

# *Flat Tummy Blueprint*

*How to Get a Toned, Flat, Sexy  
Tummy in Just 21 Days*

*Workout Guide*



**Hey,**

**If you want to tighten and tone up your mid section, this Flat Tummy Blueprint is the perfect plan for you to do at home.**

**I've made easy to follow (but not necessarily easy to do!) workout plans for you for the next three weeks.**

**I'm a big believer in progressive resistance so you'll see that the intensity of each workout and week increases as you increase your fitness level.**

**And don't forget about nutrition! Once you start exercising, 80% of how you look is based on what you're eating. You'll see a 'read it and eat it' style plan to follow, so she's taken all the guess work out of 'what to eat'.**



**So mark your calendars and plan on looking and feeling SO much better in just 21 days!**

**Let's get started....**

**You'll find three weeks of workouts laid out for you. Week one has three workouts, week two has four workout, week three has five workouts.**

**Here are a few tips to keep in mind:**

- Warm up the muscles thoroughly.
- Cool down the muscles after exercise.
- Do some stretching between sets.
- Increase intensity of exercise slowly over time (this is why we amp up the program slowly).
- Modify exercises as you need to

**Turn up the heat...raise your metabolism and keep it stoked...**

You want to transform your body or else you wouldn't be reading this. In order for this to happen, you need to create a challenge or stimulus for your body to overcome. To create a physical change in your body, you must constantly vary the stimulus. You can't simply do the same workout, day after day, week after week, and expect your body to transform. The same workout will produce a certain level of fitness, and then you will stall out. Your progress will reach a steady state fitness level. Change is imperative to get to the next level.

***To look better than you ever have before, you need to do something that you've never done before.***

To get that flat tummy you want, now is the time to make a change in traditional training methods. You need to say goodbye to hundreds of crunches and long, slow cardio sessions, and say hello to resistance training and high intensity interval training. These are the tools that will help you transform your body and this is why each workout in the program is different.

You may be surprised to learn that you CAN NOT spot reduce, so you'll be doing metabolically challenging exercises, ones that get you sweating and breathing hard. This raises your metabolism and gets calories burnt! A faster metabolism also means that your body will become more efficient, and burn more calories, even at rest.

The resistance training you'll do will increase lean muscle tone. One of the biggest fears that women have about resistance training is that they don't want to get 'big'. Don't worry, this just doesn't happen, and is erroneous thinking. (If it were only so easy to add muscle to your body.) The key to a stoked metabolism is building and maintaining your lean muscle tone.

More fat + less muscle (same weight) = slower metabolism

Your solution is:

More muscle + less fat (possibly the same weight) = faster metabolism

## Quantify Your Progress

Don't be discouraged if your weight stays the same at first. Weight loss is not your best indicator of progress. Take your measurements prior to the start of this program:

	Start Date:	End of Week 3:
Body Weight		
Arm		
Chest		
Waist (smallest part around the middle)		
Abdomen (an inch below the belly button)		
Hips (widest part including the butt)		
Thigh (widest part)		

By measuring these areas, you can quantify your progress using a better tool than the scale. As well, take note of how your clothing fits. And if you can, take pictures in a bathing suit, from the same spot, in the same light, whenever you decide to take measurements. These strategies will give you far more accurate measurements than a scale alone.

Take note: you should not be gaining weight. Don't kid yourself that you are gaining that much muscle. You may be gaining a small amount of muscle, and losing some fat, but you will not gain enough muscle to significantly tip the scale over your starting body weight. If you do gain weight, you need to review the nutritional principles and take note of portion sizes. As well, take note of where you are gaining weight by comparing your measurements. If the gain is all in your tummy, hips and thighs, you need to review your nutritional program.

Let's get going with the workouts....

**One final note... later in the ebook you'll find a complete section with every exercise described and pictures to show you how to best perform it. Enjoy.**

### Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

### Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## WEEK ONE – WORKOUT #1

**Equipment** – mat, DB's, jump rope

**Duration** – 20 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat two times

**Workout description** – You will perform set one below as many times as you can in four minutes . Take a one minute rest and do the same with set two. Take a one minute rest and then repeat set one and two again.

### **Circuit #1 Push Up Til You Drop – How many circuits?**

Set your timer for 4 minutes.

50 high knees (stationary sprint with pumping arms), then do:

10 push ups

10 DB shoulder press

10 tricep overhead press with DB

### **Circuit #2 – Core Compressor – How many circuits?**

20 mountain climbers, then do:

20 bicycle crunch

20 spider crawl

30 second plank

**Cool down** – Take 5 min to cool down, stretch and relax.

## WEEK ONE – WORKOUT #2

**Equipment** – jump rope, mat, DB's, timer

**Duration:** 20 minutes

**Warm Up** – Do 20 reps of the following:

- Jump rope
- Squats
- Kneeling push ups
- Mountain climbers

Repeat three times

**Workout Description** - Do the following exercises for 20 seconds, rest for 10 seconds. Alternate exercise a/b for each set. For example, do squat jumps for 20 seconds, rest 10, do a get up for 20 seconds, rest 10 seconds, repeat.

Set #1 – 10 sets total (5 min)

- A. squat jump
- B. get ups

Set #2 - 10 sets total (5 min)

- A. shoulder press squat
- B. mountain climbers

Set #3 - 10 sets total (5 min)

- A. stationary sprint
- B. push ups

Set #4 - 10 sets total (5 min)

- A. high knee jump rope
- B. DB deadlift

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK ONE – WORKOUT #3

**Equipment** – mat, DB's, jump rope

**Duration** – 20 minutes.

**Warm up** – Do 30 seconds of the following:

- Standing arm circles (forward and backward)
- Stationary run
- Prisoner squat
- Lateral lunge
- Calf raises against a wall

Repeat twice

**Work out Description** – Full Body Intervals - Do 1 minute of each exercise with no rest between exercises. You can rest 30 seconds after each entire sequence of 5 exercises. Repeat each set for a total of 2 sets of each sequence.

### Set 1

- Jump rope
- Squat
- Push up
- Bicycle crunch
- Jump rope

### Set 2

- Mountain climber
- Reverse lunge
- Shoulder press/squat
- DB deadlift
- Mountain climber

### Set 3

- Jumping jacks
- Plank hold
- Side plank
- Side plank
- Jumping jacks

**Cool down:** Take 5 minutes to stretch, cool down and relax.



## WEEK TWO – WORKOUT #1

**Equipment** – mat, DB, timer, jump rope

**Duration** – 25 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

**Workout Description** – Set the timer for 30 seconds. (Or just watch the clock and change exercises every 30 seconds). Do the following exercises with NO REST between them. Work with proper form and keep the pace up.

Each set of 10 exercises should take about 5 minutes. Rest one minute between sets. Repeat three times.

