



Eating right, simplified.

# Dominick's Meal Plan

Prepared by: Zech H

Created: 10-23-2022

## DAY 1

<b>Breakfast</b>	egg	2 large	143 cal
	egg (liquid egg whites)	1/2 Cup(s)	63 cal
	turkey bacon, low sodium	3 slices	105 cal
	non-starchy vegetables of your choice	1 Cup(s)	40 cal
	sprouted 100 % whole grain bread	1 slice	80 cal
	unsalted butter	1/2 Tbsp	51 cal

**MEAL TOTAL: Calories** 482 cal / **Carbs** 17 g (16%) / **Protein** 35 g (32%) / **Fat** 25 g (52%) / **Fluid** 3 fl oz

**NOTES:** Can eat all food in the fasting window you prefer.

<b>Snack</b>	almonds	2 1/2 oz	405 cal
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**MEAL TOTAL: Calories** 405 cal / **Carbs** 15 g (14%) / **Protein** 15 g (14%) / **Fat** 35 g (72%) / **Fluid** 0 fl oz

**NOTES:**

<b>Lunch</b>	 chicken and corn chili	2 serving	490 cal
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**MEAL TOTAL: Calories** 490 cal / **Carbs** 51 g (41%) / **Protein** 57 g (46%) / **Fat** 7 g (13%) / **Fluid** 15 fl oz

**NOTES:**

<b>Snack</b>	sculpt nation protein	1 Scoop	138 cal
	vanilla almond milk, unsweetened	1 Cup(s)	30 cal

**MEAL TOTAL: Calories** 168 cal / **Carbs** 6 g (15%) / **Protein** 25 g (61%) / **Fat** 4 g (24%) / **Fluid** 0 fl oz

**NOTES:**

<b>Dinner</b>	non-starchy vegetables of your choice	2 Cup(s)	80 cal
	 philly cheesesteak lettuce wraps	2 1/2 serving	669 cal

**MEAL TOTAL: Calories** 749 cal / **Carbs** 17 g (10%) / **Protein** 67 g (40%) / **Fat** 36 g (50%) / **Fluid** 9 fl oz

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## Snack

	nonfat plain greek yogurt	8 oz	134 cal
	blueberries	10 berries	8 cal
📄	chocolate peanut butter fat bomb	2 serving	179 cal

**MEAL TOTAL: Calories** 320 cal / **Carbs** 14 g (17%) / **Protein** 29 g (34%) / **Fat** 18 g (49%) / **Fluid** 7 fl oz

### NOTES:

**DAY 1 TOTAL: Calories** 2,614 cal / **Carbs** 120 g (19%) / **Protein** 228 g (36%) / **Fat** 126 g (45%) / **Fluid** 34 fl oz



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## DAY 2

<b>Breakfast</b>	oatmeal prepared with quick oats	1 Cup(s)	150 cal
	almond milk (unsweetened)	2 Cup(s)	70 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal
	nuts of your choice	1 1/2 oz	261 cal
	sculpt nation protein	1/2 Scoop	69 cal

**MEAL TOTAL: Calories** 642 cal / **Carbs** 63 g (39%) / **Protein** 30 g (18%) / **Fat** 31 g (43%) / **Fluid** 0 fl oz

**NOTES:**

<b>Snack</b>	whole wheat crackers, low sodium	10 cracker	177 cal
	cheddar cheese	1 1/2 oz	171 cal

**MEAL TOTAL: Calories** 349 cal / **Carbs** 28 g (31%) / **Protein** 14 g (16%) / **Fat** 21 g (53%) / **Fluid** 37 fl oz

**NOTES:** Can use cheese of choice.

<b>Lunch</b>	 chicken bacon wrap	1 serving	499 cal
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**MEAL TOTAL: Calories** 499 cal / **Carbs** 35 g (29%) / **Protein** 54 g (44%) / **Fat** 15 g (27%) / **Fluid** 5 fl oz

**NOTES:**

<b>Snack</b>	sculpt nation protein	2 Scoop	276 cal
	vanilla almond milk, unsweetened	1 Cup(s)	30 cal

**MEAL TOTAL: Calories** 306 cal / **Carbs** 11 g (15%) / **Protein** 50 g (66%) / **Fat** 6 g (19%) / **Fluid** 0 fl oz

**NOTES:**

<b>Dinner</b>	 lettuce-wrapped grass fed beef burgers	1 serving	315 cal
	all natural sweet potato fries with sea salt by al	15 pieces	175 cal
	non-starchy vegetables of your choice	1 Cup(s)	40 cal

**MEAL TOTAL: Calories** 530 cal / **Carbs** 35 g (28%) / **Protein** 22 g (18%) / **Fat** 30 g (54%) / **Fluid** 2 fl oz

**NOTES:**

<b>Snack</b>	rice cake, unsalted	1 cake	35 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	hemp hearts raw shelled	1/2 Tbsp	85 cal

**MEAL TOTAL: Calories** 308 cal / **Carbs** 15 g (19%) / **Protein** 14 g (18%) / **Fat** 23 g (63%) / **Fluid** 0 fl oz

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**DAY 2 TOTAL: Calories 2,634 cal / Carbs 186 g (28%) / Protein 184 g (28%) / Fat 126 g (44%) / Fluid 44 fl oz**

