

YOUR SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 1 15-oz can Eden Organic Cannellini (White Kidney) Beans
- 4 oz beef tenderloin
- 7 oz boneless, skinless chicken breast
- 1 4-oz lean pork loin chop
- 1 16-oz container low-fat cottage cheese
- 1 dozen eggs
- 1 4-oz boneless, skinless haddock fillet
- 1 6-oz pouch or BPA-free can wild salmon
- 4 oz frozen cooked shrimp
- 3 5-oz cans Wild Planet Wild Skipjack Light Tuna or Wild Albacore Tuna
- 1 pint low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 8-oz carton Horizon Organic Lowfat Plain Milk
- 12 oz Mori-Nu Silken Extra Firm Tofu
- 8 oz sliced deli-fresh low-sodium turkey breast
- 1 32-oz container nonfat plain Greek yogurt

VEGGIES/FRUIT

- 4 Fuji or Pink Lady apples
- 1 bunch arugula
- 1 bunch asparagus
- 3 small bananas
- 1 small bunch fresh basil
- 2 pints fresh blueberries
- 1 pint fresh strawberries
- 1 bulb baby bok choy
- 2 large heads broccoli
- 1 small head green cabbage
- 1 2-lb bag carrots
- 1 bunch celery
- 2 cucumbers
- 1 large head garlic
- 1 small bunch grapes
- 1 grapefruit
- 1 lb mixed greens
- 1 bunch kale
- 6 lemons
- 1 large head Romaine lettuce
- 4 oz brown mushrooms (such as cremini or shiitake)
- 2 red onions
- 2 small yellow onions
- 6 oranges
- 1 peach
- 3 red bell peppers

○ 6 oz sweet potatoes

- 1 bag spinach
- 1 yellow summer squash
- 1 pint grape tomatoes
- 2 vine tomatoes
- 1 zucchini

WHOLE GRAINS

- 1 loaf sprouted whole-grain bread (freeze 5 slices for week 2)
- 1 bag Lundberg Family Farms Organic Lightly Salted Wild Rice Cakes
- 1 pkg whole-wheat English muffins
- 1 pkg rolled oats
- 1 16-oz pkg whole-grain or brown rice penne, fusilli, macaroni or ziti pasta
- 1 pkg whole-wheat pitas
- 1 pkg quinoa
- 1 box brown rice
- 1 pkg (6) 6-inch sprouted corn tortillas







NUTS, SEEDS & OILS

- 1 6-oz bag raw unsalted almonds
- 1 oz raw unsalted Brazil nuts
- 1 6-oz bag chopped raw unsalted walnuts
- 1 jar natural unsalted almond butter
- 1 jar natural unsalted peanut butter
- 1 small bottle flaxseed oil
- 1 bottle olive oil
- Olive oil cooking spray
- 1 pkg ground flaxseeds
- 1 pkg sesame seeds











EXTRAS

- 1 bottle dried basil
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle dried oregano
- 1 bottle ground black pepper
- 1 bottle garlic powder
- 1 jar Dijon mustard
- 1 jar black olives
- 1 container chocolate whey protein powder
- 1 box dried unsweetened prunes
- 1 box dried unsweetened raisins
- 1 bottle sea salt
- 1 bottle low-sodium soy sauce
- 1 14.5-oz can Amy's Organic Black Bean Vegetable Soup
- 1 small bottle pure maple syrup
- 1 bottle balsamic vinegar