1. Prisoner squat (hands behind head)
2. Push up
3. Bicycle crunch
4. Plank
5. Reverse Lunge
6. Squat jump
7. Lateral lunge
8. High knee stationary sprint
9. One arm DB row
10. One arm DB row

### **Flat Tummy Finisher:**

Alternate the following for 20 reps or 30 seconds each:

- Burpee (or jumping jack)
- Bicycle crunch
- Side plank
- Side plank
- Burpee (or jumping jack)

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK TWO – WORKOUT #2

**Equipment** – mat, DB's, timer

**Duration** – 25 minutes.

**Warm up** – Do the following:

- 10 prisoner squats
- 10 lateral lunges
- 10 reverse lunges
- 10 push ups
- 30 seconds stationary run

Repeat three times

**Workout Description** – Set the timer for 30 seconds. Perform DB exercise followed by cardio burst for 30 sec each. Go through the entire list, resting as little as possible. Repeat the circuit.

1. Push up/mountain climber
2. Prisoner squat/speed skater lunge jump
3. Bicycle crunch/jumping jack
4. Rev bench step/sprint or stationary sprint
5. **Rest 30 seconds**
6. Push up/squat jump
7. Shoulder press squat/lateral lunge
8. Shoe touch/mountain climber
9. Close push up/jumping jack
10. **Rest 30 seconds**
11. Prisoner squat/speed skater lunge jump
12. Bicycle crunch/stationary sprint
13. Bench or chair dip/bench hops (hands on bench or chair, jump two foot to two foot over bench)
14. Pulsing squat over bench/squat jump
15. **Rest 30 seconds**
16. Plank/squat jump
17. Side plank R/stationary sprint (high knees)
18. Side plank L/ stationary sprint (high knees)
19. Get up/squat jump

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK TWO – WORKOUT #3

**Equipment** – mat, DB's

**Duration** – 25 minutes.

**Warm up** – Do 30 seconds of the following:

- Standing arm circles (forward and backward)
- Stationary run
- Prisoner squat
- Lateral lunge
- Calf raises against a wall

Repeat twice

**Workout description** - Start at 10 reps for entire list then drop the first exercise and go down to 9 reps, continue down.

- PUSH UPS
- GET UPS
- LUNGES (PASS WEIGHT UNDER KNEE)
- JUMP SQUATS
- BICYCLE CRUNCH
- ONE ARM ROW
- ONE ARM ROW
- LATERAL LUNGES
- LATERAL RAISES

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK TWO – WORKOUT #4

**Equipment** – mat, DB, timer, jump rope

**Duration** – 25 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

Warm up and then do: 16 reps of each exercise, then 10 reps of each exercise, then 8 reps of each exercise

1. PUSH UPS
2. MOUNTAIN CLIMBER
3. ONE ARM DB ROW
4. ONE ARM DB ROW
5. SHOULDER PRESS/SQUAT
6. DB LATERAL RAISE
7. SQUATS
8. BICEP CURLS
9. SQUAT JUMPS
10. TRICEP OVERHEAD PRESS
11. BICYCLE CRUNCH
12. SHOE TOUCHES

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK THREE – WORKOUT #1

**Equipment** – mat, DB, timer, jump rope

**Duration** – 30 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

**Workout Description** – Set the timer for 30 seconds. (Or just watch the clock and change exercises every 30 seconds). Do the following exercises with NO REST between them. Work with proper form and keep the pace up.

Each set should take about 5 minutes. Rest 30 seconds between sets. Repeat four times.

1. Prisoner squat (hands behind head)
2. Push up
3. Bicycle crunch
4. Plank
5. Reverse Lunge
6. Squat jump
7. Lateral lunge
8. High knee stationary sprint
9. One arm DB row
10. One arm DB row

### **Flat Tummy Finisher:**

Alternate the following for 20 reps or 30 seconds each:

- Burpee (or jumping jack)
- Bicycle crunch
- Side plank
- Side plank
- Burpee (or jumping jack)

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK THREE – WORKOUT #2

**Equipment** – mat, DB, timer, jump rope

**Duration** – 30 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

**Workout Description** – Do one minute of each of the following exercises:

1. Jump rope
2. One arm row
3. One arm row
4. Jump rope
5. Squat
6. Jump rope
7. Push up
8. Jump rope

Rest 2 minutes and repeat

**Flat Tummy Finisher:**

Alternate the following for 20 reps or 30 seconds each:

1. push ups
2. mountain climbers
3. spider crawl
4. plank
5. rest 30 seconds and repeat above

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK THREE – WORKOUT #3

**Equipment** – mat, DB's

**Duration** – 30 minutes.

**Warm up** – Do 30 seconds of the following:

- Standing arm circles (forward and backward)
- Stationary run
- Prisoner squat
- Lateral lunge
- Calf raises against a wall

Repeat twice

**Workout description** – Set your timer for 25 minutes, get done as much work as you can in that time. Start at 15 reps for entire list then drop the first exercise and go down to 14 reps, continue down.

- PUSH UPS
- GET UPS
- LUNGES (PASS WEIGHT UNDER KNEE)
- JUMP SQUATS
- BICYCLE CRUNCH
- ONE ARM ROW
- ONE ARM ROW
- LATERAL LUNGES
- LATERAL RAISES

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## WEEK THREE – WORKOUT #4

**Equipment** – mat, DB, jump rope

**Duration** – 30 minutes.

**Warm up** – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

**Workout Description** – This is a countdown set. Set your timer to 25 minutes. Start with 100 skips with the jump rope then do:

- 10 burpees
- 10 one arm DB row
- 10 one arm DB row
- 10 squat jumps
- 10 push ups
- 10 mountain climbers
- 10 bicycle crunches

Repeat the 100 skips with the jump rope, then do 9 reps of all exercises, repeat the skips, then do 8 reps of all exercises. Continue until time runs out.

**Cool down:** Take 5 minutes to stretch, cool down and relax.



## WEEK THREE – WORKOUT #5

**Equipment** – mat, DB's

**Duration** – 30 minutes.

**Warm up** – Do 30 seconds of the following:

- Standing arm circles (forward and backward)
- Stationary run
- Prisoner squat
- Lateral lunge
- Calf raises against a wall

Repeat twice

**Workout Description** – Do set one and the tabatta, then set two and the tabatta then REPEAT .

Set one 30 sec work/5 sec to switch exercises:

- DB Lateral raise
- One arm DB row
- One arm DB row
- Squat
- Reverse lunge
- Lateral lunge

20/10 Tabatta – Squat jump for 20 seconds, rest for 10 secs, repeat 6 times for a 3 min set

Set Two 30 sec work/5 sec to switch exercises:

- Push up
- Get up
- Front plank
- Side plank
- Side plank
- Spider Crawl

20/10 Tabatta\_– Mountain climbers for 20 seconds, rest for 10 secs , repeat 6 times for a 3 min set

**Flat Tummy Finisher:**

Alternate the following for 20 reps or 30 seconds each:

- Burpee (or jumping jack)
- Bicycle crunch
- Side plank
- Side plank
- Burpee (or jumping jack)