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## DAY 3

<b>Breakfast</b>	power cakes flapjack & waffle mix by kodiak cakes	1 Cup(s)	380 cal
	pure maple syrup	1/2 tablespoons	54 cal
	nuts of your choice	1/2 oz	87 cal
	hemp hearts raw shelled	1/4 Tbsp	43 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal

**MEAL TOTAL: Calories** 655 cal / **Carbs** 99 g (60%) / **Protein** 35 g (21%) / **Fat** 14 g (19%) / **Fluid** 0 fl oz

**NOTES:** Make kodiak cakes either pancakes or waffles according to high protein mix recipe on side of box.

<b>Snack</b>	sculpt nation protein	2 Scoop	276 cal
	vanilla almond milk, unsweetened	2 Cup(s)	59 cal

**MEAL TOTAL: Calories** 335 cal / **Carbs** 12 g (15%) / **Protein** 50 g (61%) / **Fat** 9 g (24%) / **Fluid** 0 fl oz

**NOTES:**

<b>Lunch</b>	 turkey wrap	1 serving	446 cal
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**MEAL TOTAL: Calories** 446 cal / **Carbs** 44 g (38%) / **Protein** 37 g (31%) / **Fat** 16 g (31%) / **Fluid** 7 fl oz

**NOTES:**

<b>Snack</b>	nonfat plain greek yogurt	12 oz	201 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal

**MEAL TOTAL: Calories** 293 cal / **Carbs** 34 g (47%) / **Protein** 36 g (49%) / **Fat** 1 g (4%) / **Fluid** 10 fl oz

**NOTES:**

<b>Dinner</b>	beef top sirloin, lean	6 oz	304 cal
	olive oil	1 Tbsp	119 cal
	vegetable of your choice	2 Large Handful(s)	68 cal
	sweet potato (baked)	1 large	162 cal

**MEAL TOTAL: Calories** 654 cal / **Carbs** 49 g (30%) / **Protein** 43 g (26%) / **Fat** 32 g (44%) / **Fluid** 9 fl oz

**NOTES:**

<b>Snack</b>	 oatmeal energy bites	1 serving	269 cal
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**MEAL TOTAL: Calories** 269 cal / **Carbs** 17 g (28%) / **Protein** 2 g (3%) / **Fat** 19 g (69%) / **Fluid** 0 fl oz

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**DAY 3 TOTAL: Calories** 2,652 cal / **Carbs** 256 g (39%) / **Protein** 201 g (30%) / **Fat** 91 g (31%) / **Fluid** 26 fl oz

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## DAY 4

<b>Breakfast</b>	egg	3 large	215 cal
	egg (liquid egg whites)	1/2 Cup(s)	63 cal
	turkey bacon, low sodium	3 slices	105 cal
	non-starchy vegetables of your choice	1 Cup(s)	40 cal
	unsalted butter	1/2 Tbsp	51 cal

**MEAL TOTAL: Calories** 473 cal / **Carbs** 3 g (2%) / **Protein** 37 g (35%) / **Fat** 29 g (63%) / **Fluid** 4 fl oz

**NOTES:**

<b>Snack</b>	almonds	2 1/2 oz	405 cal
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**MEAL TOTAL: Calories** 405 cal / **Carbs** 15 g (14%) / **Protein** 15 g (14%) / **Fat** 35 g (72%) / **Fluid** 0 fl oz

**NOTES:**

<b>Lunch</b>	 chicken and corn chili	2 serving	490 cal
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**MEAL TOTAL: Calories** 490 cal / **Carbs** 51 g (41%) / **Protein** 57 g (46%) / **Fat** 7 g (13%) / **Fluid** 15 fl oz

**NOTES:**

<b>Snack</b>	sculpt nation protein	2 Scoop	276 cal
	vanilla almond milk, unsweetened	1 Cup(s)	30 cal


**MEAL TOTAL: Calories** 306 cal / **Carbs** 11 g (15%) / **Protein** 50 g (66%) / **Fat** 6 g (19%) / **Fluid** 0 fl oz

**NOTES:**

<b>Dinner</b>	non-starchy vegetables of your choice	2 Cup(s)	80 cal
	 healthy chicken zoodle alfredo	2 serving	571 cal

**MEAL TOTAL: Calories** 651 cal / **Carbs** 30 g (22%) / **Protein** 75 g (55%) / **Fat** 14 g (23%) / **Fluid** 4132 fl oz

**NOTES:**

<b>Snack</b>	nonfat plain greek yogurt	8 oz	134 cal
	blueberries	10 berries	8 cal
	 chocolate peanut butter fat bomb	2 serving	179 cal

**MEAL TOTAL: Calories** 320 cal / **Carbs** 14 g (17%) / **Protein** 29 g (34%) / **Fat** 18 g (49%) / **Fluid** 7 fl oz

**NOTES:**

**DAY 4 TOTAL: Calories** 2,645 cal / **Carbs** 124 g (20%) / **Protein** 263 g (41%) / **Fat** 109 g (39%) / **Fluid** 4158 fl oz

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## DAY 5

<b>Breakfast</b>	oatmeal prepared with quick oats	1 Cup(s)	150 cal
	almond milk (unsweetened)	2 Cup(s)	70 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal
	nuts of your choice	1 1/2 oz	261 cal
	sculpt nation protein	1/2 Scoop	69 cal


