



**Your Resource Site For Your
Weight Loss Journey**



1 week

**Mediterranean meal plan
1500 calories**

Day 1

Breakfast

Oat & cottage pancakes:

Egg

Whole, fresh eggs

1 1/3 large

66.7 grams

Oatmeal

Cereals, Quaker, dry rolled oats

1/6 cup

13.3 grams

Cottage cheese

Lowfat, 1% milkfat, no sodium added

1/3 cup

75.3 grams

Directions

1	Blend together in a bowl
2	Pour in a pan
3	Cook
4	Add a teaspoon of vanilla extract for taste, and feel free to add fruits

Recipe stats:

12.2g Carbs

7.4g Fat

19.4g Protein
194.1 Calories

Oranges: Raw, all commercial varieties, 1 fruit

Food stats:
15.4g Carbs
0.2g Fat
1.2g Protein
61.6 Calories

Total calories: 255.7

Lunch

Bell Pepper and Hummus Snack:

Red bell pepper
Sweet, raw
1 large (2-1/4 per pound, approx 3-3/4" lo
164 grams

Hummus
Commercial
2 tbsp
30 grams

Directions

1	1 bell pepper sliced with 2 tbsp hummus.
---	--

Recipe stats:
14.2g Carbs
3.4g Fat

4g Protein
100.6 Calories

Vegan Cottage Cheeze:

Tofu
Silken, firm, Mori-nu, soy
3 oz
85.1 grams

Cashew nuts
Nuts, raw
1/4 oz
7.1 grams

Almond milk
Plain
3/4 tbsp
11.3 grams

Vinegar
Cider
1/4 tsp
1.3 grams

Nutritional Yeast
Vegan - Whole Foods Market
1/10 tbsp
0.63 grams

Salt
Table
1/8 tsp
0.75 grams

Dill
Fresh
1/4 tsp
0.046 grams

Whole-wheat bread
Commercially prepared
1 slice
28 grams

Directions

1	Soak cashews in water for at least two hours before making. Drain well before using.
2	Crumble up silken tofu into a bowl with your fingers or fork until lumpy. Set aside.
3	In a food processor, blend cashews, almond milk, vinegar, nutritional yeast and salt until smooth to make sauce.
4	Gently mix cashew sauce with tofu. Top with fresh herbs of choice and serve on toast. Store in an airtight container in fridge and eat within 4 days.

Recipe stats:

16.8g Carbs

6.5g Fat

11g Protein

168.1 Calories

Total calories: 268.7

Dinner

Grilled Polenta Chips:

Yellow Polenta

365 Everyday Value

2 oz

56.7 grams

Olive oil
Salad or cooking
1/4 tbsp
3.4 grams

Nutritional Yeast
Vegan - Whole Foods Market
1 1/2 oz
42.5 grams

Pepper
Spices, black
1/4 dash
0.025 grams

Salt
Table
1/4 dash
0.10 grams

Directions

1	Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2	Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3	Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4	Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

Recipe stats:

26.1g Carbs
6.5g Fat
21g Protein
245.4 Calories

Total calories: 245.4

Snack 1

Veggie wrap:

Carrots

Raw

1 large (7-1/4" to 8-1/2" long)

72 grams

Mushrooms

White, raw

1/8 cup, pieces or slices

8.8 grams

Cucumber

With peel, raw

1/2 cup slices

52 grams

Broccoli

Raw

2 spear (about 5" long)

62 grams

Tomatoes

Red, ripe, raw, year round average

3 slice, medium (1/4" thick)

60 grams

Tortillas

Ready-to-bake or -fry, flour

1 tortilla (approx 7-8" dia)

46 grams

Cream cheese

Low fat

1 tbsp

15 grams

Ranch dressing

Salad dressing, reduced fat

1 tbsp

15 grams

Directions

1	If possible, warm the tortilla in the microwave for 10-15 seconds.
2	Chop up all the veggies.
3	Spread cream cheese on the tortilla
4	Place the vegetables over the tortilla.
5	Spread salad dressing over vegetables. For more calories and probably a tastier wrap, use dressing with fat.
6	Fold up the wrap. Feel free to use other vegetables if you have different preferences, but you may want to check how it affects the nutrition.