**Cool down:** Take 5 minutes to stretch, cool down and relax.

## Single Leg DB Dead Lift



- Hold DB's with straight arms at the sides
- Balance on one leg, hold abs tight, lift heel up and drop chest parallel to ground
- Try not to bend at the waist
- Keep chin up, soft knee on stabilizing leg, return heel to the ground
- Repeat on opposite side

## Split Stance 1 Arm DB Row



- Brace yourself on the knee with the hand not holding the DB
- Keep a flat back with a wide stance
- Row the DB to the ribs and return to the start
- Repeat on opposite side

## Walking Lunge with DB Pass



- Hold DB in hand as you take a big step forward
- Pass DB under front leg, step up on front heel
- Repeat with opposite leg moving forward with each step

## Reverse Lunge



- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)
- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg

## Squat



- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position



## Squat Jump



- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position

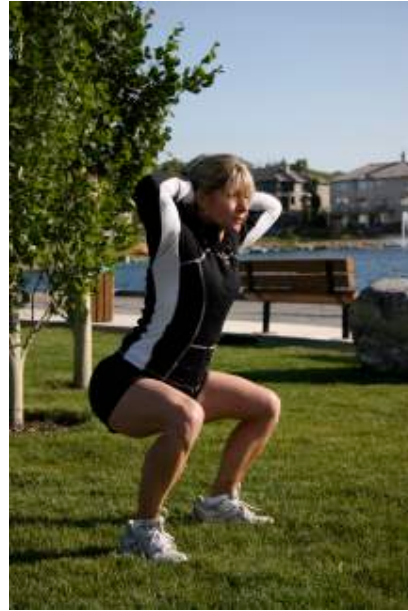
## Lateral Lunge



- Take a step directly to the side
- Touch the knee or the toe (if possible) with opposing hand, bending forward slightly at the waist
- Try to keep both feet flat on the ground the entire time
- Push off the heel to standing position
- Repeat on opposite side



## Prisoner Squat



- Place hands behind head
- Chin up, squeeze upper back to keep elbows back
- 'Sit' into squatting position and return to standing

## Reverse Bench Step



- Stand at the top of the bench
- Slowly drop one foot to the ground and touch toe, try not to push off bottom toe
- Lift or 'step up' on heel of top foot
- Repeat on opposite side

## Prone Shoulder Press



- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Tuck hips under (pelvic tilt) to protect lower back, soft knees

## DB Military Press/Squat



- Hold DB's at shoulder height, thumb side of DB at shoulder
- Extend arms over head and lock elbows
- Return DB's to shoulders
- Squat, sitting hips back and return to standing position
- Chin up, chest high

## DB Lateral Raise



- Hold DB's at your side
- Keep thumb-side of DB down as you raise your arms in a lateral plane to shoulder height then slowly lower DB's back to start position
- Arms are slightly bent, knees are soft and weight is on the balls of the feet
- Don't let the hands raise higher than the elbows

## DB Overhead Tricep Extension



- Hold DB overhead in both hands
- Drop DB to behind the head by bending at the elbow and return to extended position overhead
- Keep elbows close to the ears, chin tucked in
- Soft knees, pelvic tilt



## Get Up



- Start in a push up position (on knees or in table top position if needed)
- Drop to the left elbow, then the right elbow
- Push up onto the left hand, locking the arm, then push up to the right
- Repeat doing the opposite:
- Drop to the right elbow, then the left elbow
- Push up on the right hand, locking the arm, then push up to the left

## Regular Push Up



- Get into plank position with hands wider than shoulder width
- Keep ears, shoulders, hips and ankles all in alignment
- Slowly lower chest toward ground
- Return to plank position



## Mountain Climber



- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible

## Plank



- Get into plank position (shoulders over the elbows, ears in line with the shoulders)
- Keep back tight and tummy tucked in
- Ensure that hips are in line with shoulders and toes
- Keep shoulder blades depressed and retracted (down and back) so the upper back doesn't 'round'
- Ensure butt isn't in the air, with shoulders behind elbows
- Modify by dropping to the knees

## Side Plank



- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder

## Prone Shoe Touch



- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs



## Spider Crawl



- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs through out movement

# *Flat Tummy Blueprint*

## *21 Day Nutrition Plan*



## **The Goal**

The objective of the program is to SEE aesthetic changes as well as FEEL an increase in your fitness level. Once you are on a fitness program, 75 to 85% of how you LOOK is diet related. You will need to APPLY the diet modifications suggested in order to lose fat.

## **Dieting Alone Will NOT Work**

Body fat is nothing more than stored food energy. So, body fat provides your body with energy. In order to use this energy, you need to expend more energy (calories) than you take in through your diet. This can be done in two ways; expend more by doing more, or take in less. The less desirable method is to eat less and the preferred method is to do more. If you eat less, you will slow your metabolism and set yourself up for problems later. If you do more, you will increase your metabolic rate, which is exactly what you want to accomplish. This can best be achieved through exercise. Dieting alone just does not work to rid you of that muffin top. When you diet you will:

- Lose muscle and fat in equal ratios
- You will feel terrible
- You will get weaker
- You will be forced to continuously reduce calories as your metabolism slows
- You will set yourself up for a rebound or weight gain once you resume 'normal' eating
- You will suffer and be hungry all the time
- You will look almost as bad as you feel
- And worst of all, statistically speaking, you will fail!

It's been proven that dieting alone doesn't work! Supportive eating while engaging in muscle building activities does.

Here's a simple 'read it and eat it' plan...

Follow it as closely as you can for 21 days and you'll see how modifying your diet coupled with exercise will change your physique FAST!

Don't be discouraged on the first few days. It will take up to the first week for your body to adjust to new tastes and food quantities, but soon, if you stay off sugar and other processed foods, these healthy choices will come alive with flavour and you'll feel satisfied.

### ***Breakfast***

- Coffee, made from ground, regular : 1 coffee cup (6 fl oz) : 4 cal
- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Egg, white only, cooked : 2 white : 33 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

---

Calories: 216 Carb=37g Prot=17g Fat=0.93g

### ***Snack 1***

- Apricot, dried, uncooked : 6 half : 50 cal
- Carrots, raw : 5 baby carrot : 22 cal
- Celery, raw : 3 large stalk (11" - 12" long) : 31 cal

Calories: 102 Carb=25g Prot=2.7g Fat=0.46g

### ***Lunch***

- Tuna, canned, water pack : 1 Typical Serving : 99 cal
- Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
- Creamy dressing, made with sour cream and/or buttermilk and oil : 1 tablespoon : 71 cal

---

Calories: 184 Carb=3.2g Prot=23g Fat=8.6g

### ***Snack 2***

- Blueberries, raw : 1 Typical Serving : 41 cal
- Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal

---

Calories: 196 Carb=28g Prot=13g Fat=4.1g

### ***Dinner***

- Rice, white, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 107 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4") : 137 cal
- Asparagus, cooked, from fresh, fat not added in cooking : 6 medium spear (5-1/4" to 7" long) : 21 cal
- Spinach, cooked, from frozen, fat not added in cooking : 1/2 cup, frozen, leaf : 26 cal

Calories: 292 Carb=32g Prot=33g Fat=3.6g

### ***Snack 3***

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Almonds : 1/5 cup : 166 cal

Calories: 248 Carb=27g Prot=5.9g Fat=15g



## Day Two

### ***Breakfast***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Strawberries, raw : 1 cup, sliced : 50 cal
- Special K : 1/2 cup : 43 cal

Calories: 179 Carb=32g Prot=12g Fat=1.1g

### ***Snack 1***

- Raisins : 1 miniature box (.5 oz) : 42 cal
- Tea, leaf, unsweetened : 1 mug (8 fl oz) : 2 cal

Calories: 44 Carb=12g Prot=0.45g Fat=0.064g

### ***Lunch***

- Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8") : 134 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh : 51 cal
- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal

Calories: 195 Carb=10g Prot=33g Fat=3.5g

### ***Snack 2***

- Almonds : 1/5 cup : 166 cal
- Pecans : 1/4 cup, halves : 180 cal

Calories: 346 Carb=11g Prot=7.7g Fat=33g

### ***Dinner***

- Carrots, raw : 20 baby carrot : 86 cal
- White potato : 1 medium (2-1/4" to 3" dia, raw) : 109 cal
- Chicken, breast, with or without bone, broiled, NS as to skin eaten : 1/2 medium breast (yield after cooking, bone removed) : 180 cal

Calories: 374 Carb=46g Prot=31g Fat=7.6g

### ***Snack 3***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Calories: 168 Carb=33g Prot=8.7g Fat=0.94g

## *Day Three*

### ***Breakfast***

- Multi Grain Cheerios : 1 cup : 99 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Blueberries, raw : 1/2 cup : 41 cal

Calories: 226 Carb=45g Prot=11g Fat=1.7g

### ***Snack 1***

- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Almonds : 1/3 cup : 277 cal

Calories: 370 Carb=33g Prot=10g Fat=25g

### ***Lunch***

- Turkey, light meat, cooked, skin not eaten : 2 medium slice (approx 3" x 2" x 1/4") : 88 cal
- Salad dressing, low-calorie : 1 Typical Serving : 41 cal
- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal

Calories: 183 Carb=13g Prot=22g Fat=5.6g

### ***Snack 2***

- Popcorn, air-popped (no butter or no oil added) : 2 cup, popped : 61 cal
- Strawberries, raw : 1/2 cup, sliced : 25 cal

Calories: 86 Carb=18g Prot=2.4g Fat=0.98g

### ***Dinner***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 2-7/8 oz, boneless, cooked, skinless : 132 cal
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal

Calories: 318 Carb=30g Prot=39g Fat=5.8g

### ***Snack 3***

- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
- Pear, raw : 1 medium pear (approx 2-1/2 per lb) : 98 cal

Calories: 225 Carb=43g Prot=14g Fat=1.1g

## *Day Four*

### ***Breakfast***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Strawberries, raw : 8 medium (1-1/4" dia) : 29 cal
- Special K : 1 cup : 85 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal

---

Calories: 182   Carb=33g Prot=12g Fat=0.78g

### ***Snack 1***

- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

---

Calories: 41   Carb=9.3g Prot=1.9g Fat=0.36g

### ***Lunch***

- Tomatoes, raw : 1/2 medium whole (2-3/5" dia) : 13 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Broccoli, raw : 1/4 cup, chopped : 6 cal
- Almonds : 1 Typical Serving : 165 cal
- Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal

---

Calories: 267   Carb=22g Prot=15g Fat=16g

### ***Snack 2***

- Peanut butter : 1 tablespoon : 95 cal
- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

---

Calories: 203   Carb=31g Prot=5.2g Fat=8.7g

### ***Dinner***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Salmon, baked or broiled : 141.75g : 243 cal
- Vinegar : 1/8 cup : 4 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Lemon juice, fresh : 2 Juice of 1 wedge or slice : 3 cal

---

Calories: 357   Carb=19g Prot=46g Fat=12g

### ***Snack 3***

- Blackberries, raw : 1-1/2 cup : 112 cal
- Cheese, cottage, lowfat (1-2% fat) : 1/2 cup : 82 cal

Calories: 194 Carb=31g Prot=16g Fat=2g

## *Day Five*

### ***Breakfast***

- Yogurt, plain, nonfat milk : 1-1/3 8 oz container : 169 cal
- Banana, raw : 1/2 small (6" to 6-7/8" long) : 46 cal
- Egg, white only, cooked : 4 white : 66 cal

Calories: 281 Carb=36g Prot=32g Fat=0.79g

### ***Snack 1***

- Almonds : 1/4 cup : 208 cal
- Raisins : 1/4 cup : 109 cal

Calories: 316 Carb=36g Prot=8.2g Fat=19g

### ***Lunch***

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
- Yogurt, fruit variety, nonfat milk : 1 4.4 oz container : 118 cal
- Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
- Pretzel, hard, multigrain : 9-1/2 pretzel (Include nuggets) : 107 cal

Calories: 345 Carb=58g Prot=12g Fat=8.9g

### ***Snack 2***

- Carrots, raw : 2-4/5 large (7-1/4" to 8-1/2" long) : 87 cal

Calories: 87 Carb=20g Prot=2.1g Fat=0.38g

### ***Dinner***

- Tomatoes, raw : 1-1/3 small whole (2-2/5" dia) : 25 cal
- Chicken, breast, with or without bone, stewed, skin not eaten : 170.1g : 255 cal
- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal
- Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

Calories: 311 Carb=11g Prot=53g Fat=5.9g

### ***Snack 3***

- Puffed rice cake : 1 cake : 35 cal

Calories: 35 Carb=7.3g Prot=0.74g Fat=0.25g

## Day Six

### **Breakfast**

- Coffee, NS as to type : 1 coffee cup (6 fl oz) : 4 cal
- Cheerios : 1 cup : 102 cal
- Milk, cow's, fluid, 1% fat : 1 cup : 102 cal

---

Calories: 208 Carb=32g Prot=11g Fat=4.2g

### **Snack 1**

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Almonds : 1/3 cup : 277 cal

---

Calories: 358 Carb=31g Prot=9.6g Fat=25g

### **Lunch**

- Carrots, raw : 2-4/5 baby carrot : 12 cal
- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
- Salad dressing, low-calorie : 1 Typical Serving : 41 cal
- Turkey, light meat, cooked, skin not eaten : 2 medium slice (approx 3" x 2" x 1/4") : 88 cal
- Tomatoes, raw : 1-1/3 small whole (2-2/5" dia) : 25 cal

---

Calories: 220 Carb=22g Prot=23g Fat=6g

### **Snack 2**

- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

---

Calories: 235 Carb=45g Prot=14g Fat=0.97g

### **Dinner**

- Chicken, breast, with or without bone, broiled, skin not eaten : 2-7/8 oz, boneless, cooked, skinless : 132 cal
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal

---

Calories: 232 Carb=18g Prot=30g Fat=5.4g

### **Snack 3**

- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal

---

Calories: 22 Carb=5.1g Prot=0.44g Fat=0.27g

## Day Seven

### ***Breakfast***

- Oatmeal, cooked, regular, fat not added in cooking : 1/3 cup, cooked : 48 cal
- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
- Sugar substitute, aspartame-based, dry powder : 2 individual packet : 7 cal
- Milk, cow's, fluid, 2% fat : 1 cup : 121 cal

---

Calories: 198 Carb=27g Prot=11g Fat=5.7g

### ***Snack 1***

- Almonds : 1/4 cup : 208 cal
- Raisins : 1/4 cup : 109 cal

---

Calories: 316 Carb=36g Prot=8.2g Fat=19g

### ***Lunch***

- Bread, whole wheat, 100% : 1 regular slice : 69 cal
- Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
- Peanut butter : 1 tablespoon : 95 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal

---

Calories: 212 Carb=23g Prot=9.5g Fat=11g

### ***Snack 2***

- Yogurt, plain, lowfat milk : 170.1g : 108 cal
- Apricot, dried, uncooked : 6 half : 50 cal

---

Calories: 188 Carb=29g Prot=12g Fat=3.6g

### ***Dinner***

- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal
- Carrots, raw : 10 baby carrot : 43 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Shrimp, baked or broiled : 30g : 46 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 2 oz, boneless, cooked, skinless : 92 cal

---

Calories: 263 Carb=27g Prot=33g Fat=4.5g

### *Snack 3*

-Walnuts : 10g : 64 cal

-Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Calories: 146 Carb=23g Prot=1.7g Fat=6.7g

## Day Eight

### **Breakfast**

- Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal
- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
- Egg, whole, boiled : 2 large : 154 cal

Calories: 418 Carb=46g Prot=27g Fat=15g

### **Snack 1**

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Peanut butter : 1 tablespoon : 95 cal

Calories: 176 Carb=24g Prot=4.3g Fat=8.7g

### **Lunch**

- Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
- Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
- Peppercorn Dressing : 1 tablespoon : 76 cal
- Tuna, canned, water pack : 3 oz : 99 cal

Calories: 245 Carb=3.1g Prot=27g Fat=14g

### **Snack 2**

- Carrots, raw : 5 baby carrot : 22 cal
- Hummus : 1-7/8 tablespoon : 48 cal

Calories: 70 Carb=11g Prot=1.9g Fat=2.5g

### **Dinner**

- Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4") : 137 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal

Calories: 179 Carb=6.7g Prot=31g Fat=3.4g

### **Snack 3**

- Yogurt, plain, lowfat milk : 1 Typical Serving : 144 cal
- Blueberries, raw : 1 Typical Serving : 41 cal

Calories: 185 Carb=26g Prot=12g Fat=3.8g



## Day Nine

### ***Breakfast***

- Blueberries, raw : 1/2 cup : 41 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal

---

Calories: 149 Carb=27g Prot=9.3g Fat=0.99g

### ***Snack 1***

- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
- Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb) : 42 cal

---

Calories: 169 Carb=28g Prot=14g Fat=0.5g

### ***Lunch***

- Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8") : 134 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh : 51 cal

---

Calories: 186 Carb=8.4g Prot=32g Fat=3.3g

### ***Snack 2***

- Cheese, natural, Cheddar or American type : 1 slice (1 oz) : 114 cal
- Crackers, wheat : 4 cracker : 76 cal

---

Calories: 190 Carb=11g Prot=8.4g Fat=13g

### ***Dinner***

- Chicken, breast, with or without bone, roasted, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 141 cal
- Carrots, raw : 20 baby carrot : 86 cal
- Sweet potato, baked, peel not eaten, fat not added in cooking : 1 small : 61 cal
- Broccoli, cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving : 45 cal

---

Calories: 333 Carb=39g Prot=32g Fat=6g

### ***Snack 3***

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Pretzels, hard : 14 one ring pretzel : 107 cal

---

Calories: 188 Carb=43g Prot=2.8g Fat=1.5g

## Day Ten

### **Breakfast**

- Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

---

Calories: 350 Carb=57g Prot=22g Fat=4.8g

### **Snack 1**

- Celery, raw : 3 large stalk (11" - 12" long) : 31 cal
- Peanut butter : 1 tablespoon : 95 cal
- Raisins : 1/4 cup : 109 cal

Calories: 234 Carb=39g Prot=6.6g Fat=8.6g

### **Lunch**

- Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
- Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
- Peppercorn Dressing : 1 tablespoon : 76 cal
- Chicken, breast, with or without bone, roasted, skin not eaten : 4 oz, with bone, cooked (yield after bone and skin removed) : 137 cal

Calories: 284 Carb=3.1g Prot=31g Fat=16g

### **Snack 2**

- Carrots, raw : 5 baby carrot : 22 cal
- Apricot, dried, uncooked : 6 half : 50 cal

---

Calories: 71 Carb=18g Prot=1.3g Fat=0.19g

### **Dinner**

- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

---

Calories: 187 Carb=7.1g Prot=26g Fat=7g

### **Snack 3**

- Cheese, cottage, lowfat (1-2% fat) : 1/2 cup : 82 cal
- Blueberries, raw : 1/2 cup : 41 cal

---

Calories: 122 Carb=13g Prot=14g Fat=1.4g

## Day Eleven

### ***Breakfast***

- Strawberries, raw : 1 cup, sliced : 50 cal
- Yogurt, fruit variety, nonfat milk : 1 6 oz container : 160 cal
- Special K : 1/2 cup : 43 cal

---

Calories: 252 Carb=52g Prot=11g Fat=1g

### ***Snack 1***

- Cranberries, dried : 1/3 cup : 121 cal
- Raisins : 1 miniature box (.5 oz) : 42 cal

---

Calories: 163 Carb=43g Prot=0.55g Fat=0.5g

### ***Lunch***

- Italian dressing, low calorie : 1 tablespoon : 16 cal
- Turkey sandwich, with spread : 1 sandwich : 330 cal
- Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal

---

Calories: 359 Carb=29g Prot=30g Fat=13g

### ***Snack 2***

- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

---

Calories: 109 Carb=28g Prot=1.2g Fat=0.57g

### ***Dinner***

- Wine, table, dry : 1 wine glass (3.5 fl oz) : 72 cal
- Carrots, raw : 20 baby carrot : 86 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4") : 92 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh : 51 cal

---

Calories: 301 Carb=30g Prot=26g Fat=2.9g

### ***Snack 3***

- Cantaloupe (muskmelon), raw : 1/2 cup, diced : 27 cal
- Cheese, cottage, lowfat (1-2% fat) : 1/2 cup : 82 cal