**MEAL TOTAL: Calories** 642 cal / **Carbs** 63 g (39%) / **Protein** 30 g (18%) / **Fat** 31 g (43%) / **Fluid** 0 fl oz

**NOTES:**

<b>Snack</b>	whole wheat crackers, low sodium	10 cracker	177 cal
	cheddar cheese	1 1/2 oz	171 cal

**MEAL TOTAL: Calories** 349 cal / **Carbs** 28 g (31%) / **Protein** 14 g (16%) / **Fat** 21 g (53%) / **Fluid** 37 fl oz

**NOTES:** Can use cheese of choice.

<b>Lunch</b>	 chicken bacon wrap	1 serving	499 cal
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**MEAL TOTAL: Calories** 499 cal / **Carbs** 35 g (29%) / **Protein** 54 g (44%) / **Fat** 15 g (27%) / **Fluid** 5 fl oz

**NOTES:**

<b>Snack</b>	sculpt nation protein	2 Scoop	276 cal
	vanilla almond milk, unsweetened	1 Cup(s)	30 cal

**MEAL TOTAL: Calories** 306 cal / **Carbs** 11 g (15%) / **Protein** 50 g (66%) / **Fat** 6 g (19%) / **Fluid** 0 fl oz

**NOTES:**

<b>Dinner</b>	 crockpot honey garlic chicken	2 serving	394 cal
	non-starchy vegetables of your choice	1 Cup(s)	40 cal
	all natural sweet potato fries with sea salt by al	10 pieces	117 cal

**MEAL TOTAL: Calories** 551 cal / **Carbs** 54 g (41%) / **Protein** 53 g (41%) / **Fat** 10 g (18%) / **Fluid** 6 fl oz

**NOTES:**

<b>Snack</b>	rice cake, unsalted	1 cake	35 cal
	smooth peanut butter, no added salt	2 Tbsp	188 cal
	hemp hearts raw shelled	1/2 Tbsp	85 cal

**MEAL TOTAL: Calories** 308 cal / **Carbs** 15 g (19%) / **Protein** 14 g (18%) / **Fat** 23 g (63%) / **Fluid** 0 fl oz

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**DAY 5 TOTAL: Calories** 2,655 cal / **Carbs** 205 g (31%) / **Protein** 215 g (33%) / **Fat** 106 g (36%) / **Fluid** 48 fl oz

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## DAY 6

<b>Breakfast</b>	power cakes flapjack & waffle mix by kodiak cakes	1 Cup(s)	380 cal
	pure maple syrup	1/2 tablespoons	54 cal
	nuts of your choice	1/2 oz	87 cal
	hemp hearts raw shelled	1/4 Tbsp	43 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal

**MEAL TOTAL: Calories** 655 cal / **Carbs** 99 g (60%) / **Protein** 35 g (21%) / **Fat** 14 g (19%) / **Fluid** 0 fl oz

**NOTES:** Make kodiak cakes either pancakes or waffles according to high protein mix recipe on side of box.

<b>Snack</b>	sculpt nation protein	2 Scoop	276 cal
	vanilla almond milk, unsweetened	2 Cup(s)	59 cal

**MEAL TOTAL: Calories** 335 cal / **Carbs** 12 g (15%) / **Protein** 50 g (61%) / **Fat** 9 g (24%) / **Fluid** 0 fl oz

**NOTES:**

<b>Lunch</b>	 turkey wrap	1 serving	446 cal
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**MEAL TOTAL: Calories** 446 cal / **Carbs** 44 g (38%) / **Protein** 37 g (31%) / **Fat** 16 g (31%) / **Fluid** 7 fl oz

**NOTES:**

<b>Snack</b>	nonfat plain greek yogurt	12 oz	201 cal
	fruit of your choice (1 serving = 1 large banana,	1 serving	92 cal

**MEAL TOTAL: Calories** 293 cal / **Carbs** 34 g (47%) / **Protein** 36 g (49%) / **Fat** 1 g (4%) / **Fluid** 10 fl oz

**NOTES:**

<b>Dinner</b>	 whole wheat pepperoni pizza	4 serving	553 cal
	vegetable of your choice	2 Large Handful(s)	68 cal

**MEAL TOTAL: Calories** 621 cal / **Carbs** 84 g (51%) / **Protein** 37 g (22%) / **Fat** 19 g (27%) / **Fluid** 1 fl oz

**NOTES:** You can put veggies of choice on this pizza.

<b>Snack</b>	 oatmeal energy bites	1 serving	269 cal
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**MEAL TOTAL: Calories** 269 cal / **Carbs** 17 g (28%) / **Protein** 2 g (3%) / **Fat** 19 g (69%) / **Fluid** 0 fl oz

**NOTES:**

**DAY 6 TOTAL: Calories** 2,619 cal / **Carbs** 290 g (44%) / **Protein** 195 g (29%) / **Fat** 79 g (27%) / **Fluid** 19 fl oz

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## DAY 7

<b>Breakfast</b>	oatmeal prepared with quick oats	1 Cup(s)	150 cal
	almond milk (unsweetened)	2 Cup(s)	70 cal
	fruit of your choice (1 serving = 1 large banana,	1/4 serving	23 cal
	nuts of your choice	1 1/2 oz	261 cal
	sculpt nation protein	1/2 Scoop	69 cal

