



LEAN AND RIPPED

DIET PLAN FOR WOMEN

2200
CALORIES

PLAN DEVELOPED BY A
REGISTERED DIETICIAN

BROUGHT TO YOU BY FUNK SUPPLEMENTS INC.



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Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

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INTRODUCTION

"I don't know what to eat, when to eat and how much to eat!"

Does that sound familiar?

When it comes to food, the things that matter the most is the foods that nourish us, are delicious, full of energy and heal our bodies.

You can't out train a bad diet, so the key is to focus on nutrient dense, whole foods to help reach both your fitness and health goals.

In this ebook we share with you a lean and ripped diet plan that has you eating 2200 calories per day. This is a diet plan that you would use to lose the last 5-10 unwanted pounds.

Once you reach your goal you need to transition to one of our other diet plans that you will use to maintain lean muscle, fat loss and improved health.

If you are struggling to lose a few unwanted pounds then follow this meal plan to get results.

To your success!

Team Funk Supplements

GROCERY LIST

CATEGORY	FOOD	QTY	MEASURE
BEANS, LENTILS	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquid	0.5	cup
	Black beans	0.5	cup
	Hummus	3	tbsp
BEVERAGES	Water	72	fluid ounces
BREADS & BAKED GOODS	Wheat melba toast	4	each
	Van's Whole Grain Waffles	1	each
CARB SNACK FOODS (HEALTHY)	Banana - med 8"	1	each
	Apple	2	each
DAIRY	Milk - 1%	10.83	cup
	Cottage cheese	1.5	cup
	Grated parmesan cheese	1	tbsp
DRESSINGS	Balsamic Vinegar	6	tbsp
	Italian dressing, reduced fat	7	tbsp
FATS & OILS	Sliced avocado	0.38	cup
	Olive Oil	6.75	tsp
FIBROUS CARBOHYDRATES (HEALTHY)	Dry steel cut oats	1	cup
	Brown rice, cooked	1.5	cup
	Whole wheat pasta, cooked	0.75	cup
	Whole wheat spaghetti, cooked	1	cup
	Whole wheat wrap	2	each
	Sweet potato, baked in peel, large	0.5	each
	100% whole wheat wrap, 6"	7	each
	Whole wheat English muffin	2	each
	Wheat bread	4	slice

GROCERY LIST - PART 2

FRUITS & FRUIT JUICES	Blueberries, raw	1	cup
	Strawberries	3.33	cup
	Grapes	2.83	cup
	Fresh raspberries	2.25	cup
	Frozen unsweetened strawberries	0.5	cup
	Frozen unsweetened blueberries	0.75	cup
	Sliced fresh peaches	1.5	cup
	Grapefruit	1	each
	Small banana	2	each
JAMS/SPREADS/ SAUCES/SYRUPS	Salsa	0.39	cup
	Mayo - low fat	1.5	tbsp
	Almond butter	1	tbsp
	Trans fat-free buttery spread	2	tsp
NOODLES & PASTAS	Quinoa, cooked	3.5	cup
NUTS & SEEDS	Seeds, chia seeds, dried	0.25	ounce
	Pistachio nuts	24	each
	Slivered almonds	0.5	tbsp
	Chopped walnuts	0.5	tbsp
CUPPERFORMANCE CARBOHYDRATES	Oatmeal - quick, measure uncooked	1.25	cup
	Orange - medium	1	each
POULTRY	Turkey bacon	1	ounce
PROTEIN SNACK FOODS (HEALTHY)	String cheese, part skim mozzarella	1	each
	Kind Bar, Peanut Butter Dark Chocolate + Protein	1	each
	Pumpkin seeds, roasted, unsalted	0.5	tbsp

GROCERY LIST - PART 3

PROTEINS (HEALTHY)	Tuna Solid White in water	0.25	cup
	Beans	0.5	cup
	Egg whole with yolk	2	each
	Egg whites - scrambled/boiled	3	each
	Egg white	13	large
	Chicken Breast/White Meat	41	ounces
	Water packed white tuna	6	ounces
	Turkey breast	22	ounces
	Extra lean beef	17	ounces
	Canned salmon	6	ounces
	Greek yogurt, plain, non fat	16	ounces
	Tilapia	19	ounces
	Lean ground turkey, raw	9	ounces
	2% milk fat cheddar cheese	6	ounces
	Canadian bacon, extra lean	5	ounces
	Protein powder	10	scoop
Peanut butter	2	tsp	
RICE, GRAINS, FLOUR	Oats	0.25	cup
SEASONINGS	Mustard	3	tsp
STARCHY CARBOHYDRATES (HEALTHY)	Red potatoes	2	cup
	Baked potato, large	0.5	each
TOPPINGS	Honey	1	tbsp

