



Proteins				Carbohydrate				Fruit			
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		Male	Female			Male	Female			Male	Female
Chicken	2 lbs	1.5 lbs	<input type="checkbox"/>	Oatmeal	3 Cups	1.5 Cups	<input type="checkbox"/>	Apples			<input type="checkbox"/>
Lean Ground	2 lbs	1.5 lbs	<input type="checkbox"/>	Black Beans (low Sodium)	3 Cans	2 Cans	<input type="checkbox"/>	Grapefruit			<input type="checkbox"/>
Salmon Fillets	1.5 lbs	12 oz	<input type="checkbox"/>	Sweet Potatos	3	3	<input type="checkbox"/>	Bag of Lemons	1	1	<input type="checkbox"/>
Egg Whites	32	16	<input type="checkbox"/>	Corn Tortilla	1 Bag	1 Bag					<input type="checkbox"/>

Veggies				Fat			
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		Male	Female			Male	Female			Male	Female
Broccoli	14 Cups	14 Cups	<input type="checkbox"/>	Skinny Pop Bags	8	4	<input type="checkbox"/>	Cashews	1.5 Cups	.75 Cups	<input type="checkbox"/>
Green Beans	6 Cups	6 Cups	<input type="checkbox"/>	Outshine Bars	6	3	<input type="checkbox"/>	Avocado	1	1	<input type="checkbox"/>
1 -Head Lettuce/ Romaine Hearts	1	1	<input type="checkbox"/>				<input type="checkbox"/>				<input type="checkbox"/>
Veggies for Salads	Veggies for Tacos										

Misc				Sauces				Seasonings			
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Cinnamon	Stevia in the raw	Chicken Seasoning	Low Fat Italian Dressing	Cinnamon	Pepper	Thyme	Cumin
Cloves of Garlic	Fresh Salsa			Low Sodium Chipotle Seasoning	Chili Powder	Ground Black Pepper	Garlic Powder

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