

**PERFORMANCE &
STRENGTH MEAL
PLANNER & GROCERY
LISTS 2400 CALORIES**



Heather Fitzgerald , RD
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EatLove

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Banana Coconut Overnight Oats	Strawberry and Ricotta French Toast	Lean Berry Honey Parfait w/ Superfood Seeds	Banana Coconut Overnight Oats	Lean Berry Honey Parfait w/ Superfood Seeds	✕	✕
LUNCH	Chicken & Caprese Bento, Soy Cinnamon Yogurt	Leftover: BBQ Chicken Portabella "Pizza", Tangerine, Trail Mix & Greek Yogurt	Radish Egg Salad Sandwich, Blueberry Almond Greek Yogurt Bowl	Leftover: Radish Egg Salad Sandwich, Blueberry Almond Greek Yogurt Bowl	Easy Chicken & Mozzarella Flatbread, Celery & Cottage Cheese	✕	✕
DINNER	BBQ Chicken Portabella "Pizza", Tangerine, Trail Mix & Greek Yogurt	Turkey Sandwich, Blueberry Almond Greek Yogurt Bowl	Sunbutter & Jam with Soy Milk Protein Shake, Carrots & Cottage Cheese	Leftover: Sunbutter & Jam with Soy Milk Protein Shake, Carrots & Cottage Cheese	Shrimp Fried Brown Rice, Vanilla Greek Yogurt	✕	✕
SNACK	Almond Butter & Jam Crackers, Veggies & Dip	Raspberry Yogurt Parfait, Grape Tomatoes	Raspberries, Trail Mix & Greek Yogurt, Broccoli & Dip	Date & Cottage Cheese Cucumber Boats	No Fuss Yogurt Parfait, Pineapple and Mint Salad		



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GROCERY LIST

BAKERY

- 1 loaf of French Bread Baguette

BAKING GOODS

- 1 package (8 oz) of Cacao Nibs
- 1/8 pounds of Flaxseed Meal
- 1 package (7-8 oz) of Unsweetened Coconut Flakes
- 1/8 pounds of Chia Seeds
- 1 can (5-7 fl oz) of Nonstick Cooking Spray
- 1 package (14 oz) of Unsweetened Shredded Coconut

BEVERAGES

- 1 package (16 oz) of Brown Rice Protein Powder (Vanilla)

BREADS / CEREALS

- 1 box (17.3 oz) of Bran Flakes Cereal
- 1/4 pounds of Rolled Oats
- 1 loaf of Whole Grain Bread
- 1 bag (6 ct) of Whole Wheat Pita Bread
- 1/8 pounds of Granola
- 1 loaf (24 oz) of White Bread
- 1 loaf (24 oz) of Whole Wheat Bread

CANNED / JAR GOODS

- 1 jar (12 oz) of Almond Butter
- 1 jar (8-10 oz) of Raspberry Jam
- 1 jar (6 oz) of Kalamata Olives
- 1 jar (16 oz) of Sunflower Seed Butter

DAIRY

- 1 container (16 oz) of Cottage Cheese
- 1 tub (4 oz) of Goat Cheese
- 1 tub (12 oz) of Mozzarella Balls in Oil
- 2 containers (8 oz) of Plain Non-Fat Greek Yogurt
- 1 package (8 oz) of Shredded Mozzarella Cheese
- 2 containers (6 oz) of Soy Yogurt
- 1 container (5.3 oz) of Vanilla Greek Yogurt (Non-fat)
- 1 half dozen Eggs
- 1 pint of Milk, 2% fat
- 9 containers (8 oz) of Plain Low-Fat Greek Yogurt
- 1 container (15 oz) of Ricotta Cheese
- 1 quart of Soy Milk (Unsweetened)
- 1 package (8 oz) of Unsalted Butter

DELI

- 1 Cooked Rotisserie Chicken
- 1 Turkey Sandwich

FROZEN FOODS

- 1 package (20 oz) of Frozen Grilled Chicken Breast Strips
- 1 package (12 oz) of Mixed Frozen Berries

MEATS / SEAFOOD

- 3/8 pounds of Large Raw Shrimp (Peeled & Deveined)

PRODUCE

- 1 package (4 oz) of Alfalfa Sprouts
- 1 bag (16 oz) of Baby Carrots



EWG Recommends to buy organic









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GROCERY LIST

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 1 Banana | <input type="checkbox"/> 1 quart of Blueberries |
| <input type="checkbox"/> 1 bunch of Broccoli | <input type="checkbox"/> 1 head of Cauliflower |
| <input type="checkbox"/> 1 bunch of Celery  | <input type="checkbox"/> 1 pint of Cherry Tomatoes  |
| <input type="checkbox"/> 1 Cucumber  | <input type="checkbox"/> 1 bunch of Fresh Basil |
| <input type="checkbox"/> 1 package (1 oz) of Fresh Chives | <input type="checkbox"/> 1 bunch of Fresh Cilantro |
| <input type="checkbox"/> 1/4 ounces of Fresh Ginger | <input type="checkbox"/> 1 package (1 oz) of Fresh Mint |
| <input type="checkbox"/> 1 bunch (2 oz) of Fresh Parsley | <input type="checkbox"/> 1 bulb of Garlic |
| <input type="checkbox"/> 1 Lemon | <input type="checkbox"/> 1 Pineapple |
| <input type="checkbox"/> 3 packages (8 oz) of Portabella Mushrooms | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 2 pints of Raspberries | <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach  |
| <input type="checkbox"/> 1/8 pounds of Red Grapes  | <input type="checkbox"/> 1 Red Onions |
| <input type="checkbox"/> 1 pint of Strawberries  | <input type="checkbox"/> 2 Tangerine |

SNACKS

- | | |
|---|---|
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted |
| <input type="checkbox"/> 1 package (8 oz) of Pitted Dates | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |
| <input type="checkbox"/> 1 box (9-10 oz) of Triscuits | <input type="checkbox"/> 1/8 pounds of Whole Almonds |

SPICES / CONDIMENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 bottle (18 oz) of Barbecue Sauce | <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard |
| <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon |
| <input type="checkbox"/> 1 bottle (2 oz) of Ground Ginger | <input type="checkbox"/> 1 bottle (12 oz) of Honey |
| <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil |

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EatLove

RECIPE

Banana Coconut Overnight Oats

By: Everyday EatLove



Servings: 1

- 1/2 cup oats
- 3/4 cup greek yogurt
- 1/4 cup milk
- 1 teaspoon honey
- 1 tablespoon ground flax
- 1/2 tablespoon banana sliced
- 1/4 cup shredded coconut

NUTRITION INFORMATION PER SERVING

Protein: 28g, Total Fat: 21g, Carbs: 57g,
Calories: 514kcal,

For more nutrition information go to
www.eatlove.is

DIRECTIONS

Prepare the overnight oats

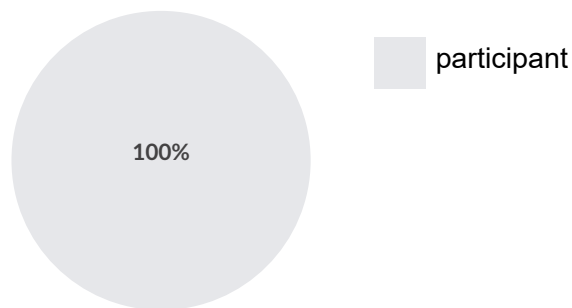
1. Add oats, greek yogurt, and milk into a medium-sized jar or container of choice. Mix well to combine.
2. Seal the jar and refrigerate for at least 6 hours, preferably overnight.

To serve

1. If desired, lightly toast the coconut flakes. Once ready to serve, top with honey, flax, sliced banana, and shredded coconut.

PORTIONS

How much should I eat?



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RECIPE

Almond Butter & Jam Crackers

By: Everyday EatLove



Servings: 1

6 crackers
1 tablespoon almond butter
1 tablespoon jam

NUTRITION INFORMATION PER SERVING

Protein: 4.92g, Total Fat: 13g, Carbs: 31g,
Calories: 255kcal,

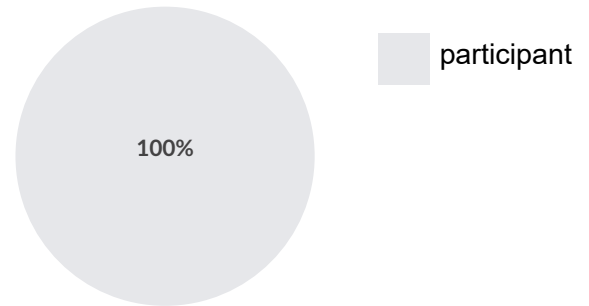
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DIRECTIONS

1. Spread almond butter and jam onto crackers and serve.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Veggies & Dip

By: Everyday EatLove

Servings: 1

- 1/2 cup broccoli cut into florets
- 1/2 cup cauliflower cut into florets
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon chives sliced
- 1 pinch garlic powder (optional)
- 1 dash salt (optional)
- 1 dash pepper (optional)

NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 2.83g, Carbs: 12g,
Calories: 122kcal,

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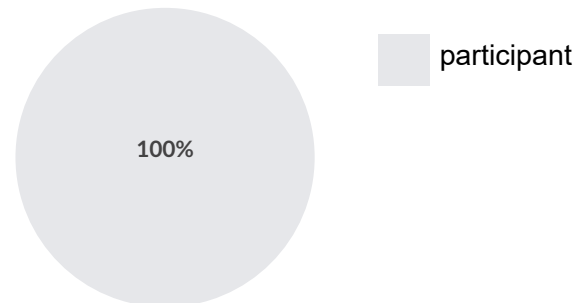


DIRECTIONS

1. Wash and cut broccoli and cauliflower into small florets.
2. Sprinkle Greek yogurt with chives, garlic powder, salt and pepper. Serve.

PORTIONS

How much should I eat?