MEAL PLAN: WEEK 1

	MONDAY	TUESDAY
BREAKFAST	<div>Sauté 2 cups spinach in ¼ cup water; top with 2 eggs, cover and steam until cooked. Serve on 1 English muffin, split and toasted</div> 	<div>Green Berry Shake: Blend 1 cup mixed greens, 1 cup blueberries, 1 tbsp flaxseeds, dash cinnamon and 4 to 6 ice cubes</div> <div>1 egg, hardboiled</div>
SNACK	<div>1 cup cottage cheese, 1 cup blueberries, 1 tbsp walnuts and dash cinnamon</div>	<div>2 Lundberg Family Farms Organic Lightly Salted Wild Rice Cakes, 1 tbsp peanut butter and 1 banana, sliced; 1 8-oz carton Horizon Organic Lowfat Plain Milk</div>
LUNCH	<div>Turkey Wrap: Spread ½ tsp Dijon on each of 2 tortillas; top each with 2 leaves Romaine and 1½ oz deli turkey and wrap</div> <div>1 cup Amy's Organic Black Bean Vegetable Soup</div>	<div>Tuna & Brazil Nut Burgers with Garlic Sauce (leftovers; p. 78); halve burgers and wrap in 4 leaves Romaine with sauce</div> 
SNACK	<div>1 orange</div> <div>2 tbsp almonds</div> 	<div>½ grapefruit and 1 tbsp flaxseeds</div> 
DINNER	<div>1 serving Tuna & Brazil Nut Burgers with Garlic Sauce (see recipe, p. 78; save leftovers) and 1 cup mixed greens in ½ pita</div> 	<div>3 oz chicken, grilled</div> <div>3 oz sweet potato, baked</div> <div>2 cups spinach sautéed in 2 tsp olive oil with 1 clove garlic, minced</div> 
TOTAL NUTRIENTS	<div>CALORIES: 1,366, FAT: 50 g, SAT. FAT: 11 g, CARBS: 128 g, FIBER: 37 g, SUGARS: 55 g, PROTEIN: 132 g, SODIUM: 1,623 mg, CHOLESTEROL: 533 mg</div>	<div>CALORIES: 1,416, FAT: 56 g, SAT. FAT: 11 g, CARBS: 151 g, FIBER: 32 g, SUGARS: 83 g, PROTEIN: 107 g, SODIUM: 848 mg, CHOLESTEROL: 351 mg</div>

EGG IMAGE: TISHCHENKO IRINA / SHUTTERSTOCK.COM, ROMANINE IMAGE: DISTRIKT 3 FOTOGRAFIE / SHUTTERSTOCK.COM, ALMONDS IMAGE: GRAPEFRUIT IMAGE: ZLONEG / SHUTTERSTOCK.COM, SPINACH IMAGE: ELENA SCHWEITZER / SHUTTERSTOCK.COM, BLUEBERRY IMAGE: DIONISVERA / SHUTTERSTOCK.COM, BOK CHOY IMAGE: OPTIMAR / SHUTTERSTOCK.COM, MIXED GREENS IMAGE: ANIETFAE HASTINGS / SHUTTERSTOCK.COM, APPLE IMAGE: VALENTYN VOLKOV / SHUTTERSTOCK.COM, PRUNES IMAGE: VOLOSINA / SHUTTERSTOCK.COM, BROCCOLI IMAGE: EGAL / ISTOCKPHOTO.COM, KALE IMAGE: LOUELLA938 / SHUTTERSTOCK.COM