Recipe stats:

43.5g Carbs

7.5g Fat

8.6g Protein

265.5 Calories

Total calories: 265.5

Snack 2

Smoked Almond Cottage Cheese Endive Bites:

Cottage cheese

Lowfat, 1% milkfat

1/4 cup, (not packed)

56.5 grams

Hickory Smoked Almonds All-Natural

Good Sense

1/8 cup

14 grams

Hot Red Pepper Jelly

President's Choice

1 tbsp

15 grams

Endive

Raw

1/2 head

257 grams

Directions

1	Separate endive leaves into separate "cups". Chop almonds.
2	Top each leaf with a little cottage cheese, a few almonds, and a drizzle of hot pepper jelly. Serve.

Recipe stats:

25.1g Carbs

9.1g Fat

13.2g Protein

224.3 Calories

Total calories: 224.3

Snack 3

Basic protein shake:

Whey protein powder

Gold Standard, Any flavor, 100% whey protein

30 grams

30 grams

Reduced fat milk

Fluid, 2% milkfat, with added vitamin a and vitamin d

1 cup

244 grams

Directions

1	Add whey to milk, stir until no chunks of whey are left in the milk.
---	--

Recipe stats:

14.7g Carbs

5.8g Fat

32g Protein

242 Calories

Total calories: 242

Day 2

Breakfast

High Protein Energy Balls:

Almonds

Nuts, raw

1/10 cup, whole

11.9 grams

Chickpeas

(garbanzo beans, bengal gram), mature seeds, canned

1/4 cup

60 grams

Peanut butter

Chunk style, without salt

1/3 tbsp

5.3 grams

Honey

0.042 cup

14.1 grams

Vanilla extract

1/10 tbsp

1.1 grams

Directions

1	Line a tray that will fit in your freezer with parchment paper. Set aside.
2	In a food processor, process the almonds until they are a fine crumb. Add the chickpeas and process until they are fully broken down. Next, add the peanut butter, honey, and vanilla and process

	until you have a smooth mixture.
3	Remove the blade from the processor. Roll the mixture into small balls and place on your tray. Continue until you use all the mixture; you should have around 30 balls. Freeze for at least 20 minutes before serving.

Recipe stats:

23.6g Carbs

9.8g Fat

6.8g Protein

199.3 Calories

Blueberries: Raw, **1 cup (148g)**

Food stats:

21.4g Carbs

0.5g Fat

1.1g Protein

84.4 Calories

Total calories: 283.6

Lunch

Cool Summer Cucumber and Tomato Toss:

Cucumber

Peeled, raw

1/4 large (8-1/4" long)

70 grams

Tomatoes

Red, ripe, raw, year round average

1/2 large whole (3" dia)

91 grams

Balsamic vinegar

1/2 tbsp

8 grams

Olive oil

Salad or cooking

1/2 tbsp

6.8 grams

Salt

Table

1/4 dash

0.10 grams

Pepper

Spices, black

1/4 dash

0.025 grams

Directions

1	Place cucumber and tomatoes in a bowl. Pour in olive oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.
---	--

Recipe stats:

6.4g Carbs

7g Fat

1.2g Protein

91.6 Calories

Cottage Cheese with Cucumbers, Basil, & Cilantro:

Basil

Fresh

4 leaf, whole

2 grams

Fresh cilantro

Coriander leaves, raw

2 sprigs

4.4 grams

Cottage cheese

Lowfat, 1% milkfat

1 cup, (not packed)

226 grams

Cucumber

With peel, raw

1/2 cup slices

52 grams

Directions

1	Chop cucumber, basil and cilantro leaves and combine with cottage cheese. Serve.
---	--

Recipe stats:

8.2g Carbs

2.4g Fat

28.5g Protein

172 Calories

Total calories: 263.6

Dinner

Spinach Recipe:

Olive oil

Salad or cooking

1 tbsp
13.5 grams

Garlic
Raw
1 1/2 clove
4.5 grams

Salt
Table
1/2 dash
0.20 grams

Spinach
Raw
1 bunch
340 grams

Directions

1	Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.
2	Heat 2 tbsp. olive oil in a large skillet on medium-high heat. Add the garlic and saut for about 1 minute or until the garlic is just beginning to brown and become fragrant.
3	Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
4	After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture

from the pan. Add a little more olive oil, sprinkle with salt to taste.
Serve immediately.