RECIPE

Chicken & Caprese Bento

By: Everyday EatLove



Servings: 1

- 2 6-inch slices baguette
- 10 red grapes
- 1 ounce mozzarella balls drained, sliced
- 8 cherry tomatoes halved
- 1 tablespoon basil sliced
- 3 ounces grilled chicken
- 1 tablespoon olives

NUTRITION INFORMATION PER SERVING

Protein: 47g, Total Fat: 14g, Carbs: 79g,
Calories: 622kcal,

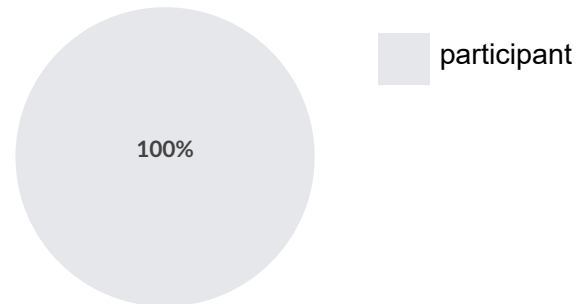
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DIRECTIONS

1. Wash and prepare red grapes, cherry tomatoes, and basil.
2. Chop grilled chicken.
3. Place halved cherry tomatoes on a plate. Alternate with mozzarella slices and sprinkle basil on top.
4. Serve with baguette slices and olives. Alternatively, pack into a lunch box for later consumption.

PORTIONS

How much should I eat?



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RECIPE

Soy Cinnamon Yogurt

By: Everyday EatLove



Servings: 1

1 cup soy yogurt
1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 9g, Total Fat: 3.96g, Carbs: 13g,
Calories: 149kcal,

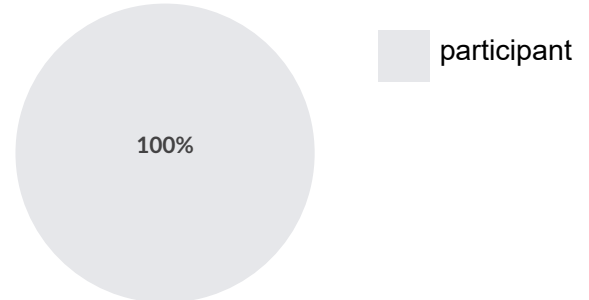
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DIRECTIONS

1. Serve yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

BBQ Chicken Portabella "Pizza"

By: Megan Moore RDN, CSOWM, CLT



Servings: 2

1/2 tablespoon butter
1/2 red onion
1 dash salt
4 portabella mushrooms stems removed
1/2 pound cooked chicken breasts chopped
1/3 cup barbeque sauce
1 cup fresh pineapple chopped
2 ounces goat cheese crumbled
1/8 cup cilantro chopped

NUTRITION INFORMATION PER SERVING

Protein: 49g, Total Fat: 16g, Carbs: 45g,
Calories: 503kcal,

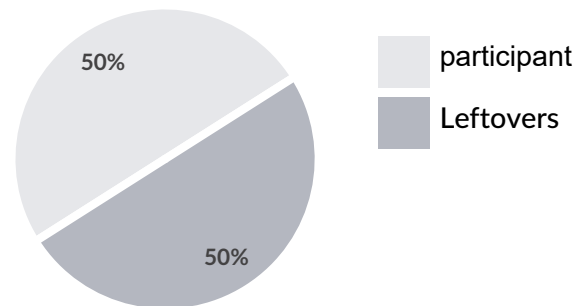
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DIRECTIONS

1. Pre-heat oven to 350 degrees Fahrenheit.
2. To caramelize the onions: Melt butter and saute onions on low until they become translucent and edges are browning. Add salt and continue to stir frequently to prevent burning, for approximately ~10-15 minutes. Set aside.
3. Place the mushrooms on a parchment paper lined baking sheet, gill side up.
4. In a bowl, mix the chicken, BBQ sauce, and red onion.
5. Fill the mushroom caps with the chicken mixture.
6. Top pizzas with pineapple and goat cheese.
7. Bake for 10-15 minutes or until mushrooms are soft.
8. Remove from oven and garnish with chopped cilantro.
9. Serve immediately. Suggested serving size: 2 mushroom "pizzas" per person.

PORTIONS

How much should I eat?



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RECIPE

Tangerine, Trail Mix & Greek Yogurt

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 tangerines
1 cup plain Greek yogurt
2 sprinkles cinnamon
 $\frac{1}{4}$ cup mixed nuts
 $\frac{1}{4}$ cup raisins

NUTRITION INFORMATION PER SERVING

Protein: 16g, Total Fat: 12g, Carbs: 42g,
Calories: 314kcal,

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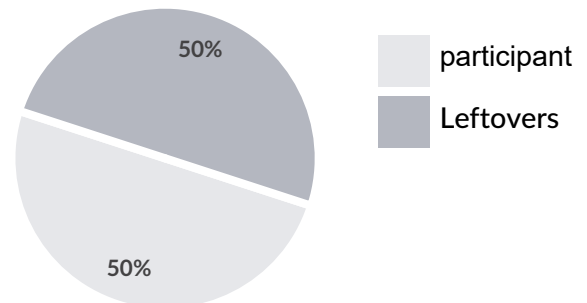


DIRECTIONS

1. Wash, peel and slice orange.
2. Serve with Greek yogurt, mixed nuts, and raisins.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

Strawberry and Ricotta French Toast

By: Everyday EatLove



Servings: 1

- 1 egg beaten
- 1/4 cup low fat milk chilled
- 1/4 teaspoon cinnamon
- 1 spray olive oil spray
- 2 slices whole grain bread
- 1 tablespoon maple syrup
- 2 tablespoons low fat ricotta
- 1 cup strawberries sliced

NUTRITION INFORMATION PER SERVING

Protein: 24g, Total Fat: 13g, Carbs: 66g,
Calories: 466kcal,

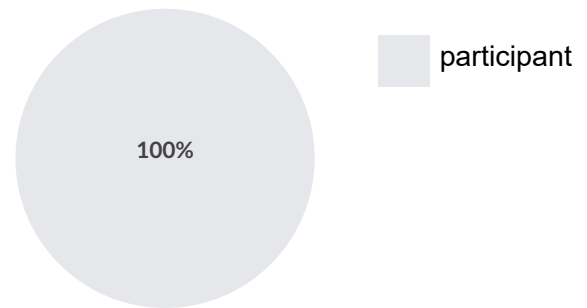
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DIRECTIONS

1. In a bowl, beat eggs, milk and cinnamon together.
2. Heat oil in skillet over medium high heat.
3. Dip bread slices (one at a time) into egg mixture. Turn to coat both sides.
4. Place bread slices in the hot skillet. Brown each side (about 2-3 minutes).
5. To serve, drizzle 1 tablespoon maple syrup for 1 servings, add 2 tablespoons of fresh low fat ricotta and spread across each toast when they are finished. Garnish with 1 cup of sliced fresh strawberries.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Raspberry Yogurt Parfait

By: EatLove



Servings: 1

$\frac{3}{4}$ cup bran flakes
 $\frac{3}{4}$ cup vanilla greek yogurt
1 cup raspberries
1 teaspoon honey

NUTRITION INFORMATION PER SERVING

Protein: 21g, Total Fat: 5.2g, Carbs: 51g,
Calories: 309kcal,

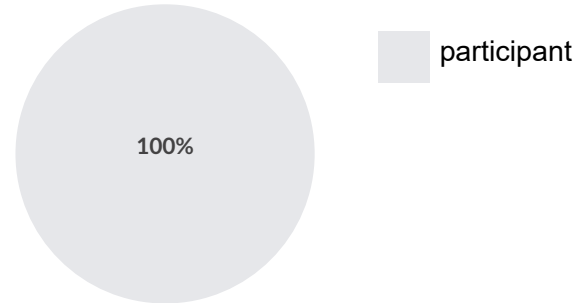
For more nutrition information go to
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DIRECTIONS

1. Layer cereal, yogurt, and raspberries in a cup or bowl. Drizzle with honey.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Grape Tomatoes

By: Everyday EatLove



Servings: 1

1 cup cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein: 1.31g, Total Fat: 0.3g, Carbs: 5.8g,
Calories: 27kcal,

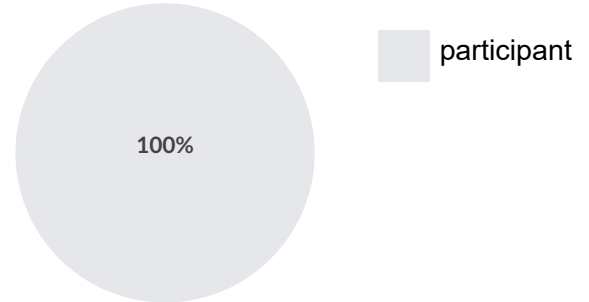
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DIRECTIONS

1. Wash tomatoes and serve.

PORTIONS

How much should I eat?



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RECIPE

Turkey Sandwich

By: Grab & Go



Servings: 1

1 sandwich Turkey Sandwich

NUTRITION INFORMATION PER SERVING

Protein: 29g, Total Fat: 11g, Carbs: 35g,
Calories: 360kcal,

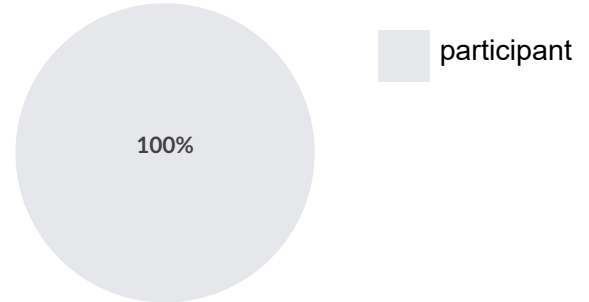
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DIRECTIONS

1. Unwrap sandwich and eat

PORTIONS

How much should I eat?