---

Calories: 109 Carb=9.6g Prot=15g Fat=1.4g

## Day Twelve

### ***Breakfast***

- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
- Oat bran cereal, cooked, fat not added in cooking : 1/2 cup, cooked : 40 cal
- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
- Egg, whole, boiled : 1 large : 77 cal

Calories: 353 Carb=57g Prot=23g Fat=7.4g

### ***Snack 1***

- Milk, soy, ready-to-drink, not baby's : 1 cup : 81 cal
- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
- Blueberries, raw : 1/2 cup : 41 cal

Calories: 143 Carb=20g Prot=7.7g Fat=5.2g

### ***Lunch***

- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal
- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup : 13 cal
- Tuna, canned, water pack : 4 oz : 132 cal

Calories: 235 Carb=25g Prot=31g Fat=1.7g

### ***Snack 2***

- Salsa : 1 tablespoon : 4 cal
- Salty snacks, multigrain, chips : 1 Typical Serving : 145 cal

Calories: 148 Carb=19g Prot=2.1g Fat=7.3g

### ***Dinner***

- Butter, stick, salted : 2 pat (1" sq, 1/3" high) : 72 cal
- Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal
- Pork, tenderloin, baked : 1 Typical Serving : 146 cal

Calories: 227 Carb=1.6g Prot=24g Fat=13g

### ***Snack 3***

- Popcorn, popped in oil, buttered : 2 cup, popped : 146 cal

Calories: 146 Carb=14g Prot=2.3g Fat=9.3g

## Day Thirteen

### ***Breakfast***

- Egg, white only, cooked : 2 white : 33 cal
- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

---

Calories: 212 Carb=36g Prot=16g Fat=0.93g

### ***Snack 1***

- Carrots, raw : 5 baby carrot : 22 cal
- Celery, raw : 3 large stalk (11" - 12" long) : 31 cal
- Hummus : 1 tablespoon : 26 cal

---

Calories: 78 Carb=15g Prot=2.7g Fat=1.6g

### ***Lunch***

- Tuna, canned, water pack : 85.05g : 99 cal
- Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
- Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
- Blue or roquefort cheese dressing : 1 tablespoon : 77 cal

---

Calories: 246 Carb=3.8g Prot=27g Fat=14g

### ***Snack 2***

- Blueberries, raw : 1 Typical Serving : 41 cal
- Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal
- Berries, raw : 1/2 cup : 22 cal

---

Calories: 218 Carb=33g Prot=14g Fat=4.3g

### ***Dinner***

- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4") : 137 cal
- Kale, cooked, from fresh, fat not added in cooking : 1 Typical Serving : 18 cal

---

Calories: 197 Carb=10g Prot=32g Fat=3.7g

### Snack 3

-Apricot, dried, uncooked : 6 half : 50 cal

-Applesauce, stewed apples, unsweetened : 1/2 cup, sauce : 52 cal

-Peanuts, roasted, without salt : 1/5 cup, halves and whole : 170 cal

---

Calories: 272 Carb=32g Prot=8.7g Fat=15g

## Day Fourteen

### **Breakfast**

- Strawberries, raw : 1 cup, sliced : 50 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Egg omelet or scrambled egg, with cheese : 1 large egg : 142 cal

---

Calories: 278 Carb=26g Prot=19g Fat=11g

### **Snack 1**

- Raisins : 1 miniature box (.5 oz) : 42 cal
- Almonds : 1/4 cup : 208 cal

---

Calories: 250 Carb=18g Prot=7.5g Fat=18g

### **Lunch**

- Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8") : 134 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh : 51 cal

---

Calories: 186 Carb=8.4g Prot=32g Fat=3.3g

### **Snack 2**

- Jelly, reduced sugar, all flavors : 1/2 tablespoon : 17 cal

---

Calories: 17 Carb=4.3g Prot=0.028g Fat=0.0028g

### **Dinner**

- Rice, white, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 107 cal
- Carrots, raw : 20 baby carrot : 86 cal
- Broccoli, cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving : 45 cal
- Onions, pearl, cooked, from fresh : 1/4 cup : 20 cal
- Beans, string, green, raw : 1/2 cup : 17 cal
- Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

---

Calories: 421 Carb=57g Prot=29g Fat=9.7g

### **Snack 3**

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Pretzel, hard, multigrain : 9-1/2 pretzel (Include nuggets) : 107 cal

---

Calories: 193 Carb=34g Prot=12g Fat=1.3g

## Day Fifteen

### ***Breakfast***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Banana, raw : 1-1/6 small (6" to 6-7/8" long) : 108 cal
- Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 151 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal

---

Calories: 349 Carb=66g Prot=16g Fat=3.5g

### ***Snack 1***

- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Raisins : 1/4 cup : 109 cal

---

Calories: 202 Carb=52g Prot=2.2g Fat=0.65g

### ***Lunch***

- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
- Salad dressing, low-calorie : 1 Typical Serving : 41 cal
- Tuna, canned, water pack : 3 oz : 99 cal

---

Calories: 194 Carb=13g Prot=27g Fat=4.5g

### ***Snack 2***

- Almonds : 1/5 cup : 166 cal

---

Calories: 166 Carb=5.8g Prot=5.6g Fat=15g

### ***Dinner***

- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
- Chicken, breast, with or without bone, broiled, skin not eaten : 2-7/8 oz, boneless, cooked, skinless : 132 cal
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal

---

Calories: 232 Carb=18g Prot=30g Fat=5.4g

### ***Snack 3***

- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

---

Calories: 127 Carb=17g Prot=13g Fat=0.41g



## Day Sixteen

### ***Breakfast***

- Strawberries, raw : 8 medium (1-1/4" dia) : 29 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Special K : 1 cup : 85 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal

---

Calories: 182 Carb=33g Prot=12g Fat=0.78g

### ***Snack 1***

- Hummus : 1-7/8 tablespoon : 48 cal
- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

---

Calories: 89 Carb=15g Prot=3.3g Fat=2.7g

### ***Lunch***

- Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal
- Almonds : 1 Typical Serving : 165 cal
- Broccoli, raw : 1/4 cup, chopped : 6 cal
- Tomatoes, raw : 1/2 medium whole (2-3/5" dia) : 13 cal
- Italian dressing, made with vinegar and oil : 1 Typical Serving : 136 cal

---

Calories: 338 Carb=16g Prot=8.7g Fat=29g

### ***Snack 2***

- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
- Peanut butter : 1 tablespoon : 95 cal

---

Calories: 203 Carb=31g Prot=5.2g Fat=8.7g

### ***Dinner***

- Lemon juice, fresh : 2 Juice of 1 wedge or slice : 3 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Vinegar : 1/8 cup : 4 cal
- Salmon, baked or broiled : 141.75g : 243 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal

---

Calories: 357 Carb=19g Prot=46g Fat=12g

### ***Snack 3***

- Blackberries, raw : 1-1/2 cup : 112 cal

---

Calories: 112 Carb=28g Prot=1.6g Fat=0.84g

## Day Seventeen

### **Breakfast**

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Strawberries, raw : 1 cup, sliced : 50 cal
- Kashi cereal, NS as to ready to eat or cooked : 1 cup : 83 cal
- Egg, whole, boiled : 2 large : 154 cal

---

Calories: 374 Carb=42g Prot=25g Fat=12g

### **Snack 1**

- Almonds : 1/4 cup : 208 cal
- Raisins : 1 miniature box (.5 oz) : 42 cal

---

Calories: 250 Carb=18g Prot=7.5g Fat=18g

### **Lunch**

- Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh : 51 cal
- Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8") : 134 cal

---

Calories: 186 Carb=8.4g Prot=32g Fat=3.3g

### **Snack 2**

- Banana, raw

### **Dinner**

- Chicken, breast, with or without bone, roasted, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 141 cal
- Carrots, raw : 20 baby carrot : 86 cal
- Sweetpotato, baked, peel not eaten, fat not added in cooking : 1 small : 61 cal
- Broccoli, cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving : 45 cal

---

Calories: 333 Carb=39g Prot=32g Fat=6g

### **Snack 3**

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

---

Calories: 168 Carb=33g Prot=8.7g Fat=0.94g

## Day Eighteen

### ***Breakfast***

- Milk, cow's, fluid, lactose reduced, 2% fat : 1 Typical Serving : 121 cal
- Multi Grain Cheerios : 1 cup : 99 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal
- Bread, raisin, toasted : 1 regular slice : 71 cal

---

Calories: 295 Carb=49g Prot=12g Fat=6.8g

### ***Snack 1***

- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Puffed rice cake : 1 cake : 35 cal

---

Calories: 128 Carb=31g Prot=1.8g Fat=0.74g

### ***Lunch***

- Carrots, raw : 2-4/5 baby carrot : 12 cal
- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
- Salad dressing, low-calorie : 1 Typical Serving : 41 cal
- Turkey, light meat, cooked, skin not eaten : 2 medium slice (approx 3" x 2" x 1/4") : 88 cal

---

Calories: 195 Carb=16g Prot=22g Fat=5.6g

### ***Snack 2***

- Almonds : 1/5 oz (22 whole kernels) : 33 cal
- Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

---

Calories: 115 Carb=22g Prot=1.4g Fat=3.5g

### ***Dinner***

- Pork chop, fried, lean only eaten : 1 medium (5.5 oz, with bone, raw) (yield after cooking, bone and fat removed) : 153 cal
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal

---

Calories: 253 Carb=18g Prot=25g Fat=10g

### *Snack 3*

---

- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

---

Calories: 148   Carb=22g Prot=13g Fat=0.68g

## Day Nineteen

### ***Breakfast***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Strawberries, raw : 8 medium (1-1/4" dia) : 29 cal
- Multi Grain Cheerios : 4/5 cup : 79 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal

---

Calories: 176 Carb=35g Prot=8.6g Fat=1.5g

### ***Snack 1***

- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

---

Calories: 41 Carb=9.3g Prot=1.9g Fat=0.36g

### ***Lunch***

- Tomatoes, raw : 1/2 medium whole (2-3/5" dia) : 13 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Broccoli, raw : 1/4 cup, chopped : 6 cal
- Almonds : 1 Typical Serving : 165 cal
- Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal

---

Calories: 267 Carb=22g Prot=15g Fat=16g

### ***Snack 2***

- Peanut butter : 1 tablespoon : 95 cal
- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

---

Calories: 203 Carb=31g Prot=5.2g Fat=8.7g

### ***Dinner***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Salmon, baked or broiled : 141.75g : 243 cal
- Vinegar : 1/8 cup : 4 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Lemon juice, fresh : 2 Juice of 1 wedge or slice : 3 cal

---

Calories: 357 Carb=19g Prot=46g Fat=12g

### ***Snack 3***

- Blackberries, raw : 1-1/2 cup : 112 cal

---

Calories: 112 Carb=28g Prot=1.6g Fat=0.84g

## Day Twenty

### ***Breakfast***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Strawberries, raw : 8 medium (1-1/4" dia) : 29 cal
- Multi Grain Cheerios : 4/5 cup : 79 cal
- Coffee, NS as to type : 3/4 mug (8 fl oz) : 4 cal

---

Calories: 176 Carb=35g Prot=8.6g Fat=1.5g

### ***Snack 1***

- Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

---

Calories: 41 Carb=9.3g Prot=1.9g Fat=0.36g

### ***Lunch***

- Tomatoes, raw : 1/2 medium whole (2-3/5" dia) : 13 cal
- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Broccoli, raw : 1/4 cup, chopped : 6 cal
- Almonds : 1 Typical Serving : 165 cal
- Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal

---

Calories: 267 Carb=22g Prot=15g Fat=16g

### ***Snack 2***

- Peanut butter : 1 tablespoon : 95 cal
- Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

---

Calories: 203 Carb=31g Prot=5.2g Fat=8.7g

### ***Dinner***

- Milk, calcium fortified, cow's, fluid, skim or nonfat : 3/4 cup : 65 cal
- Salmon, baked or broiled : 141.75g : 243 cal
- Vinegar : 1/8 cup : 4 cal
- Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
- Lemon juice, fresh : 2 Juice of 1 wedge or slice : 3 cal

---

Calories: 357 Carb=19g Prot=46g Fat=12g

### ***Snack 3***

- Blackberries, raw : 1-1/2 cup : 112 cal

---

Calories: 112 Carb=28g Prot=1.6g Fat=0.84g

## Day Twenty-One

### ***Breakfast***

- Multi Grain Cheerios : 1 cup : 99 cal
- Milk, cow's, fluid, 2% fat : 1 cup : 121 cal

---

Calories: 220 Carb=34g Prot=10g Fat=5.7g

### ***Snack 1***

- Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
- Almonds : 1/3 cup : 277 cal

---

Calories: 370 Carb=33g Prot=10g Fat=25g

### ***Lunch***

- Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
- Salad dressing, low-calorie : 1 Typical Serving : 41 cal
- Turkey, light meat, cooked, skin not eaten : 2 medium slice (approx 3" x 2" x 1/4") : 88 cal
- Tomatoes, raw : 1-1/3 small whole (2-2/5" dia) : 25 cal

---

Calories: 208 Carb=19g Prot=23g Fat=6g

### ***Snack 2***

- Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
- Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal

---

Calories: 148 Carb=22g Prot=13g Fat=0.68g

### ***Dinner***

- Chicken, breast, with or without bone, broiled, skin not eaten : 2-7/8 oz, boneless, cooked, skinless : 132 cal
- Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
- Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal
- Salad dressing, low-calorie : 1 tablespoon : 21 cal