GROCERY LIST - PART 4

VEGETABLES	Asparagus, cooked, boiled, drained	2	tbsp
	Onions, raw	0.5	0.5 cup
	Mixed greens	6.5	small
	Green beans, steamed or boiled	1.5	cup
	Tomato sauce	0.5	cup
	Carrots	2.16	cup
	Mixed vegetables (non starchy)	2.33	cup
	Chopped tomato	3.13	cup
	Artichokes	0.33	cup
	Mixed green salad	4	cup
	Broccoli	6.5	cup
	Fresh spinach	6	cup
	Fresh mushrooms	1	cup
	Lettuce leaf	4	each
	Baby carrots	6	each
	Asparagus spears	26	each
	Tomato slice	4	each
Chopped onion	3	tbsp	

DAY 1

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - OATMEAL WITH NUTS & BERRIES							
14	0.5	tbsp	Chopped walnuts	1	0.5	2.25	25
3	0.5	cup	Dry steel cut oats	5	27	2.5	150
7	0.5	cup	Fresh raspberries	0.5	7.5	0.5	30
5	1.5	cup	Milk - 1%	12	17.55	3.9	153
1	1	scoop	Protein Powder	15	0	1	70
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR BREAKFAST				33.5	52.55	10.15	428
SNACK 1 - SPREAD ALMOND BUTTER ON MUFFIN, SPRINKLE WITH SEEDS							
21	0.5	tbsp	Almond Butter	1	1.5	4.5	50.5
8	0.5	tbsp	Pumpkin seeds, roasted, unsalted	1	0.5	1.75	20
14	0.3	ounce	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
3	1	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
TOTALS FOR SNACK 1				8.98	31.65	9.82	238.93
LUNCH - SALAD, SERVED WITH TOAST							
20	1	tbsp	Balsamic Vinegar	0	2	0	10
1	8	ounces	Chicken Breast/White Meat	52	0	3.2	248
4	0.3	cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquid	2.95	8.09	1.17	52.8
6	0.5	cup	Chopped tomato	1	3.5	0	15
1	3	each	Egg Whites - scrambled/boiled	10.5	0.9	0	51
20	1	tbsp	Italian dressing, reduced fat	0	1	1	10
6	2	cup	Mixed Greens	0	2	0	10
23	0.1	cup	Sliced Avocado	0.39	1.56	2.73	29.9
16	4	each	Wheat melba toast	2.56	15.28	0.44	74.8
TOTALS FOR LUNCH				69.40	34.33	8.54	501.50

DAY 1

SNACK 2 - BEAN & CHEESE BURRITO WRAP							
3	2	each	100% whole wheat wrap, 6"	6	26	2	140
1	2	ounces	2% milkfat cheddar cheese	14	2	4	100
1	0.3	cup	Beans	3	8.5	0.25	50
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
TOTALS FOR SNACK 2				23.52	38.61	6.3	299.09
DINNER - ROAST TILAPIA WITH BEANS & QUINOA, BROCCOLI & SPINACH SALAD							
4	0.5	cup	Black beans	7	20	0.5	100
6	0.5	cup	Broccoli	1.86	5.6	0.32	27.3
6	2	cup	Fresh spinach	1.6	2.18	0.24	27.3
20	2	tbsp	Italian dressing, reduced fat	0	2	2	20
17	0.8	cup	Quinoa, cooked	6.11	29.55	2.66	166.5
1	9	ounces	Tilapia	54	0	0	225
TOTALS FOR DINNER				70.57	59.33	5.72	552.6
SNACK 3 - TOP COTTAGE CHEESE WITH PEACHES							
5	0.8	cup	Cottage cheese	20.25	6	4.5	142.5
7	0.8	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
TOTALS FOR DINNER				21.02	14.11	4.72	175.65
TOTALS FOR DAY 1				226.99	230.58	45.25	2195.77