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EatLove

RECIPE

Blueberry Almond Greek Yogurt Bowl

By: Everyday EatLove

Servings: 1

1 cup plain Greek yogurt
 $\frac{3}{4}$ cup blueberries
2 tablespoons raisins
2 tablespoons almonds
2 teaspoons honey

NUTRITION INFORMATION PER SERVING

Protein: 27g, Total Fat: 14g, Carbs: 56g,
Calories: 437kcal,

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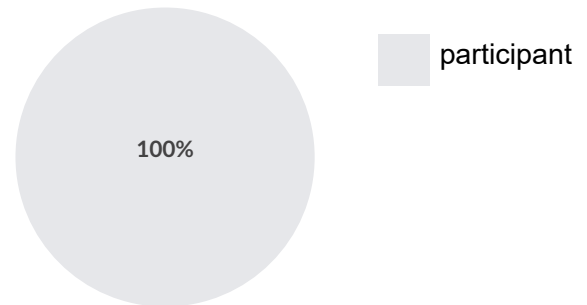


DIRECTIONS

1. Spoon yogurt into a bowl. Top with blueberries, raisins, almonds, and drizzle with honey.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Lean Berry Honey Parfait w/ Superfood Seeds

By: Everyday EatLove



Servings: 1

1 cup non-fat Greek yogurt

1 cup frozen berries

1 tablespoon chia seeds

1 tablespoon hemp seeds

1 tablespoon honey

NUTRITION INFORMATION PER SERVING

Protein: 31g, Total Fat: 9.4g, Carbs: 46g,
Calories: 378kcal,

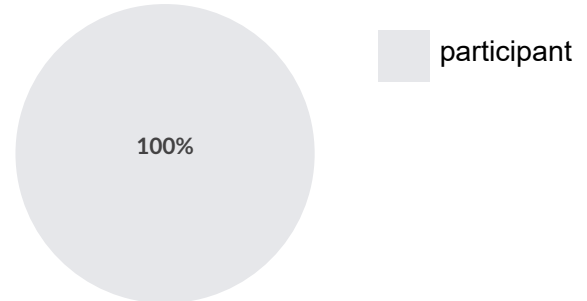
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DIRECTIONS

1. Place fruit in a bowl and microwave for 1-2 minutes until warm. Top with Greek yogurt and chia/hemp seeds, and drizzle with honey.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Raspberries, Trail Mix & Greek Yogurt

By: Everyday EatLove

Servings: 1

1 cup raspberries
1/2 cup plain Greek yogurt
1 sprinkle cinnamon
2 tablespoons mixed nuts
2 tablespoons raisins

NUTRITION INFORMATION PER SERVING

Protein: 17g, Total Fat: 12g, Carbs: 45g,
Calories: 332kcal,

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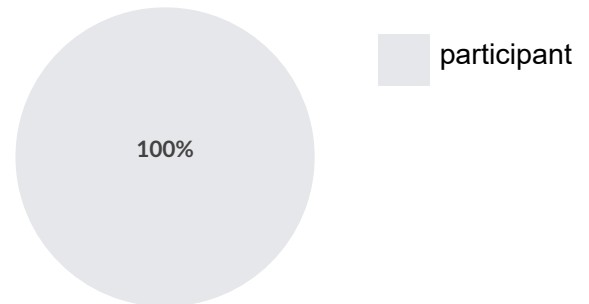


DIRECTIONS

1. Wash raspberries.
2. Serve with Greek yogurt, mixed nuts, and raisins.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Broccoli & Dip

By: Everyday EatLove

Servings: 1

- 1 cup broccoli cut into florets
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon chives sliced
- 1 pinch garlic powder (optional)
- 1 dash salt (optional)
- 1 dash pepper (optional)

NUTRITION INFORMATION PER SERVING

Protein: 14g, Total Fat: 2.85g, Carbs: 13g,
Calories: 124kcal,

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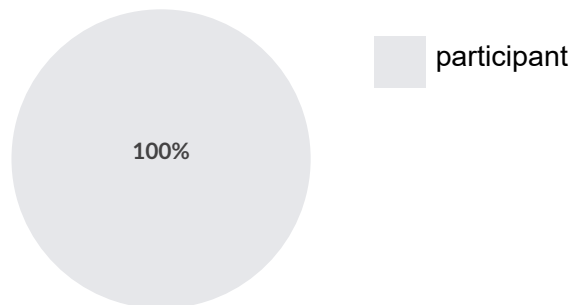


DIRECTIONS

1. Wash and cut broccoli into small florets.
2. Sprinkle Greek yogurt with chives, garlic powder, salt and pepper. Serve.

PORTIONS

How much should I eat?



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RECIPE

Radish Egg Salad Sandwich

By: A Couple Cooks

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 eggs hard boiled
1 cup radishes sliced
 $\frac{1}{4}$ cup chives chopped
 $\frac{1}{4}$ cup Greek yogurt
1 tablespoon dijon mustard
 $\frac{1}{2}$ cup alfalfa sprouts
4 slices whole wheat bread

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 13g, Carbs: 34g,
Calories: 354kcal,

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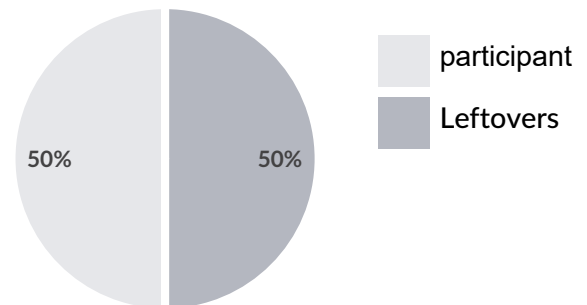


DIRECTIONS

1. In a bowl, combine the eggs, radishes, and chives with Greek yogurt, Dijon mustard, and salt.
2. Taste, then add more seasonings as desired.
3. To assemble, spread egg salad on one bread slice, then top with sprouts and another bread slice.

PORTIONS

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RECIPE

Sunbutter & Jam with Soy Milk Protein Shake

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Sandwich

4 slices white bread
1/4 cup sunbutter
1/4 cup jam

serve with

24 fluid ozs soy milk
3 tablespoons protein powder

NUTRITION INFORMATION PER SERVING

Protein: 41g, Total Fat: 27g, Carbs: 81g,
Calories: 717kcal,

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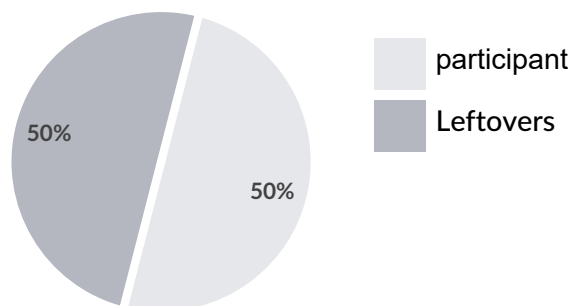


DIRECTIONS

1. Toast the bread.
2. Spread sunbutter on one slice and jam on the other. Press both slices together.
3. Mix soy milk and protein powder together. Serve altogether.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Carrots & Cottage Cheese

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup low-fat cottage cheese
2 cups baby carrots

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 1.31g, Carbs: 13g,
Calories: 123kcal,

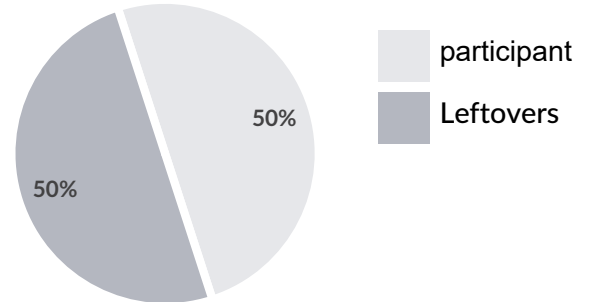
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DIRECTIONS

1. Wash carrots. Serve with cottage cheese.

PORTIONS

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EatLove

RECIPE

Date & Cottage Cheese Cucumber Boats

By: Ranelle Kirchner, Chef RDN



Servings: 1

- 1 cucumber cut in half lengthwise
- 1/2 cup Low-Fat Cottage Cheese
- 2 dates chopped
- 1/4 cup parsley chopped
- 1 teaspoon hemp seeds
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein: 18g, Total Fat: 3.29g, Carbs: 45g,
Calories: 261kcal,

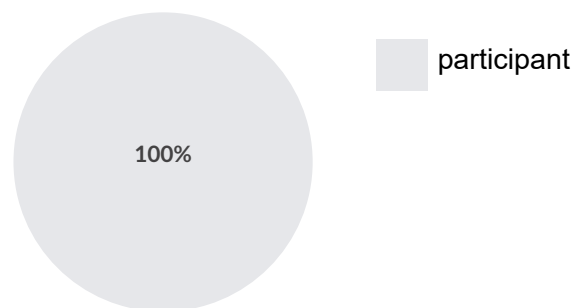
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DIRECTIONS

1. Remove seeds of cucumber by carefully scraping the seeds out using the tip of a spoon. Start at one end and finish towards the other. Set the cucumber boats aside.
2. Mince the cucumber seeds. In a small bowl, combine the seeds, cottage cheese, dates, parsley, hemp seeds, and pepper.
3. Fill each cucumber boat with the cottage cheese filling.

PORTIONS

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RECIPE

No Fuss Yogurt Parfait

By: Sincerely Nourished

Servings: 1

- 1 cup plain Greek yogurt
- 1/4 cup granola
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 tablespoon unsweetened coconut flakes
- 2 teaspoons cacao nibs
- 1/2 tablespoon honey

NUTRITION INFORMATION PER SERVING

Protein: 28g, Total Fat: 18g, Carbs: 52g,
Calories: 478kcal,

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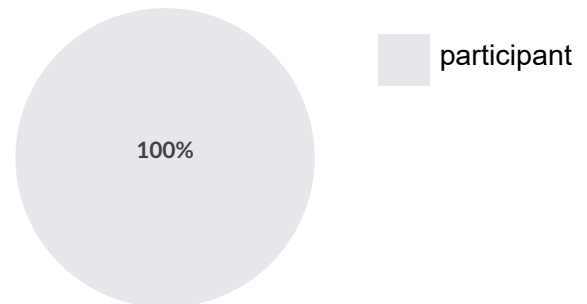


DIRECTIONS

1. Layer Greek yogurt with granola and berries. Add coconut, cacao nibs, and drizzle with honey. Serve.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Pineapple and Mint Salad

By: Everyday EatLove



Servings: 4

- 4 1/2 cups pineapple chopped
- 3 tablespoons mint
- 1 tablespoon lemon zest
- 1 tablespoon lemon juiced
- 1 tablespoon ginger grated

