cal



Pan Fried Pork Chops

2 serving • 455 Cal

(Prepare a total of 4 serving, save 2 serving for leftovers)

Day 3

2645 Cal ● 244.6g Carbs (33.8g Fiber) ● 92.0g Fat ● 213.0g Protein

Breakfast (Pre-Workout Meal) 602 Cal



Protein Banana Egg Pancakes

2 pancakes • 345 Cal



Cheese On Toast

1 serving • 257 Cal

Lunch (1st Meal at Work) 455 Cal



Pan Fried Pork Chops

2 serving • 455 Cal (Leftovers)

Before Bed Snack 564 Cal



Post-Workout Banana Protein Smoothie

2 serving • 450 Cal



Cinnamon Honey Cottage Cheese

1/2 serving • 114 Cal

Post Workout Meal (Directly after Workout) 444 Cal



Ham and Cottage Cheese Sandwich

1 1/2 sandwich • 444 Cal

Dinner (2nd Meal at Work) 580 Cal



Homemade Pizza Bagels

2 serving • 580 Cal

(Prepare a total of 3 serving, save 1 serving for leftovers)

Day 4

2669 Cal ● 259.6g Carbs (28.2g Fiber) ● 105.5g Fat ● 176.0g Protein

Breakfast (Pre-Workout Meal) 555 Cal



Basic Eggs

2 serving • 366 Cal



Apple

2 apple • 189 Cal

Lunch (1st Meal at Work) 290 Cal



Homemade Pizza Bagels

1 serving • 290 Cal (Leftovers)

Before Bed Snack 556 Cal



Turkey Sandwich

2 serving • 556 Cal

Post Workout Meal (Directly after Workout) 445 Cal



Mango Trifle

2 servings • 362 Cal



Almonds

1/2 ounce • 82 Cal

Dinner (2nd Meal at Work) 824 Cal



Chicken bacon ranch wrap

2 wrap • 824 Cal

(Prepare a total of 3 wrap, save 1 wrap for leftovers)

Day 5

2545 Cal ● 301.6g Carbs (31.4g Fiber) ● 92.1g Fat ● 138.1g Protein

Breakfast (Pre-Workout Meal) 537 Cal



Classic BLT
1/2 serving • 457 Cal



Cinnamon Apple Bites
1 serving • 81 Cal

Lunch (1st Meal at Work) 412 Cal



Chicken bacon ranch wrap
1 wrap • 412 Cal (Leftovers)

Before Bed Snack 592 Cal



Simple Caprese Sandwich
1 sandwich • 353 Cal



Yogurt & Banana
1 serving • 239 Cal

Post Workout Meal (Directly after Workout) 403 Cal



Pear Banana Smoothie
1 serving • 231 Cal



Cheese slices
1 1/2 serving • 173 Cal

Dinner (2nd Meal at Work) 601 Cal



Ham & Cheese Sandwich
2 serving • 601 Cal
(Prepare a total of 4 serving, save 2 serving for leftovers)

Day 6

2758 Cal ● 228.8g Carbs (25.8g Fiber) ● 118.0g Fat ● 195.4g Protein

Breakfast (Pre-Workout Meal) 526 Cal



Open-Face Florentine Omelet Sandwich
1 1/2 sandwich • 526 Cal

Lunch (1st Meal at Work) 601 Cal



Ham & Cheese Sandwich
2 serving • 601 Cal (Leftovers)

Before Bed Snack 533 Cal



Simple Ham Sandwich
1 1/2 serving • 533 Cal

Post Workout Meal (Directly after Workout) 475 Cal



Apple Spice Protein Shake
2 serving • 475 Cal

Dinner (2nd Meal at Work) 624 Cal



Kielbasa and Cauliflower Stir-Fry
1 serving • 624 Cal
(Prepare a total of 1 1/2 serving, save 1/2 serving for leftovers)

Day 7

2592 Cal ● 306.3g Carbs (38.6g Fiber) ● 83.6g Fat ● 172.8g Protein

Breakfast (Pre-Workout Meal) 509 Cal



Apple, Cottage Cheese, and Cinnamon Snack

2 serving • 509 Cal

Lunch (1st Meal at Work) 312 Cal



Kielbasa and Cauliflower Stir-Fry

1/2 serving • 312 Cal (Leftovers)

Before Bed Snack 554 Cal



Red Pepper & Tomato Salad

1 1/2 serving • 344 Cal



Banana

2 banana • 210 Cal

Post Workout Meal (Directly after Workout) 481 Cal



Apple Walnut Parfait

1 serving • 481 Cal

Dinner (2nd Meal at Work) 736 Cal



Chicken Wraps

2 rollup • 736 Cal

Almonds



Prep 0.5 ounce for Post Workout Meal (Directly after Workout) on [Day 4](#)

Scaled to 1/2 ounce
1/2 oz Almonds (14 g)

Per 1 ounce (1 serving):
164 Cal ● 6.1g Carbs (3.5g Fiber) ● 14.2g Fat ● 6.0g Protein