**MEAL TOTAL: Calories** 573 cal / **Carbs** 46 g (32%) / **Protein** 29 g (20%) / **Fat** 31 g (48%) / **Fluid** 0 fl oz

**NOTES:**

<b>Snack</b>	whole wheat crackers, low sodium	10 cracker	177 cal
	cheddar cheese	1 1/2 oz	171 cal

**MEAL TOTAL: Calories** 349 cal / **Carbs** 28 g (31%) / **Protein** 14 g (16%) / **Fat** 21 g (53%) / **Fluid** 37 fl oz

**NOTES:** Can use cheese of choice.

<b>Lunch</b>	ground turkey (cooked)	6 oz	345 cal
	romaine lettuce	2 Cup(s)	16 cal
	salsa	1/2 Cup(s)	38 cal
	sour cream reduced fat	2 oz	103 cal
	reduced fat mexican cheese blend	1/2 Cup(s)	160 cal
	taco seasoning, low-sodium	1/4 package	40 cal

**MEAL TOTAL: Calories** 701 cal / **Carbs** 26 g (14%) / **Protein** 68 g (38%) / **Fat** 37 g (48%) / **Fluid** 1373 fl oz

**NOTES:** Make a turkey taco salad.

<b>Snack</b>	sculpt nation protein	1 Scoop	138 cal
	vanilla almond milk, unsweetened	1 Cup(s)	30 cal

**MEAL TOTAL: Calories** 168 cal / **Carbs** 6 g (15%) / **Protein** 25 g (61%) / **Fat** 4 g (24%) / **Fluid** 0 fl oz

**NOTES:**

<b>Dinner</b>	 cheesy chicken & broccoli pasta	1 1/2 serving	671 cal
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**MEAL TOTAL: Calories** 671 cal / **Carbs** 40 g (24%) / **Protein** 55 g (33%) / **Fat** 32 g (43%) / **Fluid** 3 fl oz

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## Snack

rice cake, unsalted	1 cake	35 cal
smooth peanut butter, no added salt	1 Tbsp	94 cal
hemp hearts raw shelled	1/2 Tbsp	85 cal

**MEAL TOTAL: Calories** 214 cal / **Carbs** 12 g (21%) / **Protein** 10 g (18%) / **Fat** 15 g (61%) / **Fluid** 0 fl oz

### NOTES:

**DAY 7 TOTAL: Calories** 2,676 cal / **Carbs** 157 g (23%) / **Protein** 201 g (30%) / **Fat** 140 g (47%) / **Fluid** 1413 fl oz



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4 Servings

# chicken and corn chili

## Ingredients

salsa	1 Cup(s)
skinless chicken breast (uncooked)	14 oz
garlic powder	1 tsp
cumin ground	1 tsp
chili powder	1 tsp
sweet corn kernels, frozen	2 Cup(s)
pinto beans, no salt added	1 1/2 Cup(s)

## Nutrition Totals

**Calories** 979 / **Carbs** 102 g / **Protein** 115 g / **Fat** 15 g / **Fluid** 30 fl oz

## Instructions

1. Place salsa, chicken, garlic powder, cumin, and chili powder in a slow cooker.
2. Cook for 6 to 8 hours on the low heat setting.
3. Once tender, shred the chicken with 2 forks.
4. Stir in the corn and the pinto beans and cook on low for an additional 1 to 2 hours.

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# Nutrition Label

<b>Chicken And Corn Chili</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>245</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.6g	<b>6%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 72.4mg	<b>24%</b>
<b>Sodium</b> 143.5mg	<b>6%</b>
<b>Total Carbohydrates</b> 25.4g	<b>8%</b>
Dietary Fiber 6.3g	<b>25%</b>
Total Sugar 4.5g	
<b>Protein</b> 28.6g	
<b>Vitamin D</b> 0.9IU	<b>0%</b>
<b>Calcium</b> 70.3mg	<b>7%</b>
<b>Iron</b> 2.2mg	<b>13%</b>
<b>Potassium</b> 865.2mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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4 Servings



# philly cheesesteak lettuce wraps

## Ingredients

olive oil	1 Tbsp
onion	1 Cup(s)
green, red or yellow bell peppers	2 medium
oregano, dried	1 tsp
skirt steak, lean	16 oz
shredded artisan blends cheese sargento mozzarella & provolone by sargento	1 Cup(s)
butterhead lettuce	8 large leaf
parsley	3 tsp

## Nutrition Totals

**Calories** 1071 / **Carbs** 27 g / **Protein** 107 g / **Fat** 58 g / **Fluid** 15 fl oz

## Instructions

In a large skillet over medium heat, heat 1 tablespoon oil. Add onion and bell peppers and season with oregano, salt, and pepper. Cook, stirring often, until vegetables are tender, about 5 minutes. Remove peppers and onions from skillet and heat remaining oil in skillet.

Add steak in a single layer and season with salt and pepper. Cook until the steak is seared on one side, about 2 minutes. Flip and cook until the steak is seared on the second side and cooked to your liking, about 2 minutes more for medium.

Add onion mixture back to skillet and toss to combine. Sprinkle provolone over steak and onions then cover skillet with a tight-fitting lid and cook until the cheese has melted, about 1 minute. Remove from heat

Arrange lettuce on a serving platter. Scoop steak mixture onto each piece of lettuce. Garnish with parsley and serve warm.