NUTRITION INFORMATION PER SERVING

Protein: 1.11g, Total Fat: 0.25g, Carbs: 25g,
Calories: 96kcal,

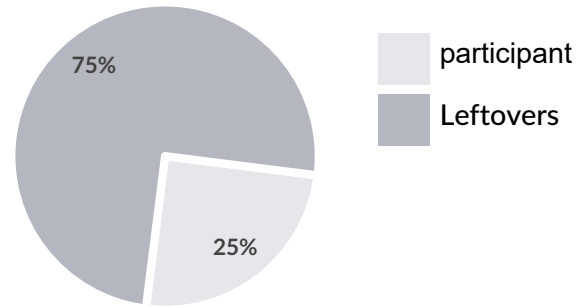
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Cut the pineapple into small chunks.
2. Add the mint, ginger, lemon zest and juice to the pineapple.
3. Keep any leftovers in the refrigerators for up to 3 days.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Easy Chicken & Mozzarella Flatbread

By: Everyday EatLove



Servings: 1

- 4 cups spinach
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 2 pita breads
- 2 ounces rotisserie chicken chopped, skin removed
- 1 ounce mozzarella cheese shredded

NUTRITION INFORMATION PER SERVING

Protein: 39g, Total Fat: 28g, Carbs: 80g,
Calories: 691kcal,

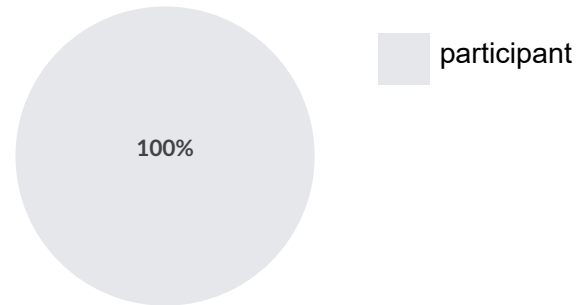
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Preheat oven to 325°F.
2. Heat oil in a pan over medium heat. Add spinach and garlic and cook until spinach wilts.
3. Bake pita in oven for 6 minutes.
4. Top pita with spinach, chicken, and cheese.

PORTIONS

How much should I eat?



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RECIPE

Celery & Cottage Cheese

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup low-fat cottage cheese

1 cup celery sliced

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 1.32g, Carbs: 6.1g,
Calories: 98kcal,

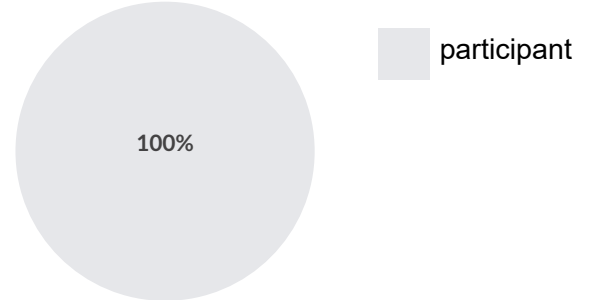
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash and slice celery. Serve with cottage cheese.

PORTIONS

How much should I eat?



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RECIPE

Shrimp Fried Brown Rice

By: Everyday EatLove

Servings: 1

- 1 1/2 cups cooked brown rice
- 1 egg whisked
- 1 tablespoon sesame oil
- 2 teaspoons low-sodium soy sauce
- 1 clove garlic minced
- 1 teaspoon ground ginger
- 5 ounces shrimp cooked
- 2 cups spinach chopped

NUTRITION INFORMATION PER SERVING

Protein: 43g, Total Fat: 22g, Carbs: 74g,
Calories: 660kcal,

For more nutrition information go to
www.eatlove.is

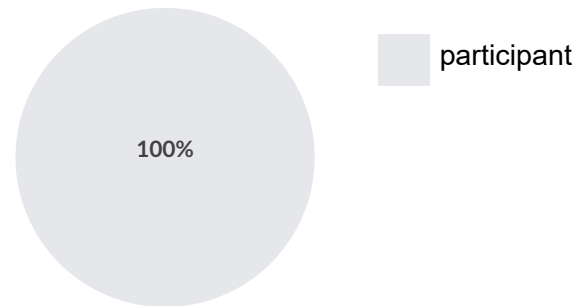


DIRECTIONS

1. Sauté the first 6 ingredients for 4 minutes.
2. Add shrimp and cook for 3 minutes.
3. Add spinach, cover and cook for another 2 minutes.

PORTIONS

How much should I eat?

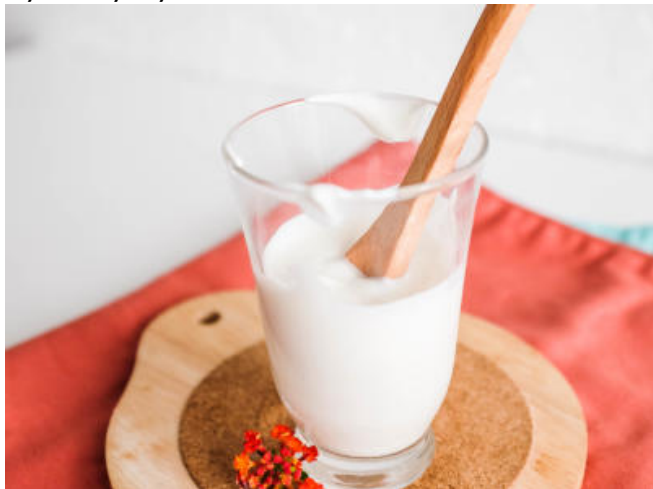


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RECIPE

Vanilla Greek Yogurt

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup nonfat vanilla greek yogurt

NUTRITION INFORMATION PER SERVING

Protein: 9.8g, Total Fat: 0.2g, Carbs: 12g,
Calories: 89kcal,

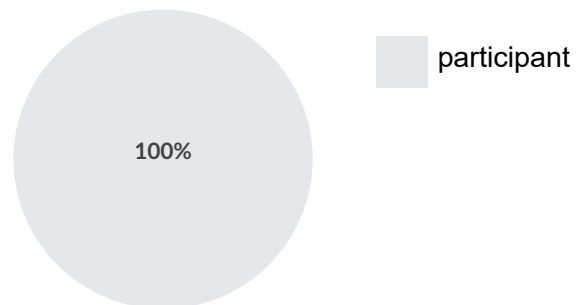
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Spoon vanilla greek yogurt into a bowl and serve.

PORTIONS

How much should I eat?



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**PERFORMANCE &
STRENGTH MEAL
PLANNER & GROCERY
LIST 3000 CALORIES**



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EatLove

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Veggie Tofu Scramble with Toast (HP)	Carrot Cake Oatmeal, Blackberries	Soy Cherry Hemp Creamsicle Smoothie	Veggie Tofu Scramble with Toast (HP)	Carrot Cake Oatmeal, Blackberries	✕	✕
LUNCH	Fried Fish Sandwich, Pear & Soy Yogurt	Leftover: Fried Fish Sandwich, Pear & Soy Yogurt	Simple Turkey Taco Salad, Greek Yogurt & Cinnamon	Leftover: Simple Turkey Taco Salad, Greek Yogurt & Cinnamon	Basic Chicken Avocado Wrap, Blueberries, Sunflower Seeds & Soy Yogurt	✕	✕
DINNER	Stuffed Chicken with Wine Reduction, Cooked Pearl Couscous	Leftover: Stuffed Chicken with Wine Reduction, Cooked Pearl Couscous	Simple Curried Quinoa with Grilled Shrimp, Greek Yogurt	Leftover: Simple Curried Quinoa with Grilled Shrimp, Greek Yogurt	Penne with Chicken & Veggies, Chips & Guac	✕	✕
SNACK	Grapes & Nuts, Snap Peas	Ricotta Crackers and Cherries, Sliced Cucumber	Raspberry Yogurt Bowl	Pear, Sunflower Seeds & Soy Yogurt, Raspberries & Soy Yogurt	Nutty Fruit Dip, Canned Fruit Cocktail & Cottage Cheese		



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GROCERY LIST

BAKING GOODS

- | | |
|--|--|
| <input type="checkbox"/> 1 package (24 oz) of Cornmeal | <input type="checkbox"/> 1 can (5-7 fl oz) of Nonstick Cooking Spray |
| <input type="checkbox"/> 1 bag (2 lb) of Whole Wheat Flour | |

BREADS / CEREALS

- | | |
|--|--|
| <input type="checkbox"/> 1/4 pounds of Granola | <input type="checkbox"/> 3/8 pounds of Rolled Oats |
| <input type="checkbox"/> 1 loaf (24 oz) of White Bread | <input type="checkbox"/> 1 loaf of Whole Grain Bread |

CANNED / JAR GOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 can (15 oz) of Canned Fruit Cocktail | <input type="checkbox"/> 2 cans (15 oz) of Canned Pinto Beans |
| <input type="checkbox"/> 1 container (32 oz) of Low Sodium Chicken Broth | <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter |

DAIRY

- | | |
|--|--|
| <input type="checkbox"/> 1 container (16 oz) of Cottage Cheese | <input type="checkbox"/> 3 packages (16 oz) of Extra Firm Tofu |
| <input type="checkbox"/> 1 container (8 oz) of Grated Parmesan Cheese | <input type="checkbox"/> 1 quart of Lactose-Free Milk (Low-Fat) |
| <input type="checkbox"/> 1/2 ounces of Parmesan Cheese | <input type="checkbox"/> 5 containers (8 oz) of Plain Low-Fat Greek Yogurt |
| <input type="checkbox"/> 1 container (15 oz) of Ricotta Cheese | <input type="checkbox"/> 1 package (8 oz) of Shredded Cheddar Cheese |
| <input type="checkbox"/> 1 tub (5 oz) of Shredded Parmigiano Reggiano | <input type="checkbox"/> 1 quart of Soy Milk (Unsweetened) |
| <input type="checkbox"/> 3 containers (24 oz) of Soy Yogurt | <input type="checkbox"/> 1 package (8 oz) of Unsalted Butter |
| <input type="checkbox"/> 2 containers (5.3 oz) of Vanilla Greek Yogurt (Non-fat) | |