No directions

Apple



Prep 2 apple for Breakfast (Pre-Workout Meal) on [Day 4](#)

Scaled to 2 apple
2 medium Apples (364 g)

Per 1 apple (1 serving):
95 Cal ● 25.1g Carbs (4.4g Fiber) ● 0.3g Fat ● 0.5g Protein

Directions are for original recipe of 1 apple

1 Simply wash and enjoy, or core and slice the apple for easier eating.

Apple Spice Protein Shake



Prep 2 serving for Post Workout Meal (Directly after Workout) on [Day 6](#)

Scaled to 2 serving
16 fl oz Apple juice (496 g)
2 scoop Whey protein powder (60 g)
1 tsp Cinnamon (2.6 g)

Per 1 serving :
237 Cal ● 32.1g Carbs (1.2g Fiber) ● 1.4g Fat ● 24.3g Protein

Directions are for original recipe of 1 serving

1 In the order listed, add ingredients.
2 Blend or shake until smooth.

Apple Walnut Parfait



Prep 1 serving for Post Workout Meal (Directly after Workout) on [Day 7](#)

Scaled to 1 serving

8 oz Nonfat greek yogurt (227 g)
1 scoop Whey protein powder (30 g)
1 large Apples (223 g)
1/4 oz Walnuts (7.1 g)
3 tsp Honey (21 g)

Per 1 serving :

481 Cal ● 60.4g Carbs (5.8g Fiber) ● 6.9g Fat ● 48.8g Protein

Directions are for original recipe of 1 serving

1 Mix together yogurt and protein powder until smooth. Top with sliced apples, chopped walnuts, and a drizzle of honey. Enjoy!

Apple, Cottage Cheese, and Cinnamon Snack



Prep 2 serving for Breakfast (Pre-Workout Meal) on [Day 7](#)

Scaled to 2 serving

4 small Apples (528 g)
2 tsp Cinnamon (5.2 g)
1 1/3 cup, Cottage cheese (300 g)

Per 1 serving :

255 Cal ● 42.9g Carbs (4.8g Fiber) ● 3.8g Fat ● 16.5g Protein

Directions are for original recipe of 1 serving

1 Cut apples into bite sized pieces.

2 Mix apples and cinnamon into the cottage cheese. Enjoy!

Banana



Prep 2 banana for Before Bed Snack on [Day 7](#)

Scaled to 2 banana

2 medium Banana (236 g)

Per 1 banana (1 serving):

105 Cal ● 27.0g Carbs (3.1g Fiber) ● 0.4g Fat ● 1.3g Protein

No directions

Basic Eggs



Prep 2 serving for Breakfast (Pre-Workout Meal) on [Day 4](#)

Scaled to 2 serving

- 4 large** Egg (200 g)
- 2/3 dash** Salt (0.3 g)
- 2/3 dash** Pepper (0.1 g)
- 2/3 tablespoon** Olive Oil (10 g)

Per 1 serving :

183 Cal ● 0.7g Carbs (0.0g Fiber) ● 14.2g Fat ● 12.6g Protein

Directions are for original recipe of 3 serving

- 1 Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
- 2 Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add oil to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
- 3 Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper, as needed. Serve immediately.

Berry Yogurt Smoothie



Prep 2 serving for Post Workout Meal (Directly after Workout) on [Day 1](#)

Scaled to 2 serving

- 2 cup** Nonfat yogurt (490 g)
- 2/3 cup, sliced** Banana (100 g)
- 14 berry** Strawberries (148 g)

Per 1 serving :

208 Cal ● 37.0g Carbs (2.8g Fiber) ● 0.7g Fat ● 14.9g Protein

Directions are for original recipe of 1 serving

- 1 Combine all ingredients in a food processor or blender and pulse until smooth. Add water if necessary, as desired.

Cheese On Toast



Prep 1 serving for Breakfast (Pre-Workout Meal) on [Day 3](#)

Scaled to 1 serving

- 1 slice large** Multi-grain bread (38 g)
- 1 slice** Cheddar cheese (28 g)
- 1 tsp** Butter (4.7 g)

Per 1 serving :

257 Cal ● 18.3g Carbs (3.1g Fiber) ● 15.1g Fat ● 12.3g Protein

Directions are for original recipe of 1 serving

- 1 Preheat oven to 450 degrees F.
- 2 Butter bread and place in a baking tray.
- 3 Bake for 3 minutes.
- 4 Top with slices of cheese and completely cover bread.
- 5 Bake for another 5 minutes. Bring halves together to form a sandwich and enjoy!