DAY 2

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - EGG WHITE, TOMATO & MUSHROOM IN SPREAD, OATS WITH MILK							
1	2	ounces	Canadian bacon, extra lean	12	2	2	70
6	1	cup	Chopped tomato	2	7	0	30
1	4	large	Egg white	16	0	0	60
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.7
7	0.5	each	Grapefruit	0.6	11.9	0.1	46
5	1	cup	Milk - 1%	8	11.7	2.6	102
10	0.5	cup	Oatmeal - quick, measure uncooked	6.6	27.9	3	148.5
21	1	tsp	Trans fat-free buttery spread	0	0	1.5	15
TOTALS FOR BREAKFAST				46.28	61.64	9.32	479.20
SNACK 1 - PROTEIN SMOOTHIE							
5	1	cup	Milk - 1%	8	11.7	2.6	102
1	1	scoop	Protein Powder	15	0	1	70
7	0.5	cup	Strawberries	0.5	4.5	0	30
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 1				23.5	16.2	3.6	202
LUNCH - TUNA VEGETABLE PASTA SALAD							
6	0.3	cup	Artichokes	1.65	6.6	0.17	29.7
20	2	tbsp	Italian dressing, reduced fat	0	2	2	20
6	1	cup	Mixed Greens	0	1	0	5
6	1	cup	Mixed vegetables (non starchy)	1	7	0	40
1	6	ounces	Water packed white tuna	42	0	6	210
3	0.8	cup	Whole wheat pasta, cooked	5.25	27.75	0.75	127.5
TOTALS FOR LUNCH				49.9	44.35	8.92	432.2

DAY 2

SNACK 2 - TURKEY SANDWICH SNACK							
6	0.7	cup	Carrots	0.75	7.72	0.19	33
21	1	tbsp	Mayo - low fat	0	4	1	25
0	1	tsp	Mustard	0.22	0.27	0.2	3.35
1	3	ounces	Turkey Breast	25.5	0	0.6	114
3	2	slice	Wheat bread	5.46	23.76	1.82	133
TOTALS FOR SNACK 2				31.93	35.75	3.81	308.35
DINNER - TOSS POTATO IN OIL, SEASON & ROAST							
6	14	each	Asparagus spears	4.9	8.68	0.28	44.8
6	1.5	cup	Broccoli	5.58	16.8	0.96	81.9
1	8	ounces	Extra lean beef	50	4	6	260
23	1.5	tsp	Olive Oil	0	0	6.75	60
2	1	cup	Red potatoes	3	24	0	100
TOTALS FOR DINNER				63.48	53.48	13.99	546.7
SNACK 3 - TOP OATS WITH MILK							
5	1	cup	Milk - 1%	8	11.7	2.6	102
17	0.3	cup	Oats	6.59	25.85	2.69	151.71
TOTALS FOR SNACK 3				14.59	37.55	5.29	253.71
TOTALS FOR DAY 2				229.68	248.97	44.93	2222.16

DAY 3

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - TOP WAFFLE WITH FRIED EGG, BACON & HONEY							
1	4	ounces	Canadian bacon, extra lean	24	4	4	140
1	2	each	Egg whole with yolk	13.4	2.6	14.6	200
7	0.5	cup	Grapes	0.5	13.5	0	50
22	1.3	tbsp	Honey	0.13	21.62	0	80
16	2	each	Van's Whole Grain Waffles	5	25	5	150
TOTALS FOR BREAKFAST				43.03	66.72	23.6	620
SNACK 1 - PROTEIN SMOOTHIE							
7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	1	scoop	Protein Powder	15	0	1	70
7	1	each	Small banana	1	23	0	90
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 1				16.47	33.09	1.12	198.67
LUNCH - ROAST TURKEY WITH SWEET POTATO, ASPARAGUS & SPINACH SALAD							
6	1.5	cup	Broccoli	5.58	16.8	0.96	81.9
6	2	cup	Fresh spinach	1.6	2.18	0.24	13.8
20	1	tbsp	Italian dressing, reduced fat	0	1	1	10
3	0.5	each	Sweet potato, baked in peel, large	2	18.5	0	80
1	8	ounces	Turkey Breast	68	0	1.6	304
TOTALS FOR LUNCH				77.18	38.48	3.8	489.70
SNACK 2 - HUMMUS TORTILLA WRAPS, WITH APPLE							
3	2	each	100% whole wheat wrap, 6"	6	26	2	140
9	1	each	Apple	0.3	21	0.5	81
4	3	tbsp	Hummus	3	6	4.5	75
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0	13.2
TOTALS FOR SNACK 2				9.63	55.31	7	309.2