Recipe stats:

13.9g Carbs

14.9g Fat

10g Protein

204.2 Calories

Total calories: 204.2

Snack 1

Peanut butter and jelly:

Multi-grain bread

(includes whole-grain)

1 slice regular

26 grams

Butter

Unsalted

1 tsp

4.7 grams

Peanut butter

Smooth style, without salt

1 1/2 tbsp

24 grams

Jams and preserves

1 tbsp

20 grams

Directions

1	Optionally toast the bread. Spread half a teaspoon of butter on each side of the bread. (1/3 tablespoon butter = 1 teaspoon)
2	Cover one slice with peanut butter, the other slice with jam, put together and eat.

Recipe stats:

30.4g Carbs

17.3g Fat

8.9g Protein

302 Calories

Total calories: 302

Snack 2

Toast with Pureed Coconut Cottage Cheese:

Whole-wheat bread

Commercially prepared

1 slice

28 grams

Coconut meat

Nuts, dried (desiccated), sweetened, flaked, packaged

1 tbsp

5.3 grams

Vanilla extract

1/4 tsp

1.1 grams

Honey

1/2 tbsp

10.5 grams

Cottage cheese

Lowfat, 1% milkfat

1/2 cup, (not packed)
113 grams

Directions

- | | |
|---|--|
| 1 | Combine cottage cheese, coconut, honey and vanilla in blender and puree until smooth. Spread on toasted bread and serve. |
|---|--|

Recipe stats:

26.6g Carbs

3.6g Fat

17.7g Protein

211.1 Calories

Total calories: 211.1

Snack 3

Spicy Yogurt Dip with Carrots:

Pepper or hot sauce

Ready-to-serve

2 tsp

9.6 grams

Carrots

Raw

2 1/10 cup strips or slices

256 grams

Nonfat greek yogurt

Nonfat, plain

8 oz

227 grams

Directions

1	Stir hot sauce into yogurt to combine. Enjoy with carrot strips.
---	--

Recipe stats:

32.8g Carbs

1.5g Fat

25.5g Protein

239.7 Calories

Total calories: 239.7

Day 3

Breakfast

Egg in a nest:

Egg

Whole, fresh eggs

1 large

50 grams

Multi-grain bread

(includes whole-grain)

1 slice regular

26 grams

Salt

Table

1/2 dash

0.20 grams

Butter

Unsalted

1/2 tbsp

7.1 grams

Pepper

Spices, black

1/2 dash

0.050 grams

Directions

1	Cut or tear a 2-inch hole out of the center of each slice of bread.
2	Melt the butter in a large nonstick frying pan over medium heat until foaming. Add the bread slices. Crack an egg into each bread hole, season with salt and pepper, and cook until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip and cook until the second side is golden brown, about 3 minutes more for runny yolks. Serve immediately.

Recipe stats:

11.7g Carbs

11.6g Fat

9.8g Protein

191.4 Calories

Apples: With skin, 1 medium

Food stats:

25.1g Carbs

0.3g Fat

0.5g Protein

94.6 Calories

Total calories: 286.1

Lunch

Seaweed Salad:

Cucumber
With peel, raw
1/4 cup slices
26 grams

Carrots
Raw
1/4 cup strips or slices
30.5 grams

Cabbage
Raw
1/10 cup, chopped
7.4 grams

Rice wine vinegar
1/2 tbsp
7.5 grams

Sesame oil
Salad or cooking
1/3 tbsp
4.5 grams

Honey
1/6 tbsp
3.5 grams

Salt
Table
1/10 tsp
0.50 grams

Seaweed
Wakame, raw
1/6 cup
13.3 grams

Directions

1	Soak seaweed in 3 cups of water for 5 minutes
2	Thinly slice carrots, cucumber, and cabbage
3	Strain water from seaweed
4	Mix and serve

Recipe stats:

8.4g Carbs

4.7g Fat

1g Protein

76.3 Calories

Cucumber Tea Sandwiches:

Whole-wheat bread

Commercially prepared

2 slice

56 grams

Cucumber

With peel, raw

1/2 cup slices

52 grams

Cream cheese

Low fat

2 tbsp

30 grams

Salt

Table

1 dash

0.40 grams

Pepper

Spices, black

1 dash

0.10 grams

Directions

1	Slice cucumber into thin coin slices. Spread cream cheese onto each slice of bread and top with cucumber slices. Sprinkle with salt and pepper and top with other piece of bread. Cut into quarters and enjoy!
---	--

Recipe stats:

28.3g Carbs

6.6g Fat

9.7g Protein

209.5 Calories

Total calories: 285.8

Dinner

Arugula Salsa Verde:

Capers

Canned

1/10 tbsp, drained

0.75 grams

Garlic

Raw

1/10 clove

0.25 grams

Lemon zest

1/10 tsp
0.17 grams

Bread crumbs
Dry, grated, plain
0.021 cup
2.3 grams

Red wine vinegar
1/10 tbsp
1.2 grams

Arugula
Raw
1/4 cup
5 grams

Parmesan cheese
Low sodium
0.021 cup, grated
2.1 grams

Olive oil
Salad or cooking
1/10 cup
13.5 grams

Tomatoes
Red, ripe, raw, year round average
1/6 plum tomato
10.3 grams

Directions

1	Finely chop garlic clove, capers and arugula leaves
2	Mix tomatoes, lemon zest, garlic, arugula, breadcrumbs, capers, and vinegar in a small bowl. Using a wooden spoon, slowly mix in 3/4 cup oil, then Parmesan. Pour a little oil on surface to keep salsa from discoloring.

Recipe stats:

2.4g Carbs

14.3g Fat

1.4g Protein

141.7 Calories

Total calories: 141.7

Snack 1

Simple Caprese Sandwich:

Sourdough bread

French or vienna

1 slice, large (6" x 2-1/2" x 1-3/4")

96 grams

Mozzarella cheese

Whole milk

1 oz

28.4 grams

Tomatoes

Red, ripe, raw, year round average

2 slice, medium (1/4" thick)

40 grams

Directions

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.
---	--

Recipe stats:

52g Carbs

8.7g Fat

16.9g Protein
353.4 Calories

Total calories: 353.4

Snack 2

Peanut Butter & Celery:

Peanut butter
Chunk style, without salt
2 tbsp
32 grams

Celery
Raw
2 stalks, large (11 inches long)
128 grams

Directions

1	Spread peanut butter on celery and enjoy!
---	---

Recipe stats:
10.7g Carbs
16.2g Fat
8.6g Protein
209 Calories

Total calories: 209

Snack 3

Cinnamon Honey Cottage Cheese:

Cinnamon
Spices, ground
1/4 tsp
0.65 grams

Cottage cheese
Lowfat, 1% milkfat
1 cup, (not packed)
226 grams

Honey
1 tbsp
21 grams

Directions

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

Recipe stats:

24g Carbs

2.3g Fat

28.1g Protein

228.2 Calories

Total calories: 228.2

Day 4

Breakfast

Fluffy Canadian Pancakes:

Wheat flour

Whole-grain

1/4 cup

30 grams

Baking powder

Leavening agents, low-sodium

1/4 tbsp

3.8 grams

Reduced fat milk

Fluid, 2% milkfat, with added vitamin a and vitamin d

1/4 cup

61 grams

Egg

Whole, fresh eggs

3/4 large

37.5 grams

Directions

1	Separate and yolks and whites from each other. Set aside.
2	In a medium bowl, combine flour and baking powder. Stir in milk and egg yolks until smooth.
3	In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain.

4	Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.
---	---

Recipe stats:

26.5g Carbs

5.5g Fat

10.7g Protein

189.8 Calories

Strawberries: Raw, **2 cup, whole(288g)**

Food stats:

22.1g Carbs

0.9g Fat

1.9g Protein

92.2 Calories

Total calories: 281.9

Lunch

Hummus on Rye:

Hummus

Commercial

1/4 cup

61.5 grams

Rye bread

Reduced-calorie

2 slice

46 grams

Pickles

Cucumber, dill or kosher dill

1 slice
7 grams

Tomatoes
Red, ripe, raw, year round average
1 slice, medium (1/4" thick)
20 grams

Lettuce
Green leaf, raw
1 leaf outer
24 grams

Directions

1	This is a pretty simple, nutritious, and satisfying sandwich. If you are a big eater you can add some additional hummus.
---	--

Recipe stats:
29g Carbs
7.3g Fat
9.6g Protein
203.5 Calories

Tomato Salad:

Vinegar
Cider
1/10 cup
19.7 grams

Cucumber
Peeled, raw
1 medium
201 grams

Onions

Raw
1/4 large
37.5 grams

Tomatoes
Red, ripe, raw, year round average
1 1/2 medium whole (2-3/5" dia)
185 grams

Water
Plain, clean water
1/4 cup
59.2 grams

Directions

1	Peel and slice cucumbers into coins. Cut tomatoes into pieces. Dice red onion. Add vinegar and water and mix well.
---	--

Recipe stats:
15.3g Carbs
0.7g Fat
3.2g Protein
76.5 Calories

Total calories: 280

Dinner

Chinese Broccoli:

Butter
Unsalted
1/2 tbsp
7.1 grams

Chinese Five Spice Blend Grinder
President's Choice

1/10 tsp
0.37 grams

Broccoli
Chinese, cooked
1 1/4 cup
110 grams

Soy sauce
Made from soy and wheat (shoyu)
1/2 tsp
2.6 grams

Peanuts
All types, oil-roasted, with salt
1/10 cup, chopped
12 grams

Directions

1	PREPARATION: Trim broccoli. Crush peanuts.
2	1. In a pot filled with 2 inches of water, steam the broccoli or Broccolini until the stems are just tender, 4 to 5 minutes. Transfer to a platter.
3	2. Discard the water. Add the butter, soy sauce, five-spice powder, and 2 teaspoons water and place over medium-low heat.
4	3. Stir until the butter has melted.
5	4. Drizzle the mixture over the vegetables, top with the nuts, and serve.

Recipe stats:

6.2g Carbs

12.9g Fat

4.9g Protein
148.4 Calories

Total calories: 148.4

Snack 1

Coconut Milk Protein Shake:

Whey protein powder
Gold Standard, Any flavor, 100% whey protein
60 grams
60 grams

Pure Coconut Milk
Silk
1 cup
240 grams

Cocoa
Dry powder, unsweetened, hershey's european style cocoa
2 tbsp
10 grams

Directions

1	Mix two scoops protein powder (preferably vanilla flavor) with 1 cup coconut milk and 2 Tbsp. of cocoa powder.
---	--

Recipe stats:
19g Carbs
8g Fat
51g Protein
360 Calories

Total calories: 360

Snack 2

Cottage Cheese Honey Toast:

Whole-wheat bread
Commercially prepared
1 slice
28 grams

Cottage cheese
Lowfat, 1% milkfat
1/2 cup, (not packed)
113 grams

Honey
1 tbsp
21 grams

Directions

1	Toast bread to your liking. Spread with cottage cheese and drizzle with honey. Enjoy!
---	---

Recipe stats:
32.3g Carbs
2.1g Fat
17.5g Protein
215.8 Calories

Total calories: 215.8

Snack 3

Rice Cake with Lox & Cream Cheese:

Rice cakes

Snacks, brown rice, plain

1 cakes

9 grams

Cream cheese

Low fat

2 tbsp

30 grams

Chinook salmon

Fish, smoked, (lox), regular

3 oz

85 grams

Directions

1	Spread cream cheese on rice cake and top with lox. Enjoy!
---	---

Recipe stats:

9.8g Carbs

8.5g Fat

18.6g Protein

194.6 Calories

Total calories: 194.6

Day 5

Breakfast

Smoked salmon and cottage sandwich:

Chinook salmon

Fish, smoked

3 oz, boneless

85.1 grams

Cottage cheese

Lowfat, 1% milkfat

2 oz

56.5 grams

Tomatoes

Red, ripe, raw, year round average

3 slice, medium (1/4" thick)

60 grams

Whole-wheat bread

Commercially prepared, toasted

1 slice

25 grams

Directions

- | | |
|---|---|
| 1 | Toast the bread. Layer the salmon, tomatoes and top with the cottage cheese. Eat. |
|---|---|

Recipe stats:

16.7g Carbs

5.4g Fat

27.1g Protein

227.5 Calories

Oranges: Raw, all commercial varieties, **3 fruit (2-5/8" dia)(393g)**

Food stats:

46.2g Carbs

0.5g Fat

3.7g Protein

184.7 Calories

Total calories: 412.2

Lunch

Curry Chicken Salad:

Chicken breast

Broilers or fryers, meat only, raw

1/2 breast, bone and skin removed

118 grams

Celery

Raw

1/2 stalks, large (11 inches long)

32 grams

Light mayonnaise

Salad dressing, light

1/10 cup

20 grams

Curry powder

Spices

1/3 tsp

0.67 grams

Directions

1	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	In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

Recipe stats:

3.2g Carbs

7.7g Fat

26.9g Protein

196.5 Calories

Celery: Raw, **1 stalk, medium (7-1/2" - 8" long) (40g)**

Food stats:

1.2g Carbs

0.1g Fat

0.3g Protein

6.4 Calories

Total calories: 202.9

Dinner

Sesame Broccoli:

Broccoli

Raw

3/8 lb

170 grams

Sesame oil

Salad or cooking

1/4 tbsp

3.4 grams

Sesame seeds

Seeds, whole, roasted and toasted

1/2 tbsp

7.5 grams

Soy sauce

Made from soy and wheat (shoyu)

1/4 tbsp

4 grams

Directions

1	Prepare the broccoli for cooking. Boil, steam and drain. Please DO NOT over cook! Generally 6-8 minutes to steam or boil is about right for crisp broccoli.
2	Heat the sesame oil on a skillet or wok for 15 seconds over high heat. Add the sesame seeds and the broccoli.
3	Stir fry until heated through.
4	Remove from the pan to a serving dish, pour soy sauce over!

