



Proteins	Carbohydrate	Fruit
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								Male				Female			
								Male				Female			
Chicken				2lbs				1.5lbs				<input type="checkbox"/>			
Lean Ground				1.5lbs				18oz				<input type="checkbox"/>			
Halibut				2.25lbs				1.5lbs				<input type="checkbox"/>			
Eggs				3 Dozen				3 Dozen							
Oatmeal				4 Cups				2 Cuper				<input type="checkbox"/>			
Ezekiel Bread				9 Slices				6 Slices				<input type="checkbox"/>			
												<input type="checkbox"/>			
Apples				1				1				<input type="checkbox"/>			
Nectarines				3				3				<input type="checkbox"/>			
Strawberries				15				10				<input type="checkbox"/>			
Raspberries				3 Cups				3 Cups				<input type="checkbox"/>			
Blackberries				3 Cups				3 Cups				<input type="checkbox"/>			
Bananas				3				3				<input type="checkbox"/>			
Bag of Lemons				1				1				<input type="checkbox"/>			

Veggies	Snack	Veggies
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		Male	Female							Male	Female			
Asparagus		36	36	<input type="checkbox"/>										
					Skinny Pop		6	3	<input type="checkbox"/>	Green Pepper		1	1	<input type="checkbox"/>
Broccoli		6 Cups	6 Cups	<input type="checkbox"/>	Outshine Bar		8	4	<input type="checkbox"/>	Red Pepper		1	1	<input type="checkbox"/>
Green Beans		8 Cups	8 Cups	<input type="checkbox"/>					<input type="checkbox"/>	Yellow Onion		1	1	<input type="checkbox"/>
Mushroom		1/2cup	1/2cup	<input type="checkbox"/>										
Onion		1/2cup	1/2cup	<input type="checkbox"/>										
Extras add in Veggies		1/2 Cup Baby Spinach												

Misc	Sauces	Seasonings
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Cinnamon	Stevia in the raw	Unsalted Chicken Stock	Honey	Low Fat Italian Dressing	Sriracha Sauce	Chipotle Mrs. Dash	Mrs Dash Lime Garlic Marinade	Paprika	Dried Thyme
All Natural Jelly						Dried Oregano	Onion Powder	Garlic Powder	Cayenne Pepper
						Garlic Clove	Honey	Black Pepper	

Proteins

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

Carbohydrates

Male 2 Cups : Female 1 Cup

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

Fats

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

Vegetables

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

Outshine Bars, Skinny
Pop Popcorn

Sauces

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

Seasoning

Mrs. Dash, Cinnamon,
Stevia in the Raw