Cheese slices



Prep 1.5 serving for Post Workout Meal (Directly after Workout) on [Day 5](#)

Per 1 serving :

115 Cal ● 0.4g Carbs (0g Fiber) ● 9.6g Fat ● 6.8g Protein

Scaled to 1 1/2 serving

1 1/2 oz Cheddar cheese (43 g)

Directions are for original recipe of 1 serving

1 Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

Chicken Wraps



Prep 2 rollup for Dinner (2nd Meal at Work) on [Day 7](#)

Per 1 rollup (1 serving):

368 Cal ● 29.7g Carbs (3.0g Fiber) ● 12.5g Fat ● 33.0g Protein

Scaled to 2 rollup

1 breast Chicken breast (236 g)

4 leaf outer Lettuce (112 g)

2 tbsp Parmesan cheese (10 g)

1 medium whole Tomatoes (123 g)

2 tbsp Light mayonnaise (30 g)

2 tortilla Tortillas (92 g)

Directions are for original recipe of 1 rollup

1 Preheat oven to 400 degrees F. Place chicken on a foil lined pan and bake for about 15-20 minutes or until it is cooked through, no longer pink, and juices run clear. Chop up into bite sized pieces.

2 Place first 5 ingredients in large bowl and mix together well, until mayonnaise is evenly distributed. Spoon onto tortillas; roll up. Enjoy!

Chicken bacon ranch wrap



Prep 3 wrap for Dinner (2nd Meal at Work) on [Day 4](#)

Per 1 wrap (1 serving):

412 Cal ● 31.2g Carbs (2.0g Fiber) ● 18.3g Fat ● 29.1g Protein

Scaled to 3 wrap

1 1/8 breast Chicken breast (266 g)

3/8 cup, shredded Cheddar cheese (42 g)

3 strip Bacon (36 g)

1/8 cup chopped Onions (6.7 g)

3/8 cup Ranch dressing (90 g)

3 tortilla Tortillas (138 g)

1 1/2 cup shredded Lettuce (70 g)

Directions are for original recipe of 8 wrap

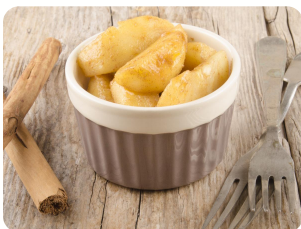
1 Fry and chop up the bacon, cook the chicken breast if not using deli meats. Chicken breast can be chopped up and cooked in a pan easily. To cook chicken, first pound out chicken breast a bit to the same thickness by carefully using a kitchen mallet or the back of a heavy jar. Cook in a nonstick pan over medium heat with about a tsp of olive oil, about 4 minutes per side or until cooked through completely without any pink in the middle.

2 Combine all of the ingredients except for the tortilla and lettuce in a large bowl. This mixture can be kept for up to 3 days in the fridge.

3 To make a wrap, spread a half a cup of the 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 too for a hot sandwich.

Cinnamon Apple Bites



Prep 1 serving for Breakfast (Pre-Workout Meal) on [Day 5](#)

Per 1 serving :

81 Cal ● 21.6g Carbs (2.8g Fiber) ● 0.2g Fat ● 0.5g Protein

Scaled to 1 serving

1 medium Apples (161 g)

1/2 tsp Cinnamon (1.3 g)

Directions are for original recipe of 1 serving

1 Cut up apple (with or without skin - your choice) into bite sized chunks.

2 Put the chopped apple into a container with a lid (ex. an empty margarine container).

3 Sprinkle on the cinnamon, put the lid on the container, and gently shake so cinnamon covers apple.

4 Eat and enjoy immediately.

Cinnamon Honey Cottage Cheese



Prep 0.5 serving for Before Bed
Snack on [Day 3](#)

Scaled to 1/2 serving

- 1/8 tsp** Cinnamon (0.3 g)
- 1/2 cup**, Cottage cheese (113 g)
- 1/2 tbsp** Honey (10 g)

Per 1 serving :
228 Cal ● 24.0g Carbs (0.4g Fiber) ● 2.3g Fat ● 28.1g Protein

Directions are for original recipe of 1 serving

- 1 Mix cottage cheese with cinnamon and honey. Enjoy!

Classic BLT



Prep 0.5 serving for Breakfast
(Pre-Workout Meal) on [Day 5](#)

Scaled to 1/2 serving

- 1 slice, large** Sourdough bread (96 g)
- 1 leaf, large** Lettuce (15 g)
- 1/8 large whole** Tomatoes (23 g)
- 1/8 package** Bacon (43 g)
- 1 tsp** Mayonnaise-like dressing (4.9 g)

Per 1 serving :
914 Cal ● 104.6g Carbs (5.1g Fiber) ● 40.7g Fat ● 32.2g Protein

Directions are for original recipe of 4 serving

- 1 Slice tomato, pull apart lettuce leaves, cook bacon in skillet on high heat or in oven at 425 degrees F for 8-10 minutes. Toast bread and assemble ingredients in desired fashion.