Recipe stats:

13.4g Carbs

7.7g Fat

6.4g Protein

132.4 Calories

Total calories: 132.4

Snack 1

Cottage cheese and salsa:

Cottage cheese

Lowfat, 1% milkfat
2 cup, (not packed)
452 grams

Salsa
Sauce, ready-to-serve
4 tbsp
64 grams

Directions

1	Use chunky salsa for a better texture. Mix the two together and eat.
---	--

Recipe stats:
16.6g Carbs
4.7g Fat
57g Protein
344 Calories

Total calories: 344

Snack 2

Grapes: Red or green, raw, **2 cup (302g)**

Food stats:
54.7g Carbs
0.5g Fat
2.2g Protein
208.4 Calories

Total calories: 208.4

Snack 3

Cream cheese and salsa pinwheels:

Tortillas

Ready-to-bake or -fry, flour

1 tortilla (approx 7-8" dia)

46 grams

Cream cheese

Low fat

2 tbsp

30 grams

Salsa

Sauce, ready-to-serve

2 tbsp

32 grams

Directions

1	Soften the cream cheese by leaving it out or briefly microwaving it.
2	Mix cream cheese and salsa together. It should be easily spreadable.
3	Place 4 tablespoons of the mixture evenly across each tortilla. Roll the tortillas up while trying to not displace the spread.
4	Optionally, chill the rolls for a firmer product. Then, cut the rolls into 1 inch slices and serve. Should make around 24 slices.

Recipe stats:

28.1g Carbs

7.3g Fat

6.5g Protein
204.4 Calories

Total calories: 204.4

Day 6

Breakfast

Morning Salmon Salad:

Atlantic salmon
Fish, wild, cooked, dry heat
1 1/2 oz
42.5 grams

Whole-wheat bread
Commercially prepared
1 slice
28 grams

Chives
Raw
1 tsp chopped
1 grams

Pepper
Spices, black
1/2 dash
0.050 grams

Cream cheese
Low fat
1 tbsp
15 grams

Directions

1	Shred salmon with a fork (either pre-cooked or smoked).
2	Mix the cream cheese and salmon.
3	When cream cheese and salmon are mixed, add the chives and season with black pepper to taste. Spread on toast.

Recipe stats:

13.3g Carbs

6.7g Fat

15.5g Protein

178.5 Calories

Apples: With skin, **2 medium (3" dia)(364g)**

Food stats:

50.3g Carbs

0.6g Fat

0.9g Protein

189.3 Calories

Total calories: 367.8

Lunch

Tomato & Basil Salad:

Tomatoes

Red, ripe, raw, year round average

2 1/2 plum tomato

155 grams

Basil

Fresh

2 1/2 tbsp, chopped

6.6 grams

Onions

Raw

1/2 cup, chopped

80 grams

Mozzarella cheese

Part skim milk

1/2 cup, diced

66 grams

Balsamic vinegar

2 tsp

10.6 grams

Olive oil

Salad or cooking

2 tbsp

27 grams

Pepper

Spices, black

1/2 dash

0.050 grams

Salt

Table

1/2 dash

0.20 grams

Directions

1	Wash and dice tomatoes. Chop fresh basil. Peel and dice onion.
2	Combine vinegar, oil, basil and toss to taste in a large bowl. Add tomatoes, onion, cheese and toss to coat.
3	You can serve right away or you can let sit for about an hour in the

	fridge to marry the flavours.
--	-------------------------------

Recipe stats:

17.3g Carbs

37.9g Fat

18.5g Protein

477.2 Calories

Cucumber & Hummus:

Hummus

Commercial

1/4 cup

61.5 grams

Cucumber

With peel, raw

1 cup slices

104 grams

Directions

1	Cut cucumber into round slices and eat with hummus.
---	---

Recipe stats:

12.6g Carbs

6g Fat

5.5g Protein

117.7 Calories

Total calories: 594.9

Dinner

Salted Mint Lassi:

Spearmint

Fresh

1/6 cup

15.2 grams

Nonfat greek yogurt

Nonfat, plain

2/3 oz

18.9 grams

Water

Plain, clean water

1/10 cup

19.7 grams

Salt

Table

1/4 tsp

1.5 grams

Cumin

Spices, cumin seed

1/3 tsp, whole

0.70 grams

Directions

1	Toast cumin in a dry small heavy skillet over medium heat, shaking skillet frequently, until fragrant, 1 to 2 minutes. Transfer 1 1/2 teaspoons to a blender with mint, yogurt, kosher salt, and water.
2	Blend until pale green with flecks of mint and cumin. Serve lassi over ice and sprinkle with remaining 1/2 teaspoon cumin seeds.

Recipe stats:

2.3g Carbs

0.3g Fat

2.5g Protein

20.5 Calories

Total calories: 20.5

Snack 1

Cucumber Salad:

Light mayonnaise

Salad dressing, light

1/10 cup

20 grams

Sour cream

Reduced fat, cultured

1/2 tbsp

7.5 grams

Vinegar

Cider

1/2 tbsp

7.5 grams

Honey

1/4 tbsp

5.3 grams

Poppy seed

Spices

1/4 tsp

0.73 grams

Salt

Table

1/8 tsp

0.75 grams

Pepper
Spices, black
1/10 tsp
0.13 grams

Cucumber
Peeled, raw
226 4/5 grams

Onions
Raw
1/4 small
17.5 grams

Directions

1	In a medium bowl, stir together mayonnaise, sour cream, vinegar, honey, poppy seeds, coarse salt, and pepper. Add cucumbers and onion; toss to combine.
---	---

Recipe stats:

13.4g Carbs

6g Fat

2g Protein

113.7 Calories

Total calories: 113.7

Snack 2

Yogurt with Sun-Dried Tomatoes & Basil:

Sun-dried tomatoes

Packed in oil, drained

2 tbsp

13.8 grams

Nonfat greek yogurt

Nonfat, plain

8 oz

227 grams

Basil

Fresh

5 leaf, whole

2.5 grams

Pepper

Spices, black

1 dash

0.10 grams

Directions

1	Chop up sun-dried tomatoes and basil. Mix into yogurt with a dash of pepper and enjoy!
---	--

Recipe stats:

11.5g Carbs

2.8g Fat

23.9g Protein

163.9 Calories

Total calories: 163.9

Snack 3

Yogurt with Pesto & Garbanzo Beans:

Nonfat greek yogurt

Nonfat, plain

4 oz

113 grams

Chickpeas

(garbanzo beans, bengal gram), mature seeds, canned

1/2 cup

120 grams

Basil Pesto

President's Choice

1 tbsp

15 grams

Directions

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

Recipe stats:

23g Carbs

9.8g Fat

18.2g Protein

250 Calories

Total calories: 250

Day 7

Breakfast

Oat & cottage pancakes:

Egg

Whole, fresh eggs

1 1/3 large

66.7 grams

Oatmeal

Cereals, Quaker, dry rolled oats

1/6 cup

13.3 grams

Cottage cheese

Lowfat, 1% milkfat, no sodium added

1/3 cup

75.3 grams

Directions

1	Blend together in a bowl
2	Pour in a pan
3	Cook
4	Add a teaspoon of vanilla extract for taste, and feel free to add fruits

Recipe stats:

12.2g Carbs

7.4g Fat

19.4g Protein
194.1 Calories

Oranges: Raw, all commercial varieties, 1 fruit

Food stats:
15.4g Carbs
0.2g Fat
1.2g Protein
61.6 Calories

Total calories: 255.7

Lunch

Bell Pepper and Hummus Snack:

Red bell pepper
Sweet, raw
1 large (2-1/4 per pound, approx 3-3/4" lo
164 grams

Hummus
Commercial
2 tbsp
30 grams

Directions

1	1 bell pepper sliced with 2 tbsp hummus.
---	--

Recipe stats:
14.2g Carbs
3.4g Fat

4g Protein
100.6 Calories

Vegan Cottage Cheeze:

Tofu
Silken, firm, Mori-nu, soy
3 oz
85.1 grams

Cashew nuts
Nuts, raw
1/4 oz
7.1 grams

Almond milk
Plain
3/4 tbsp
11.3 grams

Vinegar
Cider
1/4 tsp
1.3 grams

Nutritional Yeast
Vegan - Whole Foods Market
1/10 tbsp
0.63 grams

Salt
Table
1/8 tsp
0.75 grams

Dill
Fresh
1/4 tsp
0.046 grams

Whole-wheat bread
Commercially prepared
1 slice
28 grams

Directions

1	Soak cashews in water for at least two hours before making. Drain well before using.
2	Crumble up silken tofu into a bowl with your fingers or fork until lumpy. Set aside.
3	In a food processor, blend cashews, almond milk, vinegar, nutritional yeast and salt until smooth to make sauce.
4	Gently mix cashew sauce with tofu. Top with fresh herbs of choice and serve on toast. Store in an airtight container in fridge and eat within 4 days.

Recipe stats:

16.8g Carbs

6.5g Fat

11g Protein

168.1 Calories

Total calories: 268.7

Dinner

Grilled Polenta Chips:

Yellow Polenta

365 Everyday Value

2 oz

56.7 grams

Olive oil
Salad or cooking
1/4 tbsp
3.4 grams

Nutritional Yeast
Vegan - Whole Foods Market
1 1/2 oz
42.5 grams

Pepper
Spices, black
1/4 dash
0.025 grams

Salt
Table
1/4 dash
0.10 grams

Directions

1	Heat a grill or grill pan to medium-high heat and lightly rub your grill with olive oil.
2	Cut tube of polenta into 1/4" to 1/2" slices. Brush both sides of the polenta cakes with the olive oil. Sprinkle both sides with nutritional yeast, salt and pepper.
3	Lay the polenta rounds in one layer on the grill, and grill for 5 minutes on each side or until both sides are golden and crunchy and have grill marks.
4	Remove the cakes from the grill and place on a large plate to cool. Serve warm or at room temperature. Enjoy!

Recipe stats:

26.1g Carbs
6.5g Fat
21g Protein
245.4 Calories

Total calories: 245.4

Snack 1

Veggie wrap:

Carrots

Raw

1 large (7-1/4" to 8-1/2" long)

72 grams

Mushrooms

White, raw

1/8 cup, pieces or slices

8.8 grams

Cucumber

With peel, raw

1/2 cup slices

52 grams

Broccoli

Raw

2 spear (about 5" long)

62 grams

Tomatoes

Red, ripe, raw, year round average

3 slice, medium (1/4" thick)

60 grams

Tortillas

Ready-to-bake or -fry, flour

1 tortilla (approx 7-8" dia)

46 grams

Cream cheese

Low fat

1 tbsp

15 grams

Ranch dressing

Salad dressing, reduced fat

1 tbsp

15 grams

Directions

1	If possible, warm the tortilla in the microwave for 10-15 seconds.
2	Chop up all the veggies.
3	Spread cream cheese on the tortilla
4	Place the vegetables over the tortilla.
5	Spread salad dressing over vegetables. For more calories and probably a tastier wrap, use dressing with fat.
6	Fold up the wrap. Feel free to use other vegetables if you have different preferences, but you may want to check how it affects the nutrition.

Recipe stats:

43.5g Carbs

7.5g Fat

8.6g Protein

265.5 Calories

Total calories: 265.5

Snack 2

Smoked Almond Cottage Cheese Endive Bites:

Cottage cheese

Lowfat, 1% milkfat

1/4 cup, (not packed)

56.5 grams

Hickory Smoked Almonds All-Natural

Good Sense

1/8 cup

14 grams

Hot Red Pepper Jelly

President's Choice

1 tbsp

15 grams

Endive

Raw

1/2 head

257 grams

Directions

1	Separate endive leaves into separate "cups". Chop almonds.
2	Top each leaf with a little cottage cheese, a few almonds, and a drizzle of hot pepper jelly. Serve.

Recipe stats:

25.1g Carbs

9.1g Fat

13.2g Protein

224.3 Calories

Total calories: 224.3

Snack 3

Basic protein shake:

Whey protein powder

Gold Standard, Any flavor, 100% whey protein

30 grams

30 grams

Reduced fat milk

Fluid, 2% milkfat, with added vitamin a and vitamin d

1 cup

244 grams

Directions

1	Add whey to milk, stir until no chunks of whey are left in the milk.
---	--

Recipe stats:

14.7g Carbs

5.8g Fat

32g Protein

242 Calories

Total calories: 242