DELI

- 1 container (10 oz) Hummus

FROZEN FOODS

- | | |
|--|---|
| <input type="checkbox"/> 1 package (20 oz) of Frozen Grilled Chicken Breast Strips | <input type="checkbox"/> 1 package (10 oz) of Frozen Unsweetened Cherries |
|--|---|

INTERNATIONAL / ETHNIC

- 1 package (8 ct) of Whole Wheat Tortillas

LIQUOR

- 1 bottle (750 mL) of White Wine

MEATS / SEAFOOD

- | | |
|--|--|
| <input type="checkbox"/> 2 pounds of Boneless Skinless Chicken Breast | <input type="checkbox"/> 1 1/2 pounds of Ground Turkey |
| <input type="checkbox"/> 1 1/8 pounds of Medium Raw Shrimp (Peeled & Deveined) | <input type="checkbox"/> 1 1/8 pounds of Tilapia |

PASTA / RICE / BEANS

- | | |
|---|---|
| <input type="checkbox"/> 3/4 pounds of Brown Rice | <input type="checkbox"/> 1/2 pounds of Pearl Couscous |
| <input type="checkbox"/> 5/8 pounds of Quinoa | <input type="checkbox"/> 1 package (16 oz) of Whole Wheat Penne |



EWG Recommends to buy organic












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EatLove

GROCERY LIST

PRODUCE

- | | |
|---|--|
| <input type="checkbox"/> 1 Avocados | <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots |
| <input type="checkbox"/> 1/4 pounds of Baby Portabella Mushrooms | <input type="checkbox"/> 2 pints of Blackberries |
| <input type="checkbox"/> 1 quart of Blueberries | <input type="checkbox"/> 4 Carrots |
| <input type="checkbox"/> 3/8 pounds of Cherries | <input type="checkbox"/> 1 pint of Cherry Tomatoes  |
| <input type="checkbox"/> 2 Cucumber  | <input type="checkbox"/> 1 bunch of Fresh Basil |
| <input type="checkbox"/> 1 bulb of Garlic | <input type="checkbox"/> 1 pound of Green Beans |
| <input type="checkbox"/> 1 Green Bell Peppers  | <input type="checkbox"/> 1 head of Green Leaf Lettuce |
| <input type="checkbox"/> 1 container (12 oz) of Guacamole | <input type="checkbox"/> 1 Jalapeño Pepper  |
| <input type="checkbox"/> 3 Pear | <input type="checkbox"/> 1 Pomegranates |
| <input type="checkbox"/> 2 pints of Raspberries | <input type="checkbox"/> 1 bunch of Raw Spinach  |
| <input type="checkbox"/> 2 Red Apples  | <input type="checkbox"/> 2 Red Bell Peppers  |
| <input type="checkbox"/> 1/4 pounds of Red Grapes  | <input type="checkbox"/> 1 head of Romaine Lettuce |
| <input type="checkbox"/> 3/4 pounds of Sugarsnap Peas  | <input type="checkbox"/> 7 Tomatoes |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | <input type="checkbox"/> 4 Yellow Onions |
| <input type="checkbox"/> 1 Zucchini | |

SNACKS

- | | |
|---|---|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds |
| <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | <input type="checkbox"/> 1 box (9-10 oz) of Triscuits |
| <input type="checkbox"/> 1/8 pounds of Walnuts | |

SPICES / CONDIMENTS

- | | |
|--|---|
| <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder | <input type="checkbox"/> 1 jar (2 oz) of Curry Powder |
| <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil | <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano |
| <input type="checkbox"/> 1 jar (1-2 oz) of Dried Thyme | <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 bottle (12 oz) of Honey |
| <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 jar (2-3 oz) of Onion Powder | <input type="checkbox"/> 1 jar (1 oz) of Paprika |
| <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes | <input type="checkbox"/> 1 bottle (12.7 fl oz) of Sherry Cooking Wine |
| <input type="checkbox"/> 1 jar (0.5-1 oz) of Turmeric | |

 EWG Recommends to buy organic



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EatLove

RECIPE

Veggie Tofu Scramble with Toast (HP)

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 teaspoon olive oil
1/4 cup red pepper diced
1/4 cup green pepper diced
4 mushrooms sliced
2 cups extra firm tofu crumbled
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon turmeric
2 slices bread toasted
1 1/2 cups blueberries

NUTRITION INFORMATION PER SERVING

Protein: 44g, Total Fat: 28g, Carbs: 56g,
Calories: 607kcal, Fiber: 7.9g, Sodium: 277mg,
Fruits: 1.27 servings, Vegetables: 1.09 servings,
Added Sugar: 1.92g,

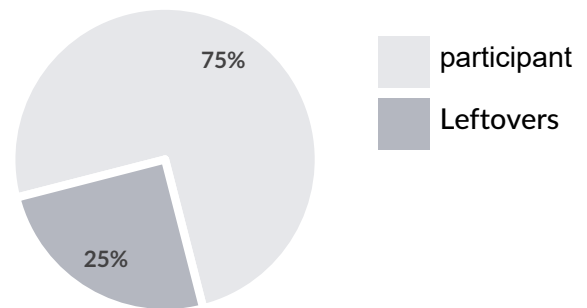
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Drain water from the tofu. Place the tofu between paper towels to absorb excess water and let sit.
2. Dice the peppers and mushrooms.
3. Heat olive oil in a pan over medium heat. Once hot, add the peppers and mushrooms and sauté for 3-4 minutes.
4. Crumble the tofu into small pieces and add to the pan. Mix well with veggies and sauté for an additional 2-3 minutes.
5. Add the onion powder, garlic powder, and turmeric, and continue to cook for 4 minutes.
6. In the meantime, toast the bread. Spread butter onto toast if desired.
7. Once the tofu scramble has finished cooking, remove from heat. Serve with toast and blueberries.

PORTIONS

How much should I eat?



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RECIPE

Grapes & Nuts

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

20 red grapes
2 ounces mixed nuts

NUTRITION INFORMATION PER SERVING

Protein: 8.8g, Total Fat: 23g, Carbs: 23g,
Calories: 309kcal, Fiber: 3.38g, Sodium: 3.17mg,
Fruits: 0.88 servings, Vegetables: 0 servings,
Added Sugar: 0g,

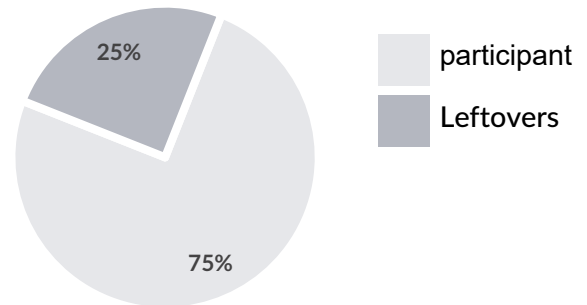
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash grapes. Serve with mixed nuts.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Snap Peas

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups snap peas

NUTRITION INFORMATION PER SERVING

Protein: 12g, Total Fat: 0.87g, Carbs: 31g,
Calories: 176kcal, Fiber: 11g, Sodium: 11mg,
Fruits: 0 servings, Vegetables: 1.5 servings,
Added Sugar: 0g,

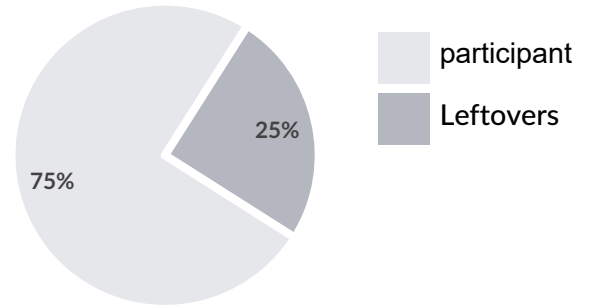
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash snap peas and serve.

PORTIONS

How much should I eat?



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RECIPE

Fried Fish Sandwich

By: Everyday EatLove



Servings: 4

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 2 SERVINGS

4 fillets tilapia
2 tablespoons Parmesan cheese
1 1/2 tablespoons cornmeal
1 1/2 tablespoons whole wheat flour
1/2 teaspoon pepper
1/2 teaspoon paprika
2 tablespoons olive oil
2 cooking sprays
8 slices whole wheat bread
8 leaves lettuce
2 tomatoes sliced

NUTRITION INFORMATION PER SERVING

Protein: 56g, Total Fat: 20g, Carbs: 67g,
Calories: 667kcal, Fiber: 12g, Sodium: 650mg,
Fruits: 0 servings, Vegetables: 1.51 servings,
Added Sugar: 7.9g,

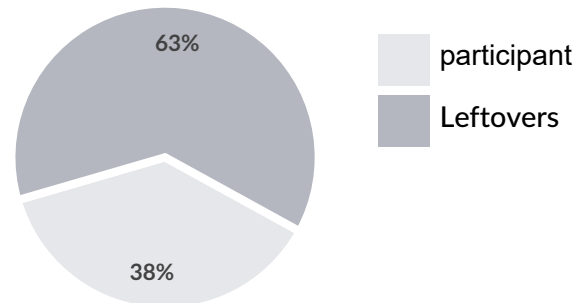
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Spray baking dish with cooking spray.
2. Preheat oven to 400°F.
3. Rinse fish under cold water, pat dry.
4. Combine Parmesan cheese, cornmeal, flour, pepper and paprika in plastic bag.
5. Shake fish fillets one at a time in bag to coat with cheese mixture.
6. Place fillets in baking dish. Drizzle half of olive oil over fillets. Bake about 10 minutes per inch thickness of fish or until fish is opaque when flaked. Fillets may need to be turned half-way through baking.
7. Assemble sandwiches: top bread with lettuce, tomato, and fish. Top with another slice of bread. Repeat for remaining sandwiches.

PORTIONS

How much should I eat?