---

Calories: 232 Carb=18g Prot=30g Fat=5.4g

### ***Snack 3***

- Nectarine, raw : 1 fruit (2-1/2" dia) : 67 cal

---

Calories: 67 Carb=16g Prot=1.3g Fat=0.63g

## *Shopping List*

Lemon juice, fresh : 2 Juice of 1 wedge or slice  
Lemon juice, fresh : 2 Juice of 1 wedge or slice  
Raisins : 1/4 cup  
Raisins : 1 miniature box (.5 oz)  
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)  
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)  
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)  
Apricot, dried, uncooked : 6 half  
Apricot, dried, uncooked : 6 half  
Banana, raw : 1 small (6" to 6-7/8" long)  
Banana, raw : 1 medium (7" to 7-7/8" long)  
Banana, raw : 1 small (6" to 6-7/8" long)  
Banana, raw : 1 small (6" to 6-7/8" long)  
Banana, raw : 1-1/6 small (6" to 6-7/8" long)  
Banana, raw : 1 medium (7" to 7-7/8" long)  
Banana, raw : 1 medium (7" to 7-7/8" long)  
Cantaloupe (muskmelon), raw : 1/2 cup, diced  
Cranberries, dried : 1/3 cup  
Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb)  
Nectarine, raw : 1 fruit (2-1/2" dia)  
Blackberries, raw : 1-1/2 cup  
Blackberries, raw : 1-1/2 cup  
Strawberries, raw : 1 cup, sliced  
Strawberries, raw : 8 medium (1-1/4" dia)  
Strawberries, raw : 6 medium (1-1/4" dia)  
Strawberries, raw : 6 medium (1-1/4" dia)  
Strawberries, raw : 8 medium (1-1/4" dia)  
Vinegar : 1/8 cup  
Vinegar : 1/8 cup  
Kale, cooked, from fresh, fat not added in cooking : 1 Typical Serving  
Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh  
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh  
Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh  
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh  
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh  
Spinach, cooked, from fresh, fat not added in cooking : 1-1/4 cup, fresh  
Broccoli, cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving Broccoli,  
cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving  
Carrots, raw : 5 baby carrot  
Carrots, raw : 20 baby carrot  
Carrots, raw : 20 baby carrot  
Carrots, raw : 20 baby carrot  
Carrots, raw : 5 baby carrot  
Carrots, raw : 5 baby carrot  
Sweet potato, baked, peel not eaten, fat not added in cooking : 1 small  
Salsa : 1 tablespoon  
Beans, string, green, raw : 1/2 cup  
Celery, raw : 3 large stalk (11" - 12" long)



Celery, raw : 3 large stalk (11" - 12" long)  
 Mixed salad greens, raw : 1-1/2 cup, shredded or chopped  
 Mixed salad greens, raw : 1-1/2 cup, shredded or chopped  
 Mixed salad greens, raw : 1 cup, shredded or chopped  
 Mixed salad greens, raw : 1 cup, shredded or chopped  
 Mixed salad greens, raw : 1-1/2 cup, shredded or chopped  
 Mixed salad greens, raw : 1-1/2 cup, shredded or chopped  
 Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup  
 Onions, pearl, cooked, from fresh : 1/4 cup  
 Tomatoes, raw : 1-1/3 small whole (2-2/5" dia)  
 Tomatoes, raw : 1/2 medium whole (2-3/5" dia)  
 Tomatoes, raw : 1/2 medium whole (2-3/5" dia)  
 Tomatoes, raw : 1-1/3 small whole (2-2/5" dia)  
 Broccoli, raw : 1/4 cup, chopped  
 Broccoli, raw : 1/4 cup, chopped  
 Broccoli, cooked, NS as to form, NS as to fat added in cooking : 1 Typical Serving  
 Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets  
 Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets  
 Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets  
 Broccoli, cooked, from fresh, fat not added in cooking : 1 cup, flowerets  
 Bread, raisin, toasted : 1 regular slice  
 Puffed rice cake : 1 cake  
 Puffed rice cake : 1 cake  
 Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked  
 Kashi cereal, NS as to ready to eat or cooked : 1 cup  
 Multi Grain Cheerios : 4/5 cup  
 Multi Grain Cheerios : 1 cup  
 Multi Grain Cheerios : 1 cup  
 Special K : 1 cup  
 Crackers, wheat : 4 cracker  
 Salty snacks, multigrain, chips : 1 Typical Serving  
 Popcorn, popped in oil, buttered : 2 cup, popped  
 Pretzels, hard : 14 one ring pretzel  
 Pretzel, hard, multigrain : 9-1/2 pretzel (Include nuggets)  
 Hummus : 1 tablespoon  
 Hummus : 1-7/8 tablespoon  
 Almonds : 1/4 cup  
 Peanuts, roasted, without salt : 1/5 cup, halves and whole  
 Peanut butter : 1 tablespoon  
 Peanut butter : 1 tablespoon  
 Pork, tenderloin, baked : 1 Typical Serving  
 Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4")  
 Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4")  
 Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4")  
 Chicken, breast, with or without bone, roasted, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed)  
 Chicken, breast, with or without bone, roasted, skin not eaten : 4 oz, with bone, cooked (yield after bone and skin removed)  
 Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8")  
 Turkey, light meat, cooked, skin not eaten : 6-1/4 thin slice (approx 3" x 2" x 1/8")

Salmon, baked or broiled : 3 oz, boneless, cooked  
Salmon, baked or broiled : 3 oz, boneless, cooked  
Tuna, canned, water pack : 85.05g  
Tuna, canned, water pack : 4 oz  
Tuna, canned, water pack : 3 oz  
Turkey sandwich, with spread : 1 sandwich  
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup  
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup  
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup  
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup  
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup  
Milk, soy, ready-to-drink, not baby's : 1 cup  
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)  
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)  
Yogurt, plain, lowfat milk : 1 Typical Serving  
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)  
Yogurt, plain, nonfat milk : 1 8 oz container  
Yogurt, plain, nonfat milk : 1 8 oz container  
Yogurt, fruit variety, nonfat milk : 1 6 oz container  
Cheese, natural, Cheddar or American type : 1/8 cup, shredded  
Cheese, natural, Cheddar or American type : 1/8 cup, shredded  
Cheese, natural, Cheddar or American type : 1 slice (1 oz) Cheese, natural, Cheddar or American  
type : 1/8 cup, shredded  
Cheese, cottage, lowfat (1-2% fat) : 1/2 cup  
Cheese, cottage, lowfat (1-2% fat) : 1/2 cup  
Egg, whole, boiled : 1 large  
Egg, whole, boiled : 2 large  
Egg, white only, cooked : 2 white Egg omelette or scrambled egg, with cheese : 1 large egg  
Butter, stick, salted : 2 pat (1" sq, 1/3" high)  
Blue or roquefort cheese dressing : 1 tablespoon  
Peppercorn Dressing : 1 tablespoon  
Peppercorn Dressing : 1 tablespoon  
Italian dressing, low calorie : 1 tablespoon  
Jelly, reduced sugar, all flavors : 1/2 tablespoon  
Wine, table, dry : 1 wine glass (3.5 fl oz)