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# Nutrition Label

<b>Philly Cheesesteak Lettuce Wraps</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>268</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	14.5g	<b>22%</b>
Saturated Fat	5.1g	<b>26%</b>
Trans Fat	0g	
<b>Cholesterol</b>	69.6mg	<b>23%</b>
<b>Sodium</b>	141.8mg	<b>6%</b>
<b>Total Carbohydrates</b>	6.7g	<b>2%</b>
Dietary Fiber	2g	<b>8%</b>
Total Sugar	3.5g	
<b>Protein</b>	26.6g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	94.7mg	<b>9%</b>
<b>Iron</b>	3.6mg	<b>20%</b>
<b>Potassium</b>	542.7mg	

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Eating right, simplified.

24 Servings



# chocolate peanut butter fat bomb

## Ingredients

sea salt	1 teaspoon(s)
coconut oil	5 1/3 tablespoons
smooth peanut butter, no added salt	16 Tbsp

## Nutrition Totals

**Calories** 2145 / **Carbs** 50 g / **Protein** 64 g / **Fat** 204 g / **Fluid** 0 fl oz

## Instructions

Peanut Butter: 16 Tbsp=1 cup  
Coconut oil (melted): 5 1/3 Tbsp= 1/3 c.

### INSTRUCTIONS

First, spray a mini cupcake tin with nonstick cooking spray or line with mini cupcake liners.  
Next, place drippy peanut butter and melted coconut in a medium-size bowl and mix. Then, add cocoa powder and liquid stevia and mix until combined.  
Using a teaspoon as your scoop, spoon about 3 heaping teaspoons of the mixture into each mini cupcake tin. Repeat until mixture is gone. You should get about 24 fat bombs.  
Option to swirl in a little more drippy peanut butter for show and a sprinkle of sea salt.

Place in the freezer for 1-2 hours or until completely frozen. Once frozen, remove from mini cupcake tin and store in a freezer-safe plastic bag in the freezer.

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Eating right, simplified.

# Nutrition Label

<b>Chocolate Peanut Butter Fat Bomb</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>89</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.4g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 79.8mg	<b>3%</b>
<b>Total Carbohydrates</b> 2g	<b>1%</b>
Dietary Fiber 0.6g	<b>3%</b>
Total Sugar 0.9g	
<b>Protein</b> 2.6g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 4.5mg	<b>0%</b>
<b>Iron</b> 0.1mg	<b>1%</b>
<b>Potassium</b> 69.2mg	

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Eating right, simplified.



1 Servings

# chicken bacon wrap

## Ingredients

chicken breast (cooked)	4 oz
tortillas 100% whole wheat wrap by dempster's	1 tortilla
organics baby spring mixed greens	1/2 Cup(s)
uncured turkey bacon by applegate naturals	2 slice
classic ranch yogurt dressing	2 Tbsp
tomatoes	5 thin slice

## Nutrition Totals

**Calories** 499 / **Carbs** 35 g / **Protein** 54 g / **Fat** 15 g / **Fluid** 5 fl oz

## Instructions

Place cooked chicken and bacon into the wrap. Add fixings, and enjoy!

If ranch is not your thing substitute it for 2 tablespoons of lite vinaigrette dressing instead.

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Eating right, simplified.

# Nutrition Label

<b>Chicken Bacon Wrap</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>499</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14.6g	<b>23%</b>
Saturated Fat 2.6g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 151.3mg	<b>50%</b>
<b>Sodium</b> 1105.1mg	<b>46%</b>
<b>Total Carbohydrates</b> 34.9g	<b>12%</b>
Dietary Fiber 4.3g	<b>18%</b>
Total Sugar 4.9g	
<b>Protein</b> 54.3g	
<b>Vitamin D</b> 5.6IU	<b>1%</b>
<b>Calcium</b> 79.5mg	<b>8%</b>
<b>Iron</b> 4mg	<b>23%</b>
<b>Potassium</b> 468mg	

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Eating right, simplified.



3 Servings

# lettuce-wrapped grass fed beef burgers

## Ingredients

onion	1/2 Cup(s)
garlic	1 clove
fresh cilantro leaves	1/2 Cup(s)
green leaf lettuce	8 outer leaf
grass fed ground beef	1/2 pound(s)
cheese cheddar raw mild by organic valley	3 serving

## Nutrition Totals

**Calories** 945 / **Carbs** 15 g / **Protein** 63 g / **Fat** 72 g / **Fluid** 6 fl oz

## Instructions

1. Heat grill, or turn the broiler on low.
2. Mince onions, garlic and cilantro and combine with ground turkey. Mix well.
3. Divide turkey mixture into 4 patties.
4. Grill or broil until cooked through and juices run clear.
5. Add salt and pepper to taste.
6. Wrap each patty in two lettuce leaves.

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Eating right, simplified.

