



Proteins	Carbohydrate	Fruit
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Male	Female	
Chicken	3.5 lbs	2.75 lbs
Ground Turkey	8 oz	4 oz
Salmon Fillet	2 lbs	1.5 lbs
Eggs	2 Dozen	2 Dozen

Male	Female	
Oatmeal	6 Cups	3 Cups
Ezekiel Bread	2 Slices	2 Slices

Male	Female	
Apples	3	3
Blueberries	3 Cups	3 Cups
Strawberries	45	30
Bag of Lemons	1	1

Veggies	Snack	Fat
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Male	Female	
Broccoli	6 Cups	6 Cups
Green Beans	6 Cups	6 Cups
Portabella Mushroom	3	3
Lettuce for Salad (4) Bags	Spinach Leaves for Salads	Veggies for Salads & Omelettes

Male	Female	
Skinny Pop	6 Bags	3 Bags
Outshine Bar	14 Bars	7 Bars

Male	Female	
Almonds	1/2 Cup	1/4 Cup

Misc	Sauces	Seasonings
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Cinnamon	Stevia in the raw	Low Fat Italian Dressing
		Olive Oil
		Approved FoodFuels Sauces
		Balsamic

Cinnamon	Chicken Seasoning

## Proteins

## Carbohydrates

## Fats

## Vegetables

### Male 12oz : Female 8oz:

#### Fish

Shellfish  
Sashimi  
Any White Fish  
Tuna

### Male 8oz : Female 4oz

Chicken Breast  
Lean Ground Turkey  
Lean Ground Chicken  
Salmon  
Lean Pork  
Ground Sirloin  
Lean Red Meat  
Tofu

#### Misc

Tuna - Male 2 cans : Female 1  
can  
Egg Whites - Male 8 : Female 4  
Lean Turkey Bacon Nitrate Free  
Edamame: 2 Cups

### Male 2 Cups : Female 1Cup

Quinoa  
Brown Rice  
Gluten Free Pasta

### Male 1 Cup : Female 1/2 Cup

Oatmeal  
Beans

### Male Large : Female Medium

Sweet Potato  
Yam  
Acorn Squash  
Butternut Squash  
Beets  
Jicama

### Male 3 : Female 2

Corn Tortilla  
Plain Rice Cakes  
Misc  
Ezekiel Bread Slices  
Male 2 : Female 2  
Ezekiel English Muffin  
Male 1 Female 1

### 1 Tablespoon

Olive Oil  
Coconut Oil  
Flaxseed Oil  
Avocado Oil

### Male 2 TBSP : Female 1 TBSP

Almond Butter  
Peanut Butter Same  
Guacamole

### Male 1/2 Cup : Female 1/4 Cup

Pistachios  
Almonds  
Walnuts  
Pecans  
Chia Seeds  
Flaxseeds

### Male 1/2 : Female 1/2

Avocado

### Male 2 Cups : Female 2 Cups

Spinach  
Broccoli  
Kale  
Romaine Lettuce  
Spring Mix  
Mushrooms  
Cauliflower  
Brussel Sprouts  
Green Beans  
Artichoke  
Cucumber  
Bell Peppers  
Mushrooms  
Carrots  
Celery  
Onions  
Tomatoes  
Spaghetti Squash

#### Misc

Asparagus - 12 spears

## Fruits

### Male 1 : Female 1

Apples  
Oranges  
Tangerines  
Grapefruit  
Pears

### Male 1 Cup : Female 1 Cup

Blueberries  
Raspberries  
Blackberries

### Male 2 Cup : Female 2 Cup

Grapes  
Cherries

#### Misc

Mango - Male 1 : Female 1  
Kiwi - Male 2 : Female 2  
Melon - Male 1/2 : Female 1/2  
Watermelon  
Male 1 bowl : Female 1 bowl  
Strawberries Male 15 : Female 10  
Bananas - Male 1 : Female 1

## Snacks

## Sauces

## Seasoning

Outshine Bars, Skinny  
Pop Popcorn

Fresh Salsa, Franks Red Hot Buffalo Sauce,  
Sriracha, Mustard  
Valentina Mexican Hot Sauces Fat Free/light

Mrs. Dash, Cinnamon,  
Stevia in the Raw