



1-Day Sample Menu

1800 calorie/day
Macro Ratios: 33/33/33

Food Item	Meal	Recipe	Serve Amt	Serve Unit	Calories	Protein(g)	Carbs(g)	Fat(g)
Grapefruit	Breakfast		0.5	medium	41	1	10	0
Almond Butter, no salt	Breakfast		1	tbsp	96	3	3	9
Whole Wheat Bread, toasted	Breakfast		1	slice	128	4	24	2
Tomato and Mushroom Omelet	Breakfast	•	1	servings	184	21	10	7
Apple with skin	AM Snack		1	medium	95	0	25	0
Hard Boiled Egg	AM Snack		2	large	155	13	1	11
Feta Cheese, crumbled	Lunch		1	tbsp	25	1	0	2
Steamed Green Beans	Lunch		1	servings	68	4	15	0
Brown Rice	Lunch		0.5	cup	109	2	23	1
Grilled Chicken Breast	Lunch	•	4	oz	127	23	1	3
Straberries, raw	Snack		3	medium	12	0	3	0
Unsweetened Almond Milk, Chocolate	Snack		1	cup	45	2	3	4
Almond Butter, no salt	Snack		1	tbsp	96	3	3	9
Protein Powder, Vanilla	Snack		1	scoop	130	20	4	3
Louisiana Shrimp	Dinner	•	1	servings	474	47	39	14
Cucumber, with peel, raw	PM Snack		0.5	cup	8	0	2	0
Cream Cheese, lowfat	PM Snack		1	tbsp	30	1	1	2
					1823	145	167	67

Breakfast: Tomato & Mushroom Omelet with 1 slice toast spread with 1 Tbsp nut butter.

Snack 1: 2 hard boiled eggs and an apple

Lunch: 3 oz grilled chicken breast with 1/2 cup brown rice (or other grain) and steamed green beans.

Snack 2: Protein Shake. Blend all ingredients.

Dinner: Louisiana Shrimp

Snack 3: Sliced cucumber with cream cheese for dipping.

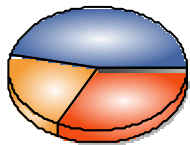
Tomato and Mushroom Omelette

By: Chelle Stafford

Recipe grams: 370.80g/13.1oz

Serves 1 370.80g/13.1oz per serving

Prep time: 5 min. Cook time: 10 min.



Protein: 46%
Carbohydrates: 21%
Fat: 32%

INGREDIENTS

1 cup TOMATO, RED, RIPE, RAW
1 dash PEPPER, BLACK, GROUND
1/2 cup MUSHROOM, BROWN, ITALIAN, RAW, Italian or Crimini, sliced
3 large EGG WHITE, CHICKEN, RAW, fresh
1/4 tsp Mrs Dash Garlic & Herb
1 large EGG, CHICKEN, RAW, whole, fresh
1 tbsp PARMESAN CHEESE, SHREDDED

DIRECTIONS

Lightly spray a small non stick skillet with vegetable oil spray.
Add mushrooms and cook until almost soft, add tomatoes and stir together.
Remove from heat.

In a small bowl, combine eggs and seasoning, beat and pour mixture into pan.
When omelette is almost cooked, add mushroom and tomato mixture then fold omelette over with fork or spatula.
Continue cooking until eggs reach desired doneness.
Serve.

Nutrition Facts

Serving Size: 1 serving (370.8g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 190mg **63%**

Sodium 330mg **14%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **10%**

Sugars 6g

Protein 21g

Vitamin A 35%

• Vitamin C 40%

Calcium 10%

• Iron 10%

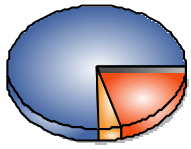
*Percent Daily Values are based on a 2,000 calorie diet.

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Grilled Chicken Breast

Recipe grams: 1251.55g/44.1oz
Serves 11 113.78g/4.0oz per serving
Prep time: 5 min. Cook time: 15 min.



Protein: 75%
Carbohydrates: 4%
Fat: 21%

INGREDIENTS

1 tsp Mrs Dash Garlic & Herb
1/4 cup WORCESTERSHIRE
5 breast CHICKEN BREAST, BONELESS, RAW, broiler/fryer, meat only

DIRECTIONS

Marinate chicken breasts in Worcestershire and Mrs Dash for 15 minutes minimum.

Grill on indoor or outdoor grill.

Allow to cool, then weight out portion sizes and store. I use ziploc sandwich bags.

Alternative: Bake it at 400 degrees until done (no longer pink inside).

Tips: Instead of Worcestershire, you can drizzle breasts with olive oil then sprinkle on Mrs Dash (flavor of choice), or you can use a low-sodium clean marinade (watch for added preservatives and sugar).

Nutrition Facts

Serving Size: 1 serving (113.8g)

Servings: 1

Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 23g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 4%

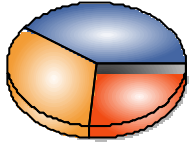
*Percent Daily Values are based on a 2,000 calorie diet.

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Louisiana Shrimp

Recipe grams: 1500.17g/52.9oz
Serves 2 750.08g/26.5oz per serving



Protein: 40%
Carbohydrates: 34%
Fat: 27%

INGREDIENTS

12 oz SHRIMP, COOKED
4 tsp OLIVE OIL
4 tsp CORNSTARCH
2 tbsp VINEGAR, APPLE CIDER
8 tsp WATER
1/4 tsp HOT PEPPER SAUCE, (like Sriracha or Tobasco)
1 1/2 cup ONION, RAW
1 cup MILK, COW'S, 1% BF, VIT-A
1 1/2 cup CELERY, RAW
2 cups GREEN PEPPER, SWEET, RAW (BELL)
2 cups RED PEPPER, SWEET, RAW
1/2 cup TOMATO PUREE, NO SALT, canned

DIRECTIONS

In non stick saute pan add oil , bell pepper rings, onion, celery, and vinegar.
Cook until vegetables are tender, then add shrimp, milk, tomato puree, hot sauce, seasonings and cornstarch.
Bring mixture slowly to a boil stirring constantly to dissolve cornstarch.
Simmer for 10 minutes.

NOTE: can substitute a different vinegar for the apple cider vinegar if desired.
Can substitute Arrowroot powder for Cornstarch (equal amounts).

Nutrition Facts	
Serving Size: 1 serving (750.1g)	
Servings: 1	
Amount Per Serving	
Calories 470	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 365mg	122%
Sodium 1760mg	73%
Total Carbohydrate 39g	13%
Dietary Fiber 7g	30%
Sugars 21g	
Protein 47g	
Vitamin A 90%	• Vitamin C 340%
Calcium 40%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

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