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Hearty Oatmeal: Combine 1 cup cooked rolled oats, 2 tbsp chocolate whey powder, 1 tbsp peanut butter, 1 banana, sliced, and 1 cup milk</div> 	<div>Bok Choy Stir-Fry: 2 eggs, scrambled, sautéed with 2 cups sliced bok choy, 1 cup cooked rice and ½ tsp soy sauce</div> 	<div>Peach Smoothie: Blend 1 peach, peeled, pitted and chopped, 4 oz tofu, 1 cup milk, 1 tbsp flaxseeds and ice, as needed</div>	<div>Cinnamon French Toast A</div> 	<div>Turkey & Egg Muffin: 1 English muffin, split, toasted and topped with 1 egg plus 2 egg whites, scrambled, 2 oz deli turkey and 2 slices vine tomato</div> <div>1 orange</div>
<div>1 cup Greek yogurt, 1 cup blueberries and ½ tsp nutmeg</div> 	<div>1 cup Greek yogurt, 1 cup strawberries, sliced, and 1 tbsp almonds, crushed</div> 	<div>2 Lundberg Family Farms Organic Lightly Salted Wild Rice Cakes and 2 tbsp almond butter</div> <div>2 tbsp raisins</div>	<div>3 prunes</div> <div>10 walnut halves</div> 	<div>1 carrot stick</div> <div>1 stalk celery</div> <div>½ cucumber, sliced</div> <div>2 tbsp almonds</div>
<div>Salmon-Bean Toss: 3 oz salmon, flaked, ½ cup cannellini beans, drained, rinsed and heated, ¼ vine tomato, chopped, and 4 olives, chopped, on 2 cups arugula; top with 1 tbsp balsamic vinegar</div>	<div>Turkey-Apple Salad: Toss 1 cup shredded green cabbage, 1 carrot, peeled and grated, ½ apple, chopped or grated, 3 oz deli turkey, chopped, and 2 tbsp walnuts; top with ½ cup Greek yogurt and 2 tbsp lemon juice</div>	<div>Toss 1 serving Summer Pasta Salad (leftovers; p. 78) and 4 oz haddock, steamed and flaked; 2 cups mixed greens</div> 	<div>Salmon Salad: 2 cups chopped Romaine, 1 stalk celery, chopped, 1 carrot, peeled and chopped, 1 cucumber, chopped; top with 3 oz salmon, flaked, ¼ cup Greek yogurt, ¼ cup lemon juice and ½ tsp each dried basil, garlic powder and oregano</div>	<div>Tuna Sandwich: Combine 5 oz tuna, 1 stalk celery, minced, ½ red onion, minced, 2 tbsp Greek yogurt and 1 tsp Dijon; sandwich between 2 slices bread with 4 leaves Romaine</div>
<div>1 egg, hardboiled</div> <div>½ grapefruit</div> <div>1 tbsp sesame seeds</div>	<div>1 stalk celery</div> <div>½ bell pepper, cut into strips</div> <div>½ apple, sliced</div>	<div>1 apple</div> <div>1 tbsp almonds</div> 	<div>½ pita, 1 banana and 1 tbsp peanut butter</div>	<div>1 apple</div> <div>20 grapes</div> <div>1 tbsp walnuts</div>
<div>4 oz beef tenderloin, misted with cooking spray and grilled until 145°F in center</div> <div>2 cups broccoli, steamed, topped with 1 tsp fresh lemon juice</div> <div>1 cup cooked rice</div>	<div>4 oz chicken, grilled</div> <div>1 serving Summer Pasta Salad (see recipe, p. 78; save leftovers)</div> <div>6 spears asparagus, steamed</div>	<div>4 oz pork chop, grilled</div> <div>2 cups chopped kale, sautéed in 1 tsp olive oil with ½ bell pepper, diced, and 1 clove garlic, minced</div> <div>1 cup cooked quinoa</div>	<div>Tofu-Broccoli Toss B</div> 	<div>1 serving Summer Pasta Salad (leftovers; p. 78) topped with 4 oz shrimp, steamed</div> <div>2 cups chopped and sautéed kale</div> 
<div>CALORIES: 1,626, FAT: 47 g, SAT. FAT: 12 g, CARBS: 178 g, FIBER: 32 g, SUGARS: 80 g, PROTEIN: 133 g, SODIUM: 1,045 mg, CHOLESTEROL: 360 mg</div>	<div>CALORIES: 1,773, FAT: 52 g, SAT. FAT: 9 g, CARBS: 208 g, FIBER: 37 g, SUGARS: 64 g, PROTEIN: 128 g, SODIUM: 647 mg, CHOLESTEROL: 574 mg</div>	<div>CALORIES: 1,921, FAT: 66 g, SAT. FAT: 11 g, CARBS: 231 g, FIBER: 35 g, SUGARS: 70 g, PROTEIN: 117 g, SODIUM: 626 mg, CHOLESTEROL: 191 mg</div>	<div>CALORIES: 1,519, FAT: 51 g, SAT. FAT: 9 g, CARBS: 188 g, FIBER: 31 g, SUGARS: 67 g, PROTEIN: 93 g, SODIUM: 1,342 mg, CHOLESTEROL: 254 mg</div>	<div>CALORIES: 1,578, FAT: 43 g, SAT. FAT: 7 g, CARBS: 185 g, FIBER: 35 g, SUGARS: 78 g, PROTEIN: 125 g, SODIUM: 1,986 mg, CHOLESTEROL: 469 mg</div>

MEAL PLAN

MEAL PLAN: WEEK 1

Cinnamon French Toast: Dip 2 slices bread in 1 egg, beaten, and sprinkle with ⅓ tsp cinnamon. Heat a skillet on medium and mist with cooking spray; cook bread for 3 minutes per side, until golden. Top with ½ cup cottage cheese and 1 cup strawberries, sliced

Tofu-Broccoli Toss: In a cast-iron skillet, sauté 8 oz tofu, cubed, until brown. Transfer to a bowl, cover and set aside. To skillet, add 2 tsp olive oil; sauté ¼ red onion, chopped, 2 cups broccoli, chopped, and 1 cup chopped mushrooms. Serve with tofu over 1 cup cooked rice

NOTE: *Clean Eating* magazine shopping lists include all the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for two weeks. As you approach Week Two, take a quick kitchen inventory, as you may have a little less or a little more left over.

YOUR SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 1 15-oz can Eden Organic Black Beans
- 1 15-oz can Eden Organic Cannellini (White Kidney) Beans
- 2 15-oz cans Eden Organic Pinto Beans
- 3 oz extra-lean ground beef
- 3 oz beef tenderloin
- 12 oz boneless, skinless chicken breast
- 1 lb pork tenderloin
- 1 32-oz container low-fat cottage cheese
- 1 pkg mozzarella string cheese (TRY: Organic Valley Stringles)
- ½ dozen eggs
- 1 6-oz pouch or BPA-free can wild salmon
- 2 oz sardines, packed in water
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 12-oz Mori-Nu Silken Extra Firm Tofu
- 2 oz sliced deli-fresh low-sodium turkey breast
- 1 32-oz plus 1 16-oz container nonfat plain Greek yogurt

VEGGIES/FRUIT

- ½ lb arugula
- 2 avocados
- 1 small banana
- ½ lb fresh or frozen green beans
- 1 pint fresh blueberries
- 2 pint fresh strawberries
- 1 small head green cabbage
- 1 small head purple cabbage
- 1 bunch fresh cilantro
- 1 bulb fennel
- 1 2-inch piece fresh ginger

- 1 grapefruit
- 1 bunch collard greens
- 1 bunch mixed greens
- 1 small bunch kale
- 2 heads Romaine lettuce
- 1 lime
- 8 oz brown mushrooms (such as cremini or shiitake)
- 2 peaches
- 1 Bartlett pear
- 3 jalapeño (or 1 Anaheim) chile peppers
- 2 plums
- 1 bag spinach
- 1 zucchini

WHOLE GRAINS

- 1 box Kashi 7 Whole Grain Puffs Cereal
- 2 pkgs (12) 6-inch sprouted corn tortillas

NUTS, SEEDS & OILS

- 1 small bottle extra-virgin olive oil






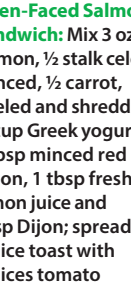


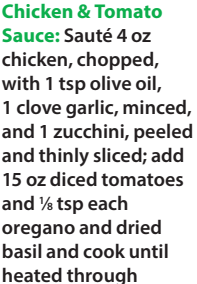
EXTRAS

- 1 pkg Barbara's Multigrain Fig Bars
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle onion powder
- 1 jar raw honey
- 1 pkg frozen peas and carrots
- 1 jar low-sodium tomato paste
- 1 container vanilla whey protein powder
- 1 jar organic salsa
- 1 bottle Worcestershire sauce
- 30 oz boxed diced tomatoes
- 1 bottle apple cider vinegar


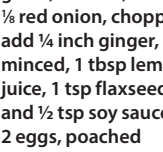


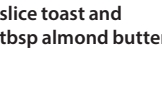
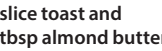


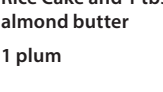
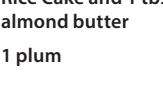




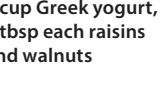
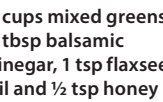
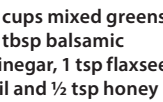
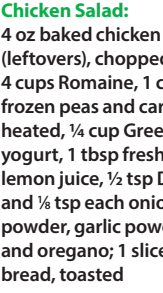
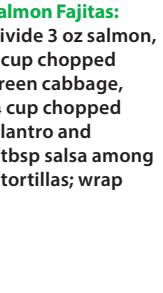

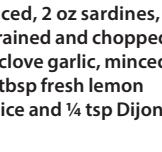

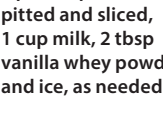

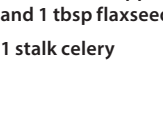
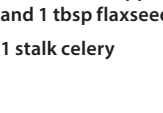
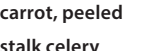



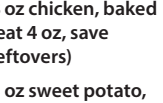
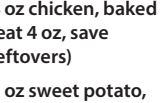
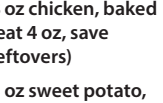
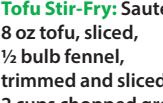

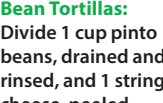
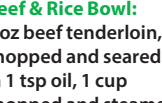
WHAT ELSE DO YOU NEED?

MEAL PLAN: WEEK 2

EVOO = extra-virgin olive oil

	MONDAY	TUESDAY
BREAKFAST	Mix ½ cup cottage cheese and 1 tbsp peanut butter; spread on 2 slices toast and top with 1 banana, sliced <div>  </div>	½ cup Kashi 7 Whole Grain Puffs Cereal and 1 cup milk <div>  </div>
SNACK	1 cup Greek yogurt, 1 cup sliced strawberries and 1 tbsp flaxseeds <div>  </div>	1 cup cottage cheese, 1 cup blueberries and 1 tbsp flaxseeds <div>  </div>
LUNCH	Fennel & Orange Salad A <div>  </div>	Open-Faced Salmon Sandwich: Mix 3 oz salmon, ½ stalk celery, minced, ½ carrot, peeled and shredded, ¼ cup Greek yogurt, 1 tbsp minced red onion, 1 tbsp fresh lemon juice and 1 tsp Dijon; spread on 1 slice toast with 2 slices tomato <div>  </div>
SNACK	2 Lundberg Family Farms Organic Lightly Salted Wild Rice Cakes and 2 tbsp almond butter <div>  </div>	½ stalk celery <div>  </div> 1 carrot, peeled <div>  </div> 1 tbsp walnuts <div>  </div>
DINNER	Chicken & Tomato Sauce: Sauté 4 oz chicken, chopped, with 1 tsp olive oil, 1 clove garlic, minced, and 1 zucchini, peeled and thinly sliced; add 15 oz diced tomatoes and ½ tsp each oregano and dried basil and cook until heated through <div>  </div>	3 oz ground beef, formed into patty and pan-fried with cooking spray and ½ red onion, sliced, on 2 cups Romaine, ½ tomato, diced, 2 tbsp balsamic vinegar and 1 tsp flaxseed oil; 1 svg Seven-Layer Bean Dip with Fresh Tortilla Chips (see recipe, p. 79) <div>  </div>
TOTAL NUTRIENTS	CALORIES: 1,712, FAT: 60 g, SAT. FAT: 9 g, CARBS: 186 g, FIBER: 38 g, SUGARS: 86 g, PROTEIN: 125 g, SODIUM: 680 mg, CHOLESTEROL: 134 mg	CALORIES: 1,502, FAT: 42 g, SAT. FAT: 11 g, CARBS: 182 g, FIBER: 48 g, SUGARS: 71 g, PROTEIN: 113 g, SODIUM: 1,341 mg, CHOLESTEROL: 92 mg

BANANA IMAGE ANNA KUCHEROVA/SHUTTERSTOCK.COM, GRAPEFRUIT IMAGE ZLONEG/SHUTTERSTOCK.COM, BLUEBERRIES IMAGE LEPAS/SHUTTERSTOCK.COM, WHOLE ORANGE IMAGE ZONECREATIVE/ISTOCKPHOTO.COM, FENNEL IMAGE MILOSLUZ/SHUTTERSTOCK.COM, ALMONDS IMAGE DIONISVERA/SHUTTERSTOCK.COM, PRUNES IMAGE ELENA LARINA/SHUTTERSTOCK.COM, TOFU IMAGE KAI WONG/SHUTTERSTOCK.COM, WALNUT IMAGE DIONISVERA/SHUTTERSTOCK.COM, PEACH SLICE IMAGE DIONISVERA/SHUTTERSTOCK.COM, SLICED ORANGE ALEX STAROSELTS/SHUTTERSTOCK.COM, COLLARD GREENS IMAGE TOMBOY2290/ISTOCKPHOTO.COM

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Apple-Cinnamon Oatmeal: 1 cup cooked rolled oats, 1 apple, diced, 1 cup milk, 1 tbsp walnuts and dash cinnamon <div>  </div>	Sauté 1 cup chopped kale, 1 cup mushrooms, sliced, 1 clove garlic, minced, and ½ red onion, chopped; add ¼ inch ginger, minced, 1 tbsp lemon juice, 1 tsp flaxseed oil and ½ tsp soy sauce; 2 eggs, poached <div>  </div>	Tofu Scramble B <div>  </div>	Blend 1 cup Greek yogurt and 1 cup sliced strawberries; spread on 2 Lundberg Family Farms Organic Lightly Salted Wild Rice Cakes and sprinkle with 2 tbsp walnuts <div>  </div>	Strawberry Shake: Blend 1 cup strawberries, 1 cup milk, 2 tbsp vanilla whey powder and ice, as needed <div>  </div> 1 slice toast and 1 tbsp almond butter <div>  </div>
1 orange <div>  </div> 1 tbsp almonds <div>  </div>	1 Lundberg Family Farms Organic Lightly Salted Wild Rice Cake and 1 tbsp almond butter <div>  </div> 1 plum <div>  </div>	1 Barbara's Multigrain Fig Bar <div>  </div> 2 tbsp almonds <div>  </div>	1 orange <div>  </div> 2 tbsp almonds <div>  </div>	1 cup Greek yogurt, 2 tbsp each raisins and walnuts <div>  </div>
1 serving Seven-Layer Bean Dip with Fresh Tortilla Chips (leftovers, p. 79) <div>  </div> 2 cups mixed greens, 1 tbsp balsamic vinegar, 1 tsp flaxseed oil and ½ tsp honey <div>  </div>	Chicken Salad: 4 oz baked chicken (leftovers), chopped, 4 cups Romaine, 1 cup frozen peas and carrots, heated, ¼ cup Greek yogurt, 1 tbsp fresh lemon juice, ½ tsp Dijon and ½ tsp each onion powder, garlic powder and oregano; 1 slice bread, toasted <div>  </div>	Salmon Fajitas: Divide 3 oz salmon, 1 cup chopped green cabbage, ¼ cup chopped cilantro and 2 tbsp salsa among 3 tortillas; wrap <div>  </div>	1 serving Slow-Cooker Pork with Peach BBQ Sauce, Slaw & Greens (leftovers, p. 79) <div>  </div>	Sardine Salad: Toss 2 cups chopped Romaine, ½ cup pinto beans, drained and rinsed, ¼ avocado, peeled, pitted and diced, 2 oz sardines, drained and chopped, 1 clove garlic, minced, 1 tbsp fresh lemon juice and ¼ tsp Dijon <div>  </div>
1 cup cottage cheese, 3 prunes, chopped, and 1 tbsp flaxseeds <div>  </div>	Vanilla Peach Smoothie: Blend 1 peach, peeled, pitted and sliced, 1 cup milk, 2 tbsp vanilla whey powder and ice, as needed <div>  </div>	6 oz Greek yogurt and 2 tbsp walnuts <div>  </div>	1 cup cottage cheese, 1 pear, cored and chopped, and 1 tbsp flaxseeds <div>  </div> 1 stalk celery <div>  </div>	1 carrot, peeled <div>  </div> 1 stalk celery <div>  </div> 1 plum <div>  </div> 1 string cheese <div>  </div>
8 oz chicken, baked (eat 4 oz, save leftovers) <div>  </div> 3 oz sweet potato, baked <div>  </div> 1 cup green beans sautéed in 1 tsp olive oil with 1 cup sliced mushrooms and 1 clove garlic, minced <div>  </div>	Tofu Stir-Fry: Sauté 8 oz tofu, sliced, ½ bulb fennel, trimmed and sliced, 2 cups chopped green cabbage, 1 bell pepper, sliced, ½ cup cooked rice, 1 clove garlic, minced, 1 tsp minced ginger and ½ tsp soy sauce <div>  </div>	1 serving Slow-Cooker Pork with Peach BBQ Sauce, Slaw & Greens (see recipe, p. 79; save leftovers) <div>  </div>	Bean Tortillas: Divide 1 cup pinto beans, drained and rinsed, and 1 string cheese, peeled, among 2 tortillas; bake at 400°F for 10 minutes. Garnish with ¼ avocado, peeled, and chopped, and 2 tbsp salsa <div>  </div>	Beef & Rice Bowl: 3 oz beef tenderloin, chopped and seared in 1 tsp oil, 1 cup chopped and steamed green beans and ½ cup cooked rice tossed with ¼ inch ginger, minced, 1 tbsp fresh lemon juice, 1 tsp olive oil and ½ tsp soy sauce <div>  </div>
CALORIES: 1,580, FAT: 40.5 g, SAT. FAT: 8 g, CARBS: 207 g, FIBER: 43 g, SUGARS: 92 g, PROTEIN: 111 g, SODIUM: 499 mg, CHOLESTEROL: 111 mg	CALORIES: 1,601, FAT: 40 g, SAT. FAT: 9 g, CARBS: 199 g, FIBER: 30 g, SUGARS: 57 g, PROTEIN: 126 g, SODIUM: 1,221 mg, CHOLESTEROL: 526 mg	CALORIES: 1,478, FAT: 45 g, SAT. FAT: 7 g, CARBS: 168 g, FIBER: 35 g, SUGARS: 78 g, PROTEIN: 118 g, SODIUM: 1,730 mg, CHOLESTEROL: 113 mg	CALORIES: 1,622, FAT: 44 g, SAT. FAT: 8 g, CARBS: 205 g, FIBER: 49 g, SUGARS: 82 g, PROTEIN: 118 g, SODIUM: 803 mg, CHOLESTEROL: 88 mg	CALORIES: 1,753, FAT: 56 g, SAT. FAT: 12 g, CARBS: 199 g, FIBER: 30 g, SUGARS: 63 g, PROTEIN: 122 g, SODIUM: 1,320 mg, CHOLESTEROL: 138 mg 20

MEAL PLAN

MEAL PLAN: WEEK 2

Fennel & Orange Salad: Toss ½ bulb fennel, trimmed and sliced, 1 orange, peeled, sectioned and chopped, 4 cups arugula, 2 oz deli turkey and ½ cup cannellini beans, drained and rinsed. Drizzle with 1 tbsp apple cider vinegar and 1 tsp each honey and EVOO

Tofu Scramble: Sauté 4 egg whites, scrambled, 4 oz tofu, chopped, 2 cups frozen peas and carrots; toss with ¼ cup cottage cheese, ½ tsp each oregano, onion powder and garlic powder. Serve over 2 cups spinach, sautéed in 1 tsp olive oil