Classic Omelet



Prep 1.5 omelet for Breakfast
(Pre-Workout Meal) on [Day 2](#)

Scaled to 1 1/2 omelet

- 3 large** Egg (150 g)
- 1 1/2 tsp** Vegetable oil (7 g)
- 1 1/2 oz** Cheddar cheese (43 g)

Per 1 omelet (1 serving):
299 Cal ● 1.1g Carbs (0g Fiber) ● 23.8g Fat ● 19.4g Protein

Directions are for original recipe of 1 omelet

- 1 Crack eggs into a bowl and whisk until pale yellow. Do not whisk too much or the eggs will fall apart in the pan. Put oil into a small to medium sized non-stick cooking pan. Turn on to medium-heat and let pan warm for up to 45 seconds. Pour in eggs. Wait about 10 seconds before pulling the edge of the eggs toward the center. Repeat this process until the eggs form a crepe-like consistency. (You may have to tilt the pan to allow the liquid egg to fill gaps and cook.) When the eggs are mostly cooked (after maybe a minute and a half) sprinkle your cheese. You may now add salt and pepper if you wish. Almost any cheese works for a tasty omelet. You can even add vegetables or meat. Flip one edge of the egg on to itself to form a half-moon shape. Allow the omelet to cook a little while longer on each side. Serve immediately!

Cottage Cheese Breakfast



Prep 1.5 serving for Breakfast
(Pre-Workout Meal) on [Day 1](#)

Scaled to 1 1/2 serving

- 1 1/2 cup**, Cottage cheese (339 g)
- 1 1/2 tsp** Cinnamon (3.9 g)
- 3/8 cup, whole** Almonds (54 g)

Per 1 serving :
376 Cal ● 15.9g Carbs (5.8g Fiber) ● 20.2g Fat ● 35.7g Protein

Directions are for original recipe of 1 serving

- 1 Chop almonds.
- 2 .Combine cottage cheese and cinnamon, then sprinkle chopped almonds on top.

Cottage Cheese with Banana



Prep 1 serving for Lunch (1st Meal at Work) on [Day 1](#)

Scaled to 1 serving

- 1 small** Banana (101 g)
- 1 cup**, Cottage cheese (226 g)

Per 1 serving :
253 Cal ● 29.2g Carbs (2.6g Fiber) ● 2.6g Fat ● 29.1g Protein

Directions are for original recipe of 1 serving

- 1 Slice banana and combine with cottage cheese. Serve.

Greek Yogurt with Berries, Nuts, and Honey



Prep 1.5 bowl for Post Workout Meal (Directly after Workout) on [Day 2](#)

Scaled to 1 1/2 bowl

- 9 oz** Nonfat greek yogurt (255 g)
- 3/8 cup** Blueberries (56 g)
- 1 1/2 tbsp** Walnuts (12 g)
- 1 1/2 tbsp** Honey (32 g)

Per 1 bowl (1 serving):
234 Cal ● 29.5g Carbs (1.5g Fiber) ● 5.4g Fat ● 19.6g Protein

Directions are for original recipe of 1 bowl

- 1 Place yogurt in a dish, top with berries, nuts and honey.
- 2 Serve and enjoy!
- 3 Recipe inspired by: <http://www.skinnytaste.com/2009/03/greek-yogurt-with-berries-nuts-and.html>

Ham & Cheese Sandwich



Prep 4 serving for Dinner (2nd Meal at Work) on [Day 5](#)

Scaled to 4 serving

- 8 slice** Whole-wheat bread (224 g)
- 4 slice** Sliced ham (112 g)
- 4 slice** Cheddar cheese (112 g)

Per 1 serving :
300 Cal ● 25.4g Carbs (3.7g Fiber) ● 13.8g Fat ● 18.3g Protein

Directions are for original recipe of 1 serving

- 1 Place ham on one slice of bread.
- 2 Place the cheese on the other slice of bread.
- 3 Toast for about 4 minutes to toast the bread and melt the cheese.

Ham and Cottage Cheese Sandwich



Prep 1.5 sandwich for Post Workout Meal (Directly after Workout) on [Day 3](#)

Scaled to 1 1/2 sandwich

- 3 slice** Whole-wheat bread (75 g)
- 3 oz** Cottage cheese (85 g)
- 4 1/2 slice, medium** Tomatoes (90 g)
- 3 slice** Sliced ham (84 g)

Per 1 sandwich (1 serving):
296 Cal ● 31.6g Carbs (6.1g Fiber) ● 7.5g Fat ● 25.0g Protein

Directions are for original recipe of 1 sandwich

- 1 Toast the bread. Spread cottage cheese onto the slices of bread. Top one of the slices with ham and tomato. Finish with remaining slice of bread and enjoy.

Ham and cheese sandwich



Prep 0.5 serving for Before Bed
Snack on [Day 1](#)

Scaled to 1/2 serving

- 1 slice** Whole-wheat bread (28 g)
- 2 slice** Sliced ham (56 g)
- 1/4 cup shredded** Lettuce (12 g)
- 1/2 tbsp** Light mayonnaise (7.5 g)
- 1/2 oz** Cheddar cheese (14 g)

Per 1 serving :
478 Cal ● 30.7g Carbs (5.3g Fiber) ● 24.6g Fat ● 32.7g Protein

Directions are for original recipe of 1 serving

- 1 Spread the mayonnaise on one of the pieces of bread
- 2 Pile the other things on top of the mayo and put the second piece of bread on top.

Homemade Pizza Bagels



Prep 3 serving for Dinner (2nd
Meal at Work) on [Day 3](#)

Scaled to 3 serving

- 1 1/2 medium bagel** Bagels (158 g)
- 15 slice round** Pepperoni (30 g)
- 6 tbsp** Pizza sauce (94 g)
- 3 oz** Mozzarella cheese (85 g)

Per 1 serving :
290 Cal ● 30.9g Carbs (1.5g Fiber) ● 11.8g Fat ● 14.8g Protein

Directions are for original recipe of 1 serving

- 1 Preheat oven to 250 degrees F.
- 2 Toast the bagel.
- 3 Put a pepperoni in the middle to cover the hole.
- 4 Spread sauce over the bagel.
- 5 Put cheese on top.
- 6 Add more pepperoni.
- 7 Bake in oven for about 10 minutes until the cheese is melted.
Serve hot and enjoy!

Kielbasa and Cauliflower Stir-Fry



Prep 1.5 serving for Dinner
(2nd Meal at Work) on [Day 6](#)

Scaled to 1 1/2 serving

- 3/8 tbsp** Olive oil (5.1 g)
- 12 oz** Kielbasa (340 g)
- 3/8 head large** Cauliflower (315 g)
- 3/8 onion** Onions (124 g)
- 1/8 tsp** Pepper (0.2 g)
- 3/4 cloves, minced** Garlic (2.2 g)

Per 1 serving :
624 Cal ● 26.1g Carbs (5.0g Fiber) ● 43.9g Fat ● 34.5g Protein

Directions are for original recipe of 4 serving

- 1 Heat olive oil in large skillet over medium-high heat.
- 2 Add kielbasa and cook until well-browned, about 6 minutes.
Remove from skillet and set aside on a plate. Reserve pan drippings.
- 3 In pan drippings, add the cauliflower florets, cover and cook for 5 minutes.
- 4 Add onion, stir, and cook 5 minutes. Keep covered.
- 5 Add the garlic, keep uncovered, and cook 1 additional minute.
- 6 Return the kielbasa to the pan and heat through.

Mango Trifle



Prep 2 servings for Post
Workout Meal (Directly after
Workout) on [Day 4](#)

Scaled to 2 servings

- 1 cup, sliced** Mangos (165 g)
- 2 tbsp** Granola (15 g)
- 1 1/3 cup** Nonfat greek yogurt (320 g)

Per 1 servings (1 serving):
181 Cal ● 22.2g Carbs (2.0g Fiber) ● 2.8g Fat ● 18.1g Protein

Directions are for original recipe of 1 servings

- 1 Puree half of the mango and chop the other half into small cubes.
- 2 Mix a teaspoon of the pureed mango with a tablespoon of yogurt until creamy. Keep some puree on the side.
- 3 Layer the trifle into a cup: a layer of plain yogurt, then a layer of pureed mango, then a layer of the mango/yogurt puree then more plain yogurt. Top with the chopped mango and granola.
- 4 Enjoy!

Open-Face Florentine Omelet Sandwich



Prep 1.5 sandwich for Breakfast (Pre-Workout Meal) on [Day 6](#)

Scaled to 1 1/2 sandwich

3/4 tsp Olive oil (3.4 g)
3/4 cup Spinach (22 g)
3 large Egg (150 g)
3/8 cup, Cottage cheese (85 g)
3/4 tsp Salt (4.5 g)
3/4 tsp Pepper (1.6 g)
3 slice Whole-wheat bread (84 g)

Per 1 sandwich (1 serving):

351 Cal ● 27.4g Carbs (4.0g Fiber) ● 14.4g Fat ● 27.1g Protein

Directions are for original recipe of 1 sandwich

- 1 Toast the bread to desired doneness.
- 2 Heat oil in a large heavy skillet over medium-high heat. Add the spinach to the skillet and cook, stirring often, for two minutes.
- 3 Add eggs to the pan and cook, stirring frequently for about one minute or until just starting to set. Add the cottage cheese, salt, and pepper, and cook for another 1-2 minutes until eggs are done.
- 4 To serve, place toast on a plate and divide egg mixture between the two slices. Enjoy!

Oranges



Prep 0.5 fruit for Post Workout Meal (Directly after Workout) on [Day 2](#)

Scaled to 1/2 fruit

1/2 fruit Oranges (66 g)

Per 1 fruit (1 serving):

62 Cal ● 15.4g Carbs (3.1g Fiber) ● 0.2g Fat ● 1.2g Protein

Directions are for original recipe of 1 fruit

- 1 Peel or slice orange and eat.

Pan Fried Pork Chops



Prep 4 serving for Dinner (2nd Meal at Work) on [Day 2](#)

Scaled to 4 serving

1/3 cup Organic Coconut Flour (47 g)
1 1/3 tsp Salt (8 g)
1 1/3 tsp Pepper (2.8 g)
1 1/3 tsp Cayenne pepper (2.4 g)
4 chop, excluding refuse Pork chops (252 g)
1 1/3 tbsp Butter (19 g)

Per 1 serving :

227 Cal ● 7.8g Carbs (4.7g Fiber) ● 13.3g Fat ● 18.8g Protein

Directions are for original recipe of 3 serving

- 1 Mix together all of the dry ingredients in a container that can fit the pork chops. Dry off the pork chops.
- 2 Heat a skillet on high and add the butter. Coat the pork chops in the coating and add to the pan to fry.
- 3 Cook for 4-5 minutes per side or until the pork chop reads a temperature of at least 145 degrees F internal temperature for medium or 160 degrees F if you prefer it well done. Enjoy!

Pasta Caprice



Prep 3.5 serving for Dinner (2nd Meal at Work) on [Day 1](#)

Scaled to 3 1/2 serving

7 oz Spaghetti (198 g)
3 1/2 cup Tomatoes (893 g)
7/8 cup leaves, whole Basil (21 g)
3 1/2 oz Mozzarella cheese (99 g)

Per 1 serving :

363 Cal ● 58.9g Carbs (4.5g Fiber) ● 7.7g Fat ● 16.2g Protein

Directions are for original recipe of 1 serving

- 1 Prepare pasta as per package directions.
- 2 Chop tomato into chunks
- 3 Mix pasta, tomatoes, basil, and mozzarella in a pot over low heat. Cook until cheese has melted and ingredients are mixed well.
- 4 Serve and enjoy!

Pear Banana Smoothie



Prep 1 serving for Post Workout Meal (Directly after Workout) on [Day 5](#)

Scaled to 1 serving

- 1 cup** Water (237 g)
- 1 stalks, large** Celery (64 g)
- 2 cup** Spinach (60 g)
- 1 medium** Pears (178 g)
- 1 medium** Banana (118 g)

Per 1 serving :
231 Cal ● 58.1g Carbs (11.0g Fiber) ● 1.1g Fat ● 4.1g Protein

Directions are for original recipe of 1 serving

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

Post-Workout Banana Protein Smoothie



Prep 2 serving for Before Bed Snack on [Day 3](#)

Scaled to 2 serving

- 4 cup** Water (947 g)
- 2 medium** Banana (236 g)
- 2 scoop** Whey protein powder (60 g)

Per 1 serving :
225 Cal ● 30.0g Carbs (3.0g Fiber) ● 1.4g Fat ● 25.3g Protein

Directions are for original recipe of 1 serving

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

Protein Banana Egg Pancakes



Prep 2 pancakes for Breakfast (Pre-Workout Meal) on [Day 3](#)

Scaled to 2 pancakes

- 1 medium** Banana (118 g)
- 2 extra large** Egg (112 g)
- 2/3 scoop** Whey protein powder (20 g)

Per 2 pancakes (1 serving):
345 Cal ● 29.8g Carbs (3.1g Fiber) ● 11.7g Fat ● 31.3g Protein

Directions are for original recipe of 2 pancakes

- Mash the ripe banana.
- Beat the eggs and stir in the banana and protein powder.
- Pour onto lightly oiled frying pan. Flip when bubbles begin to appear. Cook until both sides are evenly golden brown.

Red Pepper & Tomato Salad



Prep 1.5 serving for Before Bed Snack on [Day 7](#)

Scaled to 1 1/2 serving

- 1 1/2 medium** Red bell pepper (178 g)
- 1 1/2 tbsp** Olive oil (20 g)
- 3 tbsp** Balsamic vinegar (48 g)
- 3 medium whole** Tomatoes (369 g)
- 1 1/2 dash** Salt (0.6 g)
- 1 1/2 dash** Pepper (0.2 g)
- 3/8 tsp, leaves** Oregano (0.4 g)

Per 1 serving :
230 Cal ● 22.5g Carbs (5.6g Fiber) ● 14.4g Fat ● 3.6g Protein

Directions are for original recipe of 1 serving

- Coarsely chop red pepper and tomatoes. Place into a bowl.
- Pour in olive oil and balsamic vinegar. Season with salt, pepper, and oregano. Toss gently to coat.
- Refrigerate until ready to serve. Enjoy!

Simple Caprese Sandwich



Prep 1 sandwich for Before Bed Snack on [Day 5](#)

Scaled to 1 sandwich

1 slice, large Sourdough bread (96 g)
1 oz Mozzarella cheese (28 g)
2 slice, medium Tomatoes (40 g)

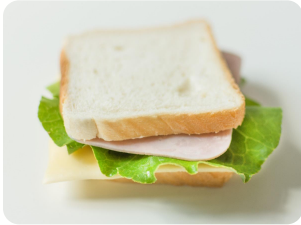
Per 1 sandwich (1 serving):

353 Cal ● 52.0g Carbs (2.6g Fiber) ● 8.7g Fat ● 16.9g Protein

Directions are for original recipe of 1 sandwich

1 Cut large slice of sourdough in half (or use two small slices). Top one slice with 1oz of sliced mozzarella, and then two slices of tomatoes. Flavor is mild, so season with salt pepper if desired.