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RECIPE

Pear & Soy Yogurt

By: Everyday EatLove



Servings: 3

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 1/2 pears
- 3 cups soy yogurt
- 3 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 14g, Total Fat: 6.2g, Carbs: 39g,
Calories: 306kcal, Fiber: 7.1g, Sodium: 136mg,
Fruits: 0.75 servings, Vegetables: 0 servings,
Added Sugar: 0g,

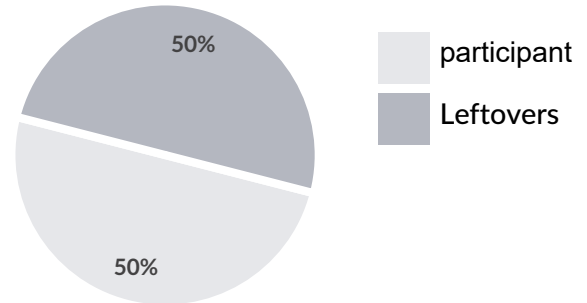
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash and slice pear.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

PORTIONS

How much should I eat?



RECIPE

Stuffed Chicken with Wine Reduction

By: Cookology

Servings: 4

for the chicken

1 cup cremini mushrooms sliced
1 clove garlic minced
1 1/2 pounds chicken breasts
1/4 cup grated parmesan cheese
1/2 cup low sodium chicken broth
1/2 cup dry sherry
1/2 teaspoon dried thyme
3 leaves fresh basil
1/2 teaspoon dried oregano
1/2 teaspoon chili powder
1/4 cup onion minced
2 tablespoons butter
1/4 cup red bell pepper chopped

serve with

2 cups cooked brown rice
1 pound green beans
1 tablespoon olive oil
2 cloves garlic minced
1 pinch salt
1 pinch pepper

NUTRITION INFORMATION PER SERVING

Protein: 69g, Total Fat: 25g, Carbs: 56g,
Calories: 735kcal, Fiber: 7.5g, Sodium: 742mg,
Fruits: 0 servings, Vegetables: 2.32 servings,
Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

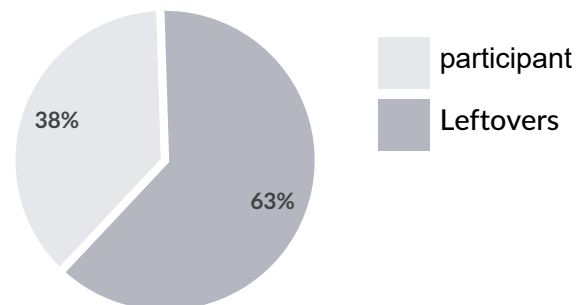


DIRECTIONS

1. First, cook rice according to package directions, or follow link included.
2. For the chicken: Mix mushrooms, garlic, Parmesan, thyme, basil, oregano, chili powder, half of minced onion, and butter together in bowl.
3. Split chicken breasts in the middle and stuff with mushroom mixture.
4. Sear chicken in pan over medium high heat. Sear for 45 seconds per side. Remove from heat.
5. Add remaining onion, peppers, chicken broth, and wine. Bring to a simmer and replace chicken. Braise for 15 minutes.
6. For the green beans: Rinse and trim green beans. Steam beans for 2-3 minutes, until just barely tender. Blot dry with paper towels and set aside. Sauté beans in oil over medium-high heat with garlic for 4-5 minutes. Serve hot with chicken and rice.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Cooked Pearl Couscous

By: EatLove



Servings: 4

1 cup pearl couscous

1 1/4 cups water

NUTRITION INFORMATION PER SERVING

Protein: 8.3g, Total Fat: 1.3g, Carbs: 50g,
Calories: 247kcal, Fiber: 3.24g, Sodium: 9.8mg,
Fruits: 0 servings, Vegetables: 0 servings,
Added Sugar: 0g,

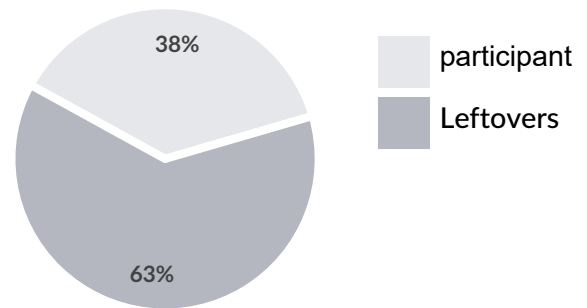
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Bring water to a boil in a sauce pan.
2. Add pearl couscous; cover and simmer for 8-10 minutes.
3. Drain and rinse under cool water.

PORTIONS

How much should I eat?



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RECIPE

Carrot Cake Oatmeal

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

$\frac{2}{3}$ cup rolled oats
2 cups lactose-free milk
2 carrots grated
1 teaspoon cinnamon
2 teaspoons raisins
2 tablespoons walnuts
2 tablespoons hemp seeds
2 teaspoons maple syrup

NUTRITION INFORMATION PER SERVING

Protein: 26g, Total Fat: 21g, Carbs: 79g,
Calories: 582kcal, Fiber: 10g, Sodium: 257mg,
Fruits: 0.18 servings, Vegetables: 0.71 servings,
Added Sugar: 6g,

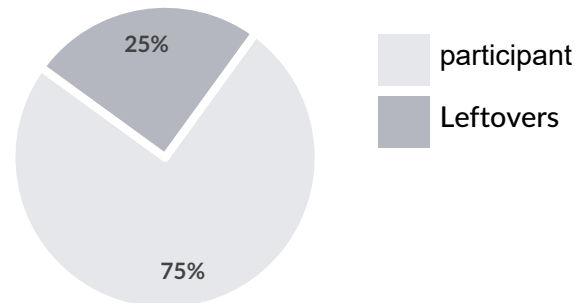
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. In a medium pot over medium heat, add the oats and milk.
2. When the oats just come to a boil, turn the heat to low and add the carrots and cinnamon. Stir to combine.
3. Continue to cook on low for 5 minutes. Remove from heat and stir in the raisins. Let stand for 2 to 3 minutes.
4. Serve in a bowl and top with walnuts, hemp seeds and maple syrup.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Blackberries

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups blackberries

NUTRITION INFORMATION PER SERVING

Protein: 3g, Total Fat: 1.06g, Carbs: 21g,
Calories: 93kcal, Fiber: 11g, Sodium: 2.16mg,
Fruits: 1.5 servings, Vegetables: 0 servings,
Added Sugar: 0g,

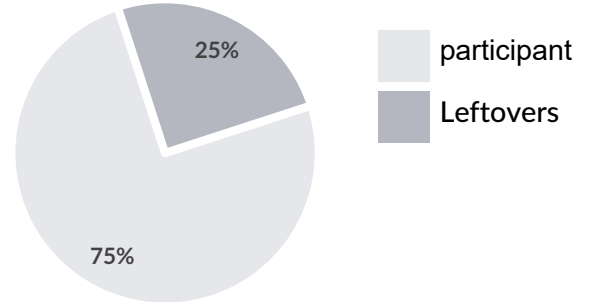
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash and serve.

PORTIONS

How much should I eat?



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RECIPE

Ricotta Crackers and Cherries

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

8 multigrain crackers
 $\frac{1}{2}$ cup part-skim ricotta
2 teaspoons honey
1 cup cherries

NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 12g, Carbs: 42g,
Calories: 317kcal, Fiber: 3.17g, Sodium: 277mg,
Fruits: 1.17 servings, Vegetables: 0 servings,
Added Sugar: 4.31g,

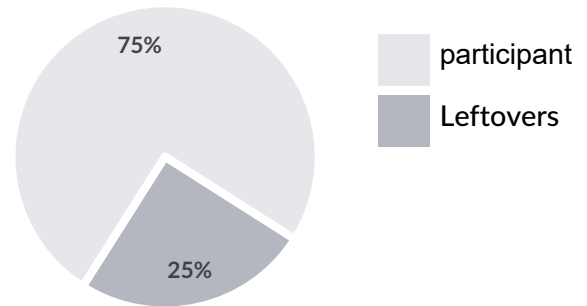
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Spread ricotta on crackers and drizzle honey over top. Serve with cherries.

PORTIONS

How much should I eat?



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RECIPE

Sliced Cucumber

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups cucumber peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein: 1.01g, Total Fat: 0.17g, Carbs: 5.7g,
Calories: 23kcal, Fiber: 0.78g, Sodium: 3.12mg,
Fruits: 0 servings, Vegetables: 1.5 servings,
Added Sugar: 0g,

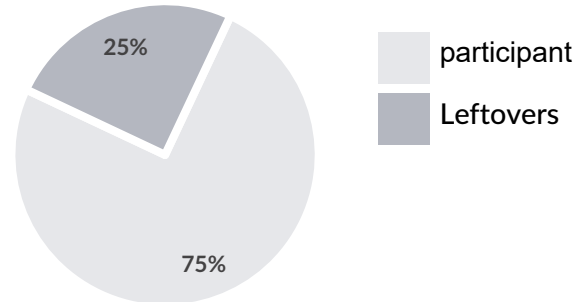
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash, peel and slice cucumber. Serve.

PORTIONS

How much should I eat?



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RECIPE

Soy Cherry Hemp Creamsicle Smoothie

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups frozen cherries
2 cups soy milk
2 cups soy yogurt
2 tablespoons hemp seeds

NUTRITION INFORMATION PER SERVING

Protein: 33g, Total Fat: 21g, Carbs: 60g,
Calories: 580kcal, Fiber: 10g, Sodium: 283mg,
Fruits: 2.36 servings, Vegetables: 0 servings,
Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

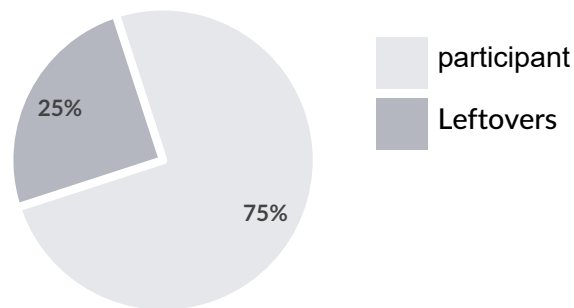


DIRECTIONS

1. Place fruit, yogurt, milk, and hemp seeds in a blender and liquify.

PORTIONS

How much should I eat?