# Nutrition Label

<b>Lettuce-Wrapped Grass Fed Beef Burgers</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>315</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 11.7g	<b>59%</b>
Trans Fat 0g	
<b>Cholesterol</b> 83mg	<b>28%</b>
<b>Sodium</b> 239.1mg	<b>10%</b>
<b>Total Carbohydrates</b> 4.9g	<b>2%</b>
Dietary Fiber 1.1g	<b>5%</b>
Total Sugar 1.3g	
<b>Protein</b> 21g	
<b>Vitamin D</b> 0IU	<b>0%</b>
<b>Calcium</b> 229.7mg	<b>23%</b>
<b>Iron</b> 0.6mg	<b>3%</b>
<b>Potassium</b> 159.6mg	

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Eating right, simplified.



1 Servings

# turkey wrap

## Ingredients

turkey breast meat, low sodium	6 oz
green leaf lettuce	1 Cup(s)
avacado by suave	1/2 medium
red bell pepper	1/2 medium
tomatoes	1/2 medium
whole wheat tortillas by ortega	1 tortilla
pitted black olives, medium	4 olive(s)

## Nutrition Totals

**Calories** 446 / **Carbs** 44 g / **Protein** 37 g / **Fat** 16 g / **Fluid** 7 fl oz

## Instructions

1. Cook turkey if not already cooked
2. Put all the things in the wrap and enjoy

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# Nutrition Label

Turkey Wrap		
Amount Per Serving		
<b>Calories</b>		<b>446</b>
% Daily Value*		
<b>Total Fat</b> 16g		<b>25%</b>
Saturated Fat 2.5g		<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 73.1mg		<b>24%</b>
<b>Sodium</b> 1843.6mg		<b>77%</b>
<b>Total Carbohydrates</b> 44.3g		<b>15%</b>
Dietary Fiber 10g		<b>40%</b>
Total Sugar 12.8g		
<b>Protein</b> 36.5g		
<b>Vitamin D</b> 3.4IU		<b>1%</b>
<b>Calcium</b> 102.7mg		<b>10%</b>
<b>Iron</b> 5mg		<b>28%</b>
<b>Potassium</b> 1029.2mg		

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Eating right, simplified.



4 Servings

# oatmeal energy bites

## Ingredients

oatmeal prepared with quick oats	1/2 Cup(s)
creamy natural peanut butter by smucker's	1/4 Cup(s)
chia seeds	1 oz
honey	1 Tbsp

## Nutrition Totals

**Calories** 1077 / **Carbs** 67 g / **Protein** 7 g / **Fat** 74 g / **Fluid** 0 fl oz

## Instructions

- 1) Combine all ingredients in bowl
- 2) Put in refrigerator to chill for 30 minutes
- 3) Roll into 1" balls
- 4) Store in refrigerator

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Eating right, simplified.

# Nutrition Label

<b>Oatmeal Energy Bites</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>269</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	18.5g	<b>29%</b>
Saturated Fat	2.7g	<b>14%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	106.3mg	<b>4%</b>
<b>Total Carbohydrates</b>	16.6g	<b>6%</b>
Dietary Fiber	4.9g	<b>20%</b>
Total Sugar	5.4g	
<b>Protein</b>	1.8g	
<b>Vitamin D</b>	0IU	<b>0%</b>
<b>Calcium</b>	45mg	<b>5%</b>
<b>Iron</b>	1.1mg	<b>6%</b>
<b>Potassium</b>	31.5mg	

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Eating right, simplified.

1 Servings



# healthy chicken zoodle alfredo

## Ingredients

chicken breast (cooked)	2/3 Cup(s)
zucchini/summer squash	1 medium
dairy cheese light creamy swiss spreadable cheese wedges by the laughing cow by freshdirect	1 wedge
shredded parmesan cheese	1 Tbsp
garlic powder	1/2 tsp
vegetables tomatoes sundried by freshdirect	1/2 oz

## Nutrition Totals

**Calories** 286 / **Carbs** 15 g / **Protein** 37 g / **Fat** 7 g / **Fluid** 2066 fl oz

## Instructions

Make zoodles with your zucchini (1 med zucchini will yield approximately 2 cups). Cut up cheese wedge and place over raw zoodles, sprinkle seasoning and Parm cheese and stir, add chicken and stir. Place in microwave and heat until zoodles are done.

May add more seasoning as desired.

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# Nutrition Label

<b>Healthy Chicken Zoodle Alfredo</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>286</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.8g	<b>11%</b>
Saturated Fat 2.9g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 87.9mg	<b>29%</b>
<b>Sodium</b> 435.4mg	<b>18%</b>
<b>Total Carbohydrates</b> 14.8g	<b>5%</b>
Dietary Fiber 4.9g	<b>20%</b>
Total Sugar 9.7g	
<b>Protein</b> 37.3g	
<b>Vitamin D</b> 5.7IU	<b>1%</b>
<b>Calcium</b> 189.1mg	<b>19%</b>
<b>Iron</b> 4.3mg	<b>24%</b>
<b>Potassium</b> 772mg	

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Eating right, simplified.

6 Servings



# crockpot honey garlic chicken

## Ingredients

skinless chicken breast (uncooked)	24 oz
honey	5 Tbsp
garlic	4 cloves
liquid aminos natural soy sauce alternative by bragg	1/3 Cup(s)
tomato paste, no salt added	2 Tbsp
rice vinegar	1/2 oz

## Nutrition Totals

**Calories** 1183 / **Carbs** 101 g / **Protein** 156 g / **Fat** 18 g / **Fluid** 19 fl oz

## Instructions

Place the chicken in the bottom of a 6-quart or larger slow cooker. In a medium mixing bowl or very large measuring cup, whisk together the soy sauce, honey, tomato paste, chili paste, garlic, and rice vinegar. Pour over the chicken. Cover and cook on LOW for 4 to 5 hours or HIGH for 2 to 3 hours, until the chicken reaches an internal temperature of 165 degrees F on an instant-read thermometer. If you are available, flip the chicken over once halfway through to coat both sides. (If not, don't stress; it will still be tasty.)