Simple Ham Sandwich



Prep 1.5 serving for Before Bed Snack on [Day 6](#)

Scaled to 1 1/2 serving

3 slice White bread (75 g)
6 slice Sliced ham (168 g)
3/4 cup shredded Lettuce (35 g)
1 1/2 tbsp Light mayonnaise (22 g)

Per 1 serving :

355 Cal ● 31.2g Carbs (3.3g Fiber) ● 14.7g Fat ● 23.4g Protein

Directions are for original recipe of 1 serving

1 Spread the mayonnaise onto one of the pieces of bread
2 Pile the other things on top of the mayo and put the second piece of bread on top. Enjoy!

Spinach and Turkey Wrap



Prep 2 serving for Before Bed Snack on [Day 2](#)

Scaled to 2 serving

2 tortilla Tortillas (92 g)
6 slice Deli cut turkey (60 g)
2 cup Spinach (60 g)
2 oz Cheddar cheese (57 g)

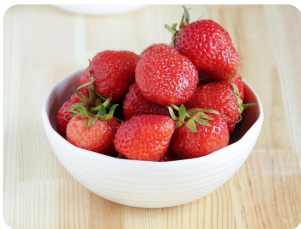
Per 1 serving :

290 Cal ● 27.3g Carbs (1.9g Fiber) ● 13.3g Fat ● 15.4g Protein

Directions are for original recipe of 1 serving

1 Top tortilla with turkey, cheese, and spinach, Roll up and enjoy!

Strawberries



Prep 2 cup for Breakfast (Pre-Workout Meal) on [Day 2](#)

Scaled to 2 cup

2 cup, whole Strawberries (288 g)

Per 1 cup (1 serving):

46 Cal ● 11.1g Carbs (2.9g Fiber) ● 0.4g Fat ● 1.0g Protein

Directions are for original recipe of 1 cup

1 Wash and eat.

Turkey Sandwich



Prep 1.5 sandwich for Lunch
(1st Meal at Work) on [Day 1](#)

Scaled to 1 1/2 sandwich

- 3 slice** Whole-wheat bread (84 g)
- 4 1/2 tsp or 1 packet** Mustard (22 g)
- 3 slice** Deli cut turkey (30 g)
- 3 leaf, large** Lettuce (45 g)

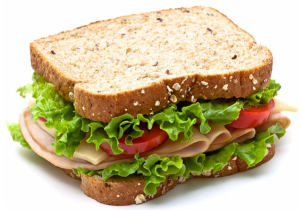
Per 1 sandwich (1 serving):

177 Cal ● 27.2g Carbs (4.4g Fiber) ● 3.1g Fat ● 10.5g Protein

Directions are for original recipe of 1 sandwich

- 1** Spread mustard onto one of the slices of bread. Top with turkey, lettuce, and, remaining slice of bread. Enjoy!

Turkey Sandwich



Prep 2 serving for Before Bed
Snack on [Day 4](#)

Scaled to 2 serving

- 4 slice** Whole-wheat bread (112 g)
- 2 tbsp** Mayonnaise-like dressing (29 g)
- 6 oz** Deli cut turkey (170 g)
- 2 leaf inner** Lettuce (12 g)
- 2 slice, medium** Tomatoes (40 g)

Per 1 serving :

278 Cal ● 33.6g Carbs (4.1g Fiber) ● 7.7g Fat ● 18.8g Protein

Directions are for original recipe of 1 serving

- 1** Spread mayonnaise onto bread slices. Top with turkey, lettuce, and tomato. Bring sandwich halves together and enjoy!

Yogurt & Banana



Prep 1 serving for Before Bed
Snack on [Day 5](#)

Scaled to 1 serving

- 8 oz** Nonfat greek yogurt (227 g)
- 1 medium** Banana (118 g)

Per 1 serving :

239 Cal ● 35.1g Carbs (3.1g Fiber) ● 1.3g Fat ● 24.4g Protein

Directions are for original recipe of 1 serving

- 1** Slice banana and mix with yogurt. Enjoy!

Yogurt & Strawberries



Prep 1.5 serving for Before Bed
Snack on [Day 1](#)

Scaled to 1 1/2 serving

- 12 oz** Nonfat greek yogurt (340 g)
- 1 1/2 cup, halves** Strawberries (228 g)

Per 1 serving :

182 Cal ● 19.8g Carbs (3.0g Fiber) ● 1.3g Fat ● 24.1g Protein











Directions are for original recipe of 1 serving

- 1** Mixed sliced strawberries with yogurt and enjoy!







