



Proteins				Carbohydrate				Fruit			
<div>MaleFemale</div>				<div>MaleFemale</div>				<div>MaleFemale</div>			
Chicken	3.5 lbs	2.63 lbs	<div></div>	Oatmeal	6 Cups	3 Cups	<div></div>	Apples	3 Apples	3 Apples	<div></div>
Lean Ground	2 lbs	1.5 lbs	<div></div>	Ezekiel Bread	2 Slices	2 Slices	<div></div>	Grapefruit	4 Grapefruits	4 Grapefruits	<div></div>
Tilapia	2.25 lbs	1.6 lbs	<div></div>				<div></div>	Strawberries	45 Strawberries	30 Strawberries	<div></div>
								Bag of Lemons <div>11</div> <div></div>			
Veggies				Snack				Fat			
<div>MaleFemale</div>				<div>MaleFemale</div>				<div>MaleFemale</div>			
Broccoli	8 Cups	8 Cups	<div></div>	Skinny Pop	14	7	<div></div>	Almonds	1/2 Cup	1/4 Cup	<div></div>
Green Beans	2 Cups	2 Cuper	<div></div>				<div></div>	Avocado	3	1.5	<div></div>
Bell Peppers	6 Cups	6 Cups	<div></div>				<div></div>	Cucumber	3	3	<div></div>
1 -Head Lettuce	1 Onion	Veggies for Salads	1 - Jalapeno								
Misc				Sauces				Seasonings			
Cinnamon	Stevia in the raw	Chicken Seasoning	Olive Oil	Low Fat Italian Dressing				Cinnamon	Chilli Powder	Numeric	Cumin
Cloves of Garlic	Unsalted Chicken Stock	Fresh Cilantro						Cayenne Pepper (options)	Paprika	Ground Black Pepper	

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 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

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