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RECIPE

Raspberry Yogurt Bowl

By: Molly Cleary, MS RD



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cups plain nonfat greek yogurt
1 cup raspberries
1/2 cup pomegranate arils
1/2 cup granola

NUTRITION INFORMATION PER SERVING

Protein: 34g, Total Fat: 18g, Carbs: 61g,
Calories: 529kcal, Fiber: 13g, Sodium: 173mg,
Fruits: 1.5 servings, Vegetables: 0 servings,
Added Sugar: 9.2g,

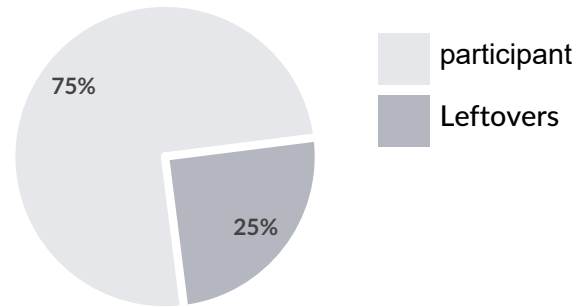
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Scoop yogurt from container into serving bowl.
2. Top with raspberries (sunshine raspberries are a nice addition if available!), pomegranate arils, and granola. Serve.

PORTIONS

How much should I eat?



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RECIPE

Simple Turkey Taco Salad

By: Everyday EatLove

Servings: 6

- 1 1/2 pounds ground turkey
- 1 tablespoon olive oil
- 1 1/2 cups brown rice
- 2 cups water
- 2 cups onion chopped
- 1 tablespoon chili powder
- 3 cups tomatoes chopped
- 1 jalapeno seeded and chopped
- 3 quarts romaine lettuce chopped
- 1/2 cup cheddar cheese
- 2 cups beans

NUTRITION INFORMATION PER SERVING

Protein: 53g, Total Fat: 25g, Carbs: 92g,
Calories: 789kcal, Fiber: 14g, Sodium: 495mg,
Fruits: 0 servings, Vegetables: 3.01 servings,
Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

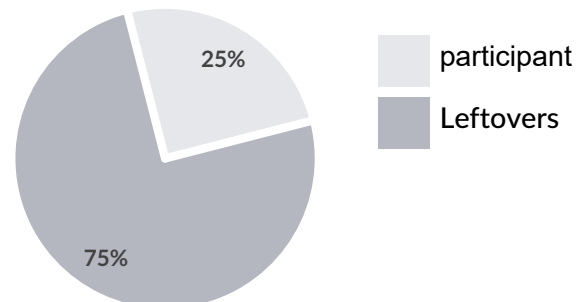


DIRECTIONS

1. Heat olive oil, cook ground meat in a large skillet until brown, about 10 minutes. Drain off excess fat. Rinse meat with warm water to remove the grease.
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 30 minutes to cook rice. Add more water if needed to cook rice.
4. Add tomatoes and jalapeño. Heat for 2-3 minutes.
5. Place romaine lettuce, rice mixture, rinsed beans, and cheese on plates. Serve immediately.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Greek Yogurt & Cinnamon

By: Everyday EatLove



Servings: 3

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups plain Greek yogurt
3 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 22g, Total Fat: 5g, Carbs: 12g,
Calories: 181kcal, Fiber: 0.01g, Sodium: 140mg,
Fruits: 0 servings, Vegetables: 0 servings,
Added Sugar: 0g,

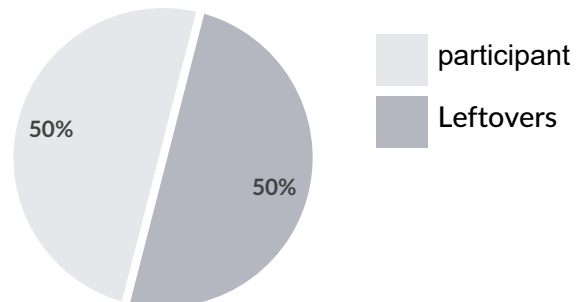
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Serve Greek yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

Simple Curried Quinoa with Grilled Shrimp

By: Everyday EatLove

Servings: 3

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 1/8 pounds shrimp
- 3 tablespoons olive oil
- 2 1/4 cups water
- 1 1/2 cups quinoa
- 1 1/2 teaspoons curry powder
- 3 cups cucumber diced
- 3 teaspoons red pepper flakes

NUTRITION INFORMATION PER SERVING

Protein: 69g, Total Fat: 28g, Carbs: 88g,
Calories: 889kcal, Fiber: 11g, Sodium: 719mg,
Fruits: 0 servings, Vegetables: 1.5 servings,
Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

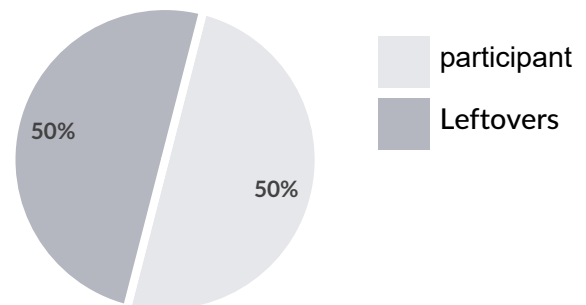


DIRECTIONS

1. Toss the shrimp in olive oil and broil for 3-5 minutes until fully cooked.
2. Bring water and quinoa to a boil and cover for about 10 minutes until cooked.
3. Toss quinoa with curry powder, cucumber and red pepper flakes.

PORTIONS

How much should I eat?



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RECIPE

Greek Yogurt

By: Everyday EatLove



Servings: 3

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cups greek yogurt

NUTRITION INFORMATION PER SERVING

Protein: 17g, Total Fat: 3.77g, Carbs: 9g,
Calories: 136kcal, Fiber: 0g, Sodium: 105mg,
Fruits: 0 servings, Vegetables: 0 servings,
Added Sugar: 0g,

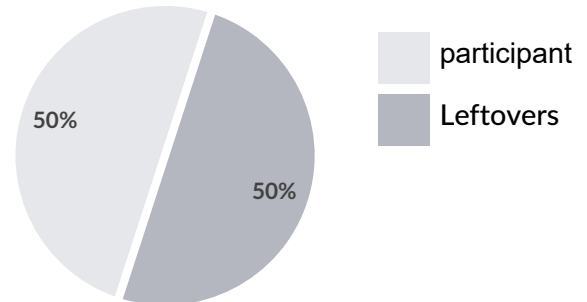
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Spoon greek yogurt into a bowl and serve.

PORTIONS

How much should I eat?



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RECIPE

Pear, Sunflower Seeds & Soy Yogurt

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 pear sliced
- 1 $\frac{3}{8}$ cups soy yogurt
- 2 sprinkles cinnamon
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 12g, Total Fat: 11g, Carbs: 36g,
Calories: 309kcal, Fiber: 7.3g, Sodium: 93mg,
Fruits: 0.75 servings, Vegetables: 0 servings,
Added Sugar: 0g,

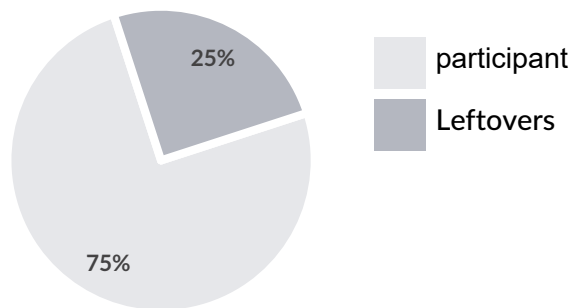
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash and slice pear.
2. Serve with sunflower seeds and soy yogurt.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Raspberries & Soy Yogurt

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup raspberries
1 cup soy yogurt
2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 7.9g, Total Fat: 3.57g, Carbs: 21g,
Calories: 159kcal, Fiber: 7.5g, Sodium: 68mg,
Fruits: 0.75 servings, Vegetables: 0 servings,
Added Sugar: 0g,

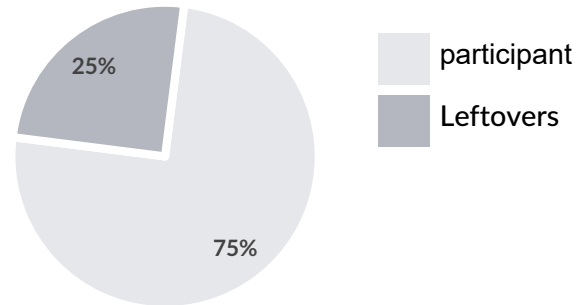
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash raspberries and serve with soy yogurt.
2. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

Nutty Fruit Dip

By: Everyday EatLove

Servings: 4

8 ounces vanilla Greek yogurt
1/4 cup peanut butter
1 tablespoon honey
1 teaspoon cinnamon
2 apples cored and sliced

NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 13g, Carbs: 36g,
Calories: 299kcal, Fiber: 5.1g, Sodium: 134mg,
Fruits: 0.75 servings, Vegetables: 0 servings,
Added Sugar: 8.6g,

For more nutrition information go to
www.eatlove.is

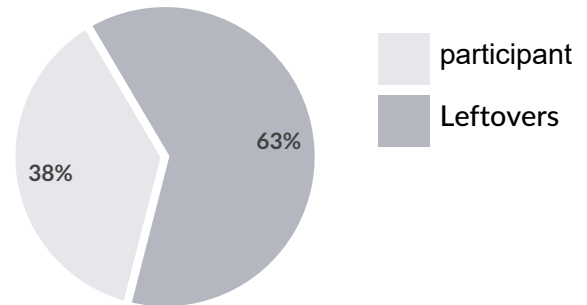


DIRECTIONS

1. Place the yogurt, peanut butter, honey, and cinnamon in a bowl. Whisk until smooth. Serve with apple slices for dipping

PORTIONS

How much should I eat?