Grocery List



Vegetables


-  **Tomatoes**
3 1/2 cup (892 g), Red, ripe, canned, stewed
-  **Lettuce**
5 2/3 cup shredded (266 g), Romaine or cos, raw
-  **Spinach**
4 3/4 cup (142 g), Raw
-  **Tomatoes**
5 2/3 medium whole (2-3/5" dia) (697 g), Red, ripe, raw, year round average
-  **Onions**
2/3 stalk (8 g), Young green, tops only
-  **Celery**
1 2/3 stalk, medium (7-1/2" - 8" long) (67 g), Raw
-  **Cauliflower**
3 cup chopped, (1/2" pieces) (321 g), Raw
-  **Onions**
1/2 onion (166 g), Sweet, raw
-  **Garlic**
3/4 clove (2.25 g), Raw
-  **Red bell pepper**
1 1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (178 g), Sweet, raw

Fruits and Fruit Juices

-  **Banana**
8 3/4 medium (7" to 7-7/8" long) (1.03 kg), Raw
-  **Strawberries**
1 cup, unthawed (149 g), Frozen, unsweetened
-  **Strawberries**
3 2/3 cup, whole (528 g), Raw
-  **Blueberries**
1/2 cup (74 g), Raw
-  **Oranges**
1/2 fruit (2-5/8" dia) (66 g), Raw, all commercial varieties
-  **Apples**
7 1/2 medium (3" dia) (1.36 kg), With skin


-  **Mangos**
1 fruit without refuse (207 g), Raw

-  **Pears**
1 medium (178 g), Raw

-  **Apple juice**
2 cup (496 g), Canned or bottled, unsweetened, with added ascorbic acid


Dairy Products

-  **Cottage cheese**
5 1/4 cup, (not packed) (1.19 kg), Lowfat, 1% milkfat

-  **Nonfat yogurt**
2 cup (8 fl oz) (490 g), Skim milk, 13 grams protein per 8 ounce


-  **Mozzarella cheese**
7 1/2 oz (213 g), Whole milk

-  **Cheddar cheese**
12 oz (340 g),

-  **Nonfat greek yogurt**
5 3/4 cup (1.38 kg), Nonfat, plain


-  **Egg**
12 1/4 large (612 g), Whole, fresh eggs

-  **Butter**
1 2/3 tbsp (24 g), Unsalted


-  **Whey protein powder**
5 2/3 scoop (30g) (170 g), Gold Standard, Any flavor, 100% whey protein

-  **Parmesan cheese**
1/2 oz (14 g), Grated

Beverages

-  **Water**
5 cup (1.18 kg), Plain, clean water

Poultry Products

-  **Chicken breast**
4 1/4 half breast (fillet) (502 g), Broilers or fryers, meat only, raw

Pork Products

Pork chops



4 chop, excluding refuse (yield from 1 raw (252 g), Fresh, loin (blade), bone-in, separable lean only, cooked, pan-fried

Bacon



3 oz (85 g), Raw, cured pork

Sausage and Lunch Meat

Deli cut turkey



26 1/4 slice (262 g), White, rotisserie

Sliced ham



15 slice (420 g), Regular (approximately 11% fat)

Pepperoni



1 1/4 oz (35 g), Pork, beef

Kielbasa



12 oz (340 g), Polish, turkey and beef, smoked

Spices and Herbs

Cinnamon



1 3/4 tbsp (14 g), Spices, ground

Mustard



1 1/2 tbsp (22 g), Prepared, yellow

Basil



42 leaf, whole (21 g), Fresh

Salt



3/4 tbsp (14 g), Table

Pepper



3/4 tbsp (4.8 g), Spices, black

Cayenne pepper



1/2 tbsp (2.65 g), Spices, red or cayenne

Balsamic vinegar



1/4 cup (64 g),

Oregano



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

Soups and Sauces

Pizza sauce



1/2 cup (126 g), Canned, ready-to-serve

Nut and Seed Products

Almonds



1/2 cup, whole (72 g), Nuts, raw

Walnuts



1/4 cup, chopped (31 g), Nuts, black, dried

Breakfast Cereals

Granola



1/4 cup (30 g), Cereals ready-to-eat, homemade

Baked Products

Whole-wheat bread



23 slice (644 g), Commercially prepared

Tortillas



7 tortilla (approx 7-8" dia) (322 g), Ready-to-bake or -fry, flour

Bagels



1 1/2 medium bagel (3-1/2" to 4" dia) (158 g), Plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Sourdough bread



2 slice, large (6" x 2-1/2" x 1-3/4") (192 g), French or vienna

White bread



3 slice (75 g), Commercially prepared (includes soft bread crumbs)

Grains and Pasta

Spaghetti



7 oz (198 g), Dry pasta, enriched

Organic Coconut Flour



1/3 cup (47 g), Baker Josef's

Fats and Oils



Light mayonnaise

4 1/3 tbsp (65 g), Salad dressing, light



Vegetable oil

1/2 tbsp (7 g), Natreon canola, high stability, non trans, high oleic (70%)



Olive Oil

2/3 tablespoon (10 g), Wawa



Ranch dressing

6 tbsp (90 g), Salad dressing, reduced fat



Olive oil

2 1/4 tbsp (30 g), Salad or cooking



Light mayonnaise

2 tbsp (30 g), Salad dressing, Kraft brand

Sweets



Honey

3 1/4 tbsp (68 g),