DAY 3

DINNER - ROAST CHICKEN & VEGETABLES WITH OIL							
6	2	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.4	0.4	39.6
6	1	cup	Carrots	1.13	11.69	0.29	50
1	8	ounces	Chicken Breast/White Meat	52	0	3.2	248
23	1.8	tsp	Olive Oil	0	0	7.88	70
6	0.5	small	Onions, raw	0.39	3.27	0.04	14
2	1	cup	Red potatoes	3	24	0	100
TOTALS FOR DINNER				60.84	46.36	11.81	521.6
SNACK 3 - PROTEIN SMOOTHIE							
7	1	cup	Fresh raspberries	1	15	1	60
1	1	scoop	Protein Powder	15	0	1	70
9	1	each	Banana - med 8"	1.2	26.7	0.6	105
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 3				17.2	41.7	2.6	235
TOTALS FOR DAY 3				215.82	263.84	46.43	2248.17

DAY 4

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - EGG WHITE SCRAMBLE, WITH SIDE OF FRUIT							
1	1	ounces	2% milkfat cheddar cheese	7	1	2	50
1	4	large	Egg white	16	0	0	60
7	1	cup	Grapes	1	27	0	100
7	1.5	cup	Strawberries	1.5	13.5	0	90
11	1	ounces	Turkey bacon	4.74	0.5	4.46	61.12
3	1	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
TOTALS FOR BREAKFAST				36.05	68.66	7.85	495.1
SNACK 1 - OPEN FACED TUNA SANDWICH WITH CARROTS							
6	6	each	Baby carrots	0.6	4.8	0.6	24
21	0.5	tbsp	Mayo - low fat	0	2	0.5	12.5
1	0.3	cup	Tuna Solid White in water	15	0	1	70
3	1	slice	Wheat bread	2.73	11.88	0.91	66.5
TOTALS FOR SNACK 1				18.33	18.68	3.01	173
LUNCH - SALMON QUINOA SALAD							
1	6	ounces	Canned salmon	42	0	6	240
4	0.3	cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquid	2.95	8.09	1.17	52.8
6	0.5	cup	Chopped tomato	1	3.5	0	15
20	1	tbsp	Italian dressing, reduced fat	0	1	1	10
17	0.8	cup	Quinoa, cooked	6.11	29.55	2.66	166.5
TOTALS FOR LUNCH				52.06	42.14	10.83	484.30
SNACK 2 - PEANUT BUTTER WRAPS							
3	2	each	100% whole wheat wrap, 6"	6	26	2	140
5	1	cup	Milk - 1%	8	11.7	2.6	102
1	2	tsp	Peanut butter	2	2	6	60
TOTALS FOR SNACK 2				16	39.7	10.6	302

DAY 4

DINNER - SEASON & ROAST TILAPIA							
3	1	cup	Brown rice, cooked	5	45	2	220
6	1.5	cup	Green beans, steamed or boiled	4.5	10.5	0.75	67.5
23	1	tsp	Olive Oil	0	0	4.5	40
1	10	ounces	Tilapia	60	0	0	250
TOTALS FOR DINNER				69.5	55.5	7.25	577.5
SNACK 3 - PROTEIN SMOOTHIE							
5	1	cup	Milk - 1%	8	11.7	2.6	102
1	1	scoop	Protein Powder	15	0	1	70
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 3				23	11.7	3.6	172
TOTALS FOR DAY 4				214.94	236.38	43.14	2203.90

DAY 5

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - SPREAD NUT BUTTER ON BREAD, WITH PROTEIN BAR & MILK							
21	0.5	tbsp	Almond butter	1	1.5	4.5	50.5
7	0.5	each	Grapefruit	0.6	11.9	0.1	46
8	1	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7	17	13	200
5	1	cup	Milk - 1%	8	11.7	2.6	102
3	1	slice	Wheat bread	2.73	11.88	0.91	66.5
TOTALS FOR BREAKFAST				19.33	53.98	21.11	465
SNACK 1 - TOP YOGURT WITH SLICED BANANA							
1	8	ounces	Greek yogurt, plain, non fat	16	8	0	120
7	1	each	Small banana	1	23	0	90
TOTALS FOR SNACK 1				17	31	0	210
LUNCH - TOP RICE WITH GRILLED CHICKEN & VEGETABLES							
3	0.5	cup	Brown rice, cooked	2.5	22.5	1	110
1	8	ounces	Chicken Breast/White Meat	52	0	3.2	248
6	0.5	cup	Chopped tomato	1	3.5	0	15
6	1	cup	Mixed vegetables (non starchy)	1	7	0	40
23	0.3	cup	Sliced avocado	0.75	3	5.25	57.5
TOTALS FOR LUNCH				57.25	36	9.45	470.5
SNACK 2 - TURKEY WRAPS							
3	1	each	100% whole wheat wrap, 6"	3	13	1	70
6	0.5	cup	Carrots	0.56	5.84	0.14	25
6	4	each	Lettuce leaf	0	0	0	20
6	0.5	cup	Mixed Greens	0	0.5	0	2.5
1	5	ounces	Turkey Breast	42.5	0	1	190
TOTALS FOR SNACK 2				46.06	19.34	2.14	307.5

DAY 5

DINNER - CHICKEN & ONION IN OIL, ADD SAUCE OVER SPAGHETTI							
20	1	tbsp	Balsamic Vinegar	0	2	0	10
6	0.5	cup	Broccoli	1.86	5.6	0.32	27.3
6	3	tbsp	Chopped onion	0.3	2.7	0	12
5	1	tbsp	Grated parmesan cheese	1.92	0.2	1.43	21.55
1	9	ounces	Lean ground turkey, raw	63	0	0	270
6	2	cup	Mixed green salad	2	6	0	20
23	1.5	tsp	Olive Oil	0	0	6.75	60
6	0.5	cup	Tomato sauce	2	8	0	30
3	1	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.6
TOTALS FOR DINNER				78.54	61.66	9.26	624.45
SNACK 3 - PROTEIN SMOOTHIE							
1	1	scoop	Protein Powder	15	0	1	70
7	1	cup	Strawberries	1	9	0	60
TOTALS FOR SNACK 3				16	9	1	130
TOTALS FOR DAY 5				234.18	210.98	42.96	2207.45

DAY 6

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - EGG WHITE SCRAMBLE, WITH SIDE OF OATMEAL							
6	0.5	cup	Chopped tomato	1	3.5	0	15
1	5	large	Egg white	20	0	0	75
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.7
5	1.3	cup	Milk - 1%	10.64	15.56	3.46	135.66
10	0.8	cup	Oatmeal - quick, measure uncooked	9.9	41.85	4.5	222.75
10	1	each	Orange - medium	1.2	15.4	0.2	62
21	2	tsp	Trans fat-free buttery spread	0	0	1.5	15
TOTALS FOR BREAKFAST				43.82	77.45	9.78	533.11
SNACK 1 - TOP COTTAGE CHEESE WITH PEACHES							
5	0.8	cup	Cottage cheese	20.25	6	4.5	142.5
7	1	cup	Sliced fresh peaches	1.55	16.22	0.43	66.3
TOTALS FOR SNACK 1				21.8	22.22	4.93	208.8
LUNCH - LOADED BAKED POTATO							
1	1	ounces	2% milkfat cheddar cheese	7	1	2	50
2	0.5	each	Baked potato, large	3.5	31.5	0	140
20	2	tbsp	Balsamic Vinegar	0	4	0	20
6	1	cup	Broccoli	3.72	11.2	0.64	54.6
1	7	ounces	Chicken Breast/White Meat	45.5	0	2.8	217
6	0.1	cup	Chopped tomato	0.26	0.91	0	3.9
6	2	cup	Mixed Greens	0	2	0	10
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
TOTALS FOR LUNCH				60.5	53.72	5.49	504.59

DAY 6

SNACK 2 - BEAN, CHEESE & SALSA WRAPS							
1	1	ounces	2% milkfat cheddar cheese	7	1	2	50
1	0.3	cup	Beans	3	8.5	0.25	50
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
3	1	each	Whole wheat wrap	9	20	1.5	100
TOTALS FOR SNACK 2				19.52	31.61	3.8	209.09
DINNER - GRILL BEEF, SERVE WITH BROCCOLI & SPINACH SALAD							
20	1	tbsp	Balsamic Vinegar	0	2	0	10
6	1	cup	Broccoli	3.72	11.2	0.64	54.6
1	9	ounces	Extra lean beef	56.25	4.5	6.75	292.5
6	2	cup	Fresh spinach	1.6	2.18	0.24	13.8
23	1	tsp	Olive Oil	0	0	4.5	40
17	1	cup	Quinoa, cooked	8.14	39.4	3.55	222
TOTALS FOR DINNER				69.71	59.28	15.68	632.9
SNACK 3 - PROTEIN SMOOTHIE							
7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	1	scoop	Protein Powder	15	0	1	70
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 3				15.49	14.15	1.74	129.29
TOTALS FOR DAY 6				230.84	257.43	41.42	2217.78

DAY 7

XCHG	QTY	MEASURE	DESCRIPTION	PROTEIN (GM)	CARBS (GM)	FATS (GM)	CALORIES
BREAKFAST - OATMEAL COOKED WITH MILK, & PROTEIN SHAKE							
3	0.5	cup	Dry steel cut oats	5	27	2.5	150
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45
5	1.5	cup	Milk - 1%	12	17.55	3.9	153
1	2	scoop	Protein Powder	30	0	2	140
14	0.5	tbsp	Slivered almonds	0.5	0.5	1.75	20
0	16	fluid ounces	Water	0	0	0	0
TOTALS FOR BREAKFAST				48.25	56.3	10.9	508
SNACK 1 - PROTEIN SMOOTHIE							
1	8	ounces	Greek yogurt, plain, non fat	16	8	0	120
1	1	scoop	Protein Powder	15	0	1	70
7	0.3	cup	Strawberries	0.33	2.97	0	19.8
0	8	fluid ounces	Water	0	0	0	0
TOTALS FOR SNACK 1				31.33	10.97	1	209.8
LUNCH - APPLE CHEDDAR TURKEY WRAPS							
1	1	ounces	2% milkfat cheddar cheese	7	1	2	50
9	1	each	Apple	0.3	21	0.5	81
6	1	cup	Mixed Greens	0	1	0	5
0	2	tsp	Mustard	0.44	0.54	0.4	6.7
6	4	each	Tomato slice	0.68	3.72	0.28	16.8
1	6	ounces	Turkey Breast	51	0	1.2	228
3	1	each	Whole wheat wrap	9	20	1.5	100
TOTALS FOR LUNCH				68.42	47.26	5.88	487.5

DAY 7

SNACK 2								
7	1.3	cup	Grapes	1.33	35.91	0	133	
14	24	each	Pistachio nuts	3.36	4.56	7.68	94.32	
				TOTALS FOR SNACK 2	4.69	40.47	7.68	227.32
DINNER - ROASTED OR GRILLED CHICKEN WITH SALAD, QUINOA & ASPARAGUS								
6	12	each	Asparagus spears	4.2	7.44	0.24	38.4	
20	1	tbsp	Balsamic Vinegar	0	2	0	10	
6	0.5	cup	Broccoli	1.86	5.6	0.32	27.3	
1	10	ounces	Chicken Breast/White Meat	65	0	4	310	
6	2	cup	Mixed green salad	2	6	0	20	
17	1	cup	Quinoa, cooked	8.14	39.4	3.55	222	
				TOTALS FOR DINNER	81.2	60.44	8.11	627.7
SNACK 3 - BERRIES WITH GLASS OF MILK								
7	1	cup	Blueberries, raw	1.1	21.45	0.49	84.36	
5	0.5	cup	Milk - 1%	4	5.85	1.3	51	
				TOTALS FOR SNACK 3	5.1	27.3	1.79	135.36
				TOTALS FOR DAY 7	238.99	242.74	35.36	2195.68