\*\* If you desire, May add 2 Tbsp of Cornstarch to the remaining liquid and cook in crockpot for 15 min to thicken as a sauce or may use the stove top

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Eating right, simplified.

# Nutrition Label

<b>Crockpot Honey Garlic Chicken</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>197</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0.6g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	82.7mg	<b>28%</b>
<b>Sodium</b>	896.5mg	<b>37%</b>
<b>Total Carbohydrates</b>	16.7g	<b>6%</b>
Dietary Fiber	0.3g	<b>1%</b>
Total Sugar	15g	
<b>Protein</b>	25.9g	
<b>Vitamin D</b>	1.1IU	<b>0%</b>
<b>Calcium</b>	12.3mg	<b>1%</b>
<b>Iron</b>	0.6mg	<b>4%</b>
<b>Potassium</b>	451.6mg	

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Eating right, simplified.

6 Servings



# whole wheat pepperoni pizza

## Ingredients

whole wheat pizza thin crust by archer farms	1 crust
turkey pepperoni by hormel	30 slices
finely shredded mozzarella cheese by great value	2 Cup(s)
homemade style pizza sauce by ragu	1 Cup(s)
mushrooms	1/2 Cup(s)
vegetables peppers green bell by freshdirect	100 gram
onion	3 tbsp

## Nutrition Totals

**Calories** 830 / **Carbs** 108 g / **Protein** 47 g / **Fat** 29 g / **Fluid** 2 fl oz

## Instructions

Make a pizza :)

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# Nutrition Label

<b>Whole Wheat Pepperoni Pizza</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>138</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	4.8g	<b>7%</b>
Saturated Fat	1.6g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	18.4mg	<b>6%</b>
<b>Sodium</b>	324mg	<b>14%</b>
<b>Total Carbohydrates</b>	17.9g	<b>6%</b>
Dietary Fiber	2g	<b>8%</b>
Total Sugar	1.7g	
<b>Protein</b>	7.8g	
<b>Vitamin D</b>	0.4IU	<b>0%</b>
<b>Calcium</b>	100.2mg	<b>10%</b>
<b>Iron</b>	1.1mg	<b>6%</b>
<b>Potassium</b>	34.1mg	

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1 Servings



# cheesy chicken & broccoli pasta

## Ingredients

pasta organic 100% whole grain kamut spirals by eden by eden foods 30 gm

broccoli florets 1 Cup(s)

olive oil 1 tsp

garlic cloves peeled by spice world 1 serving

cheddar cheese 10 gm

essential double cream by waitrose 20 mL

chicken breast (cooked) 3 oz

## Nutrition Totals

**Calories** 447 / **Carbs** 26 g / **Protein** 37 g / **Fat** 21 g / **Fluid** 2 fl oz

## Instructions

1. Bring a large pan of water to the boil and cook the pasta following the instructions. Add the broccoli to the pan for the final 4 minutes.
2. Whilst the pasta cooks make the sauce. Heat the oil in a large pan and brown the chicken on each side (5 minutes), add the onion and cook for 5 minutes until soft, stir in the garlic and cook for 1 more minute. Stir in the cream and bring to the boil. Add the pasta, broccoli and cheese coating everything in the sauce.



Eating right, simplified.

# Nutrition Label

<b>Cheesy Chicken &amp; Broccoli Pasta</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>447</b>
	<b>% Daily Value*</b>	
<b>Total Fat</b> 21.2g		<b>33%</b>
Saturated Fat 9.5g		<b>48%</b>
Trans Fat 0g		
<b>Cholesterol</b> 82.7mg		<b>28%</b>
<b>Sodium</b> 153.1mg		<b>6%</b>
<b>Total Carbohydrates</b> 26.3g		<b>9%</b>
Dietary Fiber 5.2g		<b>21%</b>
Total Sugar 2.6g		
<b>Protein</b> 36.6g		
<b>Vitamin D</b> 6.6IU		<b>1%</b>
<b>Calcium</b> 115.8mg		<b>12%</b>
<b>Iron</b> 2.8mg		<b>16%</b>
<b>Potassium</b> 358.4mg		

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Eating right, simplified.