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EatLove

RECIPE

Canned Fruit Cocktail & Cottage Cheese

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

$\frac{1}{2}$ cup cottage cheese
 $\frac{1}{2}$ cup canned fruit cocktail drained

NUTRITION INFORMATION PER SERVING

Protein: 11g, Total Fat: 0.91g, Carbs: 9.9g,
Calories: 89kcal, Fiber: 0.89g, Sodium: 348mg,
Fruits: 0.38 servings, Vegetables: 0 servings,
Added Sugar: 0g,

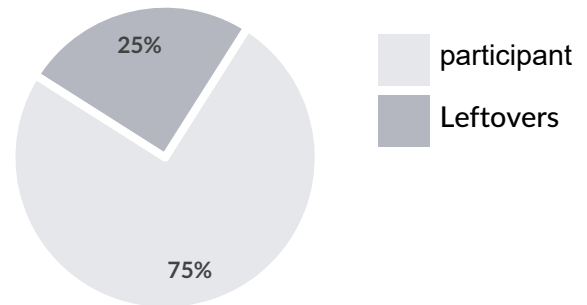
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Place drained fruit cocktail into a bowl and serve with cottage cheese.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Basic Chicken Avocado Wrap

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Wrap

2 whole wheat tortillas
8 ounces precooked chicken breast
1/2 avocado sliced
8 cherry tomatoes halved
2 cups spinach chopped

Serve with

16 baby carrots
2 tablespoons hummus

NUTRITION INFORMATION PER SERVING

Protein: 64g, Total Fat: 22g, Carbs: 51g,
Calories: 637kcal, Fiber: 15g, Sodium: 626mg,
Fruits: 0 servings, Vegetables: 2.3 servings,
Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

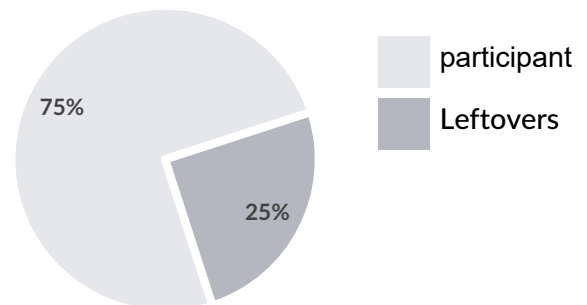


DIRECTIONS

1. Wash and prepare vegetables as needed.
2. Lay out the tortilla on a board or flat plate. Top with chicken breast, avocado, cherry tomatoes, and spinach. Fold the wrap.
3. Serve with baby carrots and hummus.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Blueberries, Sunflower Seeds & Soy Yogurt

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup blueberries
1 $\frac{3}{8}$ cups soy yogurt
2 sprinkles cinnamon
2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 12g, Total Fat: 11g, Carbs: 29g,
Calories: 279kcal, Fiber: 5.4g, Sodium: 92mg,
Fruits: 0.84 servings, Vegetables: 0 servings,
Added Sugar: 0g,

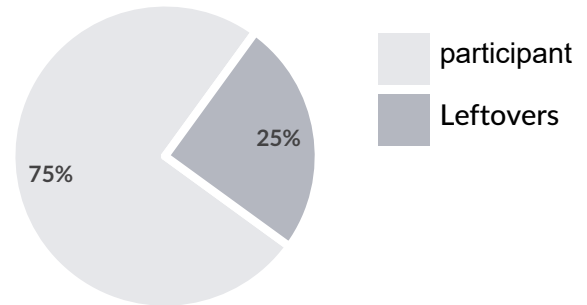
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash blueberries.
2. Serve with sunflower seeds and soy yogurt.
3. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

Penne with Chicken & Veggies

By: Cookology



Servings: 2

4 ounces whole wheat penne
1/2 tablespoon olive oil
1/2 pound chicken breasts
1 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 onion sliced
1 zucchini sliced
1 red bell pepper sliced
1 tablespoon garlic minced
1/4 cup white wine
1/4 cup shredded parmesan cheese
1 dash salt
1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein: 60g, Total Fat: 16g, Carbs: 83g,
Calories: 731kcal, Fiber: 13g, Sodium: 476mg,
Fruits: 0 servings, Vegetables: 2.27 servings,
Added Sugar: 0g,

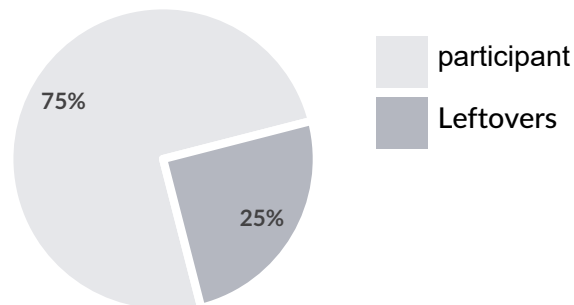
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Preheat oven to 400°F.
2. Cook pasta to package directions. Drain and set aside, keeping warm.
3. In a bowl combine the paprika, oregano, thyme, and basil. Season chicken with salt and pepper, then coat in the dry rub.
4. Preheat a large saute pan over medium high heat. Add a small amount of oil and sear the chicken 2 minutes per side. Transfer to a preheated 400 degree oven and cook for 8-10 minutes. Keep warm.
5. Return the saute pan to the heat and add a small amount of oil. Saute vegetables over medium high heat for 3-4 minutes, then add the garlic and cook for 1 minute more.
6. Deglaze the pan with the wine and stir to scrape up any bits of fond off the bottom.
7. Add the cooked pasta to the sauce and warm through. Slice chicken and toss with pasta. Garnish with parmesan cheese and serve hot.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Chips & Guac

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

16 chips corn tortilla chips
 $\frac{1}{2}$ cup guacamole

NUTRITION INFORMATION PER SERVING

Protein: 4.86g, Total Fat: 20g, Carbs: 26g,
Calories: 293kcal, Fiber: 7.2g, Sodium: 237mg,
Fruits: 0 servings, Vegetables: 0 servings,
Added Sugar: 0g,

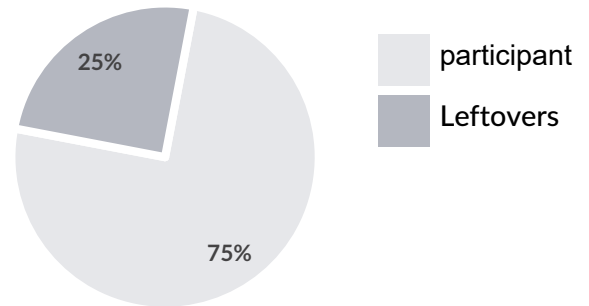
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Serve chips with guacamole.

PORTIONS

How much should I eat?



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PERFORMANCE &
STRENGTH MEAL
PLANNER & GROCERY
LIST 1800 CALORIES



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EatLove

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Soy Cherry Hemp Creamsicle Smoothie	Raspberry Chex Yogurt Parfait & OJ, Kiwi	Peanut Butter Banana Greek Yogurt, Blackberries	Soy Cherry Hemp Creamsicle Smoothie	Peanut Butter Banana Greek Yogurt, Blackberries	✕	✕
LUNCH	Citrus Tuna Salad, Snap Peas	Leftover: Best Broiled Salmon with Miso Glaze, Tomatoes & Hummus	Rainbow Chard Chicken Wraps, Pear & Soy Yogurt	Leftover: Rainbow Chard Chicken Wraps, Pear & Soy Yogurt	Asian Mango Chicken Wrap with Baby Carrots, Soy Yogurt & Sunflower	✕	✕
DINNER	Best Broiled Salmon with Miso Glaze, Tomatoes & Hummus	Quick Salmon Salad, Steamed Green Beans	Leftover: Quick Salmon Salad, Steamed Green Beans	Salsa Verde Chicken Tacos, Chips & Guac	Leftover: Salsa Verde Chicken Tacos, Chips & Guac	✕	✕
SNACK	Fruit Topped Rice Cakes	Carrots & Edamame with Dip	Chia Cucumber Strawberry Cooler	Cheese & Grapes, Corn Bran Cereal with Cranberries	Banana & Soy Yogurt, Rice Cake with Guac & Tomatoes		



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GROCERY LIST

Corn Bran Crunch Toasted Corn Cereal

BAKING GOODS

1/8 pounds of Chia Seeds

1 can (5-7 fl oz) of Nonstick Cooking Spray

BEVERAGES

1 bottle (12 fl oz) of Coconut Water

1 pint (16 fl oz) of Orange Juice

BREADS / CEREALS

1 box (12 oz) of Rice Chex

CANNED / JAR GOODS

1 jar (8-10 oz) of Apricot Jam

1 can (16 oz) of Canned Salmon

1 jar (18 oz) of Peanut Butter

1 can (5 oz) of Tuna Canned in Water

DAIRY

5 containers (6 oz) of Plain Low-Fat Greek Yogurt

1 package (8 oz) of Queso Fresco

1 container (15 oz) of Ricotta Cheese

1 quart of Soy Milk (Unsweetened)

7 containers (6 oz) of Soy Yogurt

1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium)

DELI

1 Cooked Rotisserie Chicken

1 container (10 oz) Hummus

1 tub (13 oz) of White Miso

FROZEN FOODS

1 package (16 oz) of Frozen Strawberries 

1 package (10 oz) of Frozen Unsweetened Cherries

INTERNATIONAL / ETHNIC

1 bag (12 ct) of Corn Tortillas

1 jar (16 oz) of Salsa Verde

MEATS / SEAFOOD

1 pound of Boneless Skinless Chicken Breast

1/2 pounds of Salmon

PRODUCE

1 Avocados

1 bag (16 oz) of Baby Carrots

2 Banana

1 pint of Blackberries

1 pint of Blueberries

1 quart of Cherry Tomatoes 

1 Cucumber 

1 package (16 oz) of Edamame (Shelled & Cooked)

1 package (1 oz) of Fresh Chives

1 bunch of Fresh Cilantro

1/8 ounces of Fresh Ginger

1 bunch (2 oz) of Fresh Parsley

1/2 pounds of Green Beans

1 head of Green Leaf Lettuce

 EWG Recommends to buy organic



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EatLove

GROCERY LIST

PRODUCE

- | | |
|---|---|
| <input type="checkbox"/> 1 bunch of Green Onions (Scallions) | <input type="checkbox"/> 1 container (12 oz) of Guacamole |
| <input type="checkbox"/> 1 Kiwifruit | <input type="checkbox"/> 1 Mangoes |
| <input type="checkbox"/> 1 Pear | <input type="checkbox"/> 1 bunch of Radishes |
| <input type="checkbox"/> 1 pint of Raspberries | <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach  |
| <input type="checkbox"/> 1 Red Apples  | <input type="checkbox"/> 3/8 pounds of Red Grapes  |
| <input type="checkbox"/> 1 head of Savoy Cabbage | <input type="checkbox"/> 3/8 pounds of Sugarsnap