



Proteins	Carbohydrate	Fruit
----------	--------------	-------

		Male	Female	
		Male	Female	
Chicken	3.5lbs	2.7lbs	<input type="checkbox"/>	
Lean Ground Turkey	2lbs	1.5lbs	<input type="checkbox"/>	
Shrimp	2.25lbs	1.5lbs	<input type="checkbox"/>	

		Male	Female	
		Male	Female	
Oatmeal	6 Cups	3 Cups	<input type="checkbox"/>	
Ezekiel Bread	2 Slices	2 Slices	<input type="checkbox"/>	
			<input type="checkbox"/>	

		Male	Female	
		Male	Female	
Apples	6	6	<input type="checkbox"/>	
Grapefruit	4	4	<input type="checkbox"/>	
Strawberries	45	30	<input type="checkbox"/>	
Bag of Lemons	1	1	<input type="checkbox"/>	

Veggies	Snack	Fat
---------	-------	-----

		Male	Female	
		Male	Female	
Asparagus	36	36	<input type="checkbox"/>	
Broccoli	8 Cups	8 Cups	<input type="checkbox"/>	
Green Beans	2 Cups	2 Cups	<input type="checkbox"/>	
Bell Peppers	6 Cups	6 Cups		
Onion	1	1		

		Male	Female	
		Male	Female	
Skinny Pop	12 Cups	6 Cups	<input type="checkbox"/>	
Outshine Bars	2	1	<input type="checkbox"/>	
			<input type="checkbox"/>	

		Male	Female	
		Male	Female	
Almonds	1/2 Cup	1/4 Cups	<input type="checkbox"/>	
Pecans	1 Cup	1 Cups	<input type="checkbox"/>	
			<input type="checkbox"/>	

Misc	Sauces	Seasonings
------	--------	------------

1/3 Cup Almond Flour	Coconut Oil	Stevia in the raw	Garlic Clove				
Veggies for Ground Turkey Salad	3 Bags of Spring Mix or Spinach	Grapeseed Oil	Small Carton of Egg Whites	Tobacco Sauce	Cinnamon	Low Sodium Chicken Seasoning	Red Pepper Flakes
				Low Fat Italian Dressing	Dried Parsley	Pepper	Garlic Powder
					Smoked Paprika	Cayenne Pepper	Onion Salt

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