# Shopping List

Prepared by: Zech H

Created: 10-23-2022

## Accompaniments

honey	2.17 Tbsp
rice vinegar	0.17 oz
salsa	1.5 Cup(s)
sea salt	0.16 teaspoon(s)

## Beef

beef top sirloin, lean	6 oz
grass fed ground beef	0.17 pound(s)
skirt steak, lean	10 oz

## Beverages

almond milk	6 Cup(s)
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## Cereal & Grain Products

oatmeal prepared with quick oats	3.26 Cup(s)
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## Cookies & Crackers

whole wheat crackers, low sodium	30 cracker
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## Dairy & Egg

cheddar cheese	4.5 oz
	15 gm
egg	5 large
	1 Cup(s)
nonfat plain greek yogurt	40 oz
reduced fat mexican cheese blend	0.5 Cup(s)
shredded parmesan cheese	2 Tbsp
unsalted butter	1 Tbsp

## Fats & Oils

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Eating right, simplified.

olive oil	1.63 Tbsp
	1.5 tsp
pitted black olives, medium	8 olive(s)

## Fruits & Juices

blueberries	20 berries
fruit of your choice	6.25 serving

## Legumes & Beans

pinto beans, no salt added	1.5 Cup(s)
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## Nuts & Seeds

almonds	5 oz
hemp hearts raw shelled	2 Tbsp
nuts of your choice	5.5 oz
smooth peanut butter, no added salt	7.66 Tbsp

## Poultry

chicken breast	12.5 oz
	1.33 Cup(s)
ground turkey	6 oz
skinless chicken breast	22 oz
turkey bacon, low sodium	6 slices
turkey breast meat, low sodium	12 oz

## Snacks

rice cake, unsalted	3 cake
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## Spices & Herbs

chili powder	1 tsp
cumin ground	1 tsp
garlic powder	2 tsp
oregano, dried	0.63 tsp
parsley	1.88 tsp
taco seasoning, low-sodium	0.25 package

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## Uncategorized

all natural sweet potato fries with sea salt by alexia	25 pieces
avacado by suaveo	1 medium
broccoli florets	1.5 Cup(s)
cheese cheddar raw mild by organic valley	1 serving
chia seeds	0.5 oz
classic ranch yogurt dressing	4 Tbsp
coconut oil	0.88 tablespoons
creamy natural peanut butter by smucker's	0.12 Cup(s)
dairy cheese light creamy swiss spreadable cheese wedges by the laughing cow by freshdirect	2 wedge
essential double cream by waitrose	30 mL
finely shredded mozzarella cheese by great value	1.33 Cup(s)
garlic cloves peeled by spice world	1.5 serving
homemade style pizza sauce by ragu	0.67 Cup(s)
liquid aminos natural soy sauce alternative by bragg	0.11 Cup(s)
non-starchy vegetables of your choice	8 Cup(s)
pasta organic 100% whole grain kamut spirals by eden by eden foods	45 gm
power cakes flapjack & waffle mix by kodiak cakes	2 Cup(s)
pure maple syrup	1 tablespoons
red bell pepper	1 medium
sculpt nation protein	13.5 Scoop
shredded artisan blends cheese sargento mozzarella & provolone by sargento	0.63 Cup(s)
sour cream reduced fat	2 oz
sprouted 100 % whole grain bread	1 slice
tortillas 100% whole wheat wrap by dempster's	2 tortilla
turkey pepperoni by hormel	20 slices
uncured turkey bacon by applegate naturals	4 slice
vanilla almond milk, unsweetened	9 Cup(s)
vegetables peppers green bell by freshdirect	66.67 gram
vegetables tomatoes sundried by freshdirect	1 oz
whole wheat pizza thin crust by archer farms	0.67 crust
whole wheat tortillas by ortega	2 tortilla

## Vegetables

butterhead lettuce	5 large leaf
fresh cilantro leaves	0.17 Cup(s)
garlic	0.33 clove
	1.33 cloves
green, red or yellow bell peppers	1.25 medium
green leaf lettuce	2.67 outer leaf
	2 Cup(s)
mushrooms	0.33 Cup(s)
onion	0.8 Cup(s)
	2 tbsp
organics baby spring mixed greens	1 Cup(s)



Eating right, simplified.

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<b>romaine lettuce</b>	<b>2 Cup(s)</b>
<b>sweet corn kernels, frozen</b>	<b>2 Cup(s)</b>
<b>sweet potato</b>	<b>1 large</b>
<b>tomatoes</b>	<b>10 thin slice</b>
	<b>1 medium</b>
<b>tomato paste, no salt added</b>	<b>0.67 Tbsp</b>
<b>vegetable of your choice</b>	<b>4 Large Handful(s)</b>
<b>zucchini/summer squash</b>	<b>2 medium</b>

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# Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

## Basic Guidelines

 <b>Golf Ball</b> 1/4 cup / 1 oz / 2 tbsp	 <b>Tennis Ball</b> 1 cup	 <b>Computer Mouse</b> 1/2 cup	 <b>Baseball</b> 1 cup	 <b>Rounded Handful</b> 1/2 cup 1 oz dried goods
 <b>Hockey Puck</b> 3 oz muffin or biscuit	 <b>Matchbox</b> 1 oz serving of meat	 <b>Deck of Cards</b> 3 oz of chicken, meat, or fish	 <b>This Paperback Book</b> 8 oz serving of meat	 <b>Thumb</b> 1 tsp
 <b>Poker Chip</b> 1 tbsp	 <b>Shot Glass</b> 1 oz / 2 tbsp	 <b>CD</b> 1 slice of bread 1 oz lunch meat	 <b>3 Dice</b> 1 1/2 oz cheese	 <b>Kids' Milk Carton</b> 8 oz drink

## Useful Examples

 <b>Bread &amp; Grains</b> 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 <b>Fruits &amp; Vegetables</b> 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 <b>Meats, Fish &amp; Nuts</b> 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
 <b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 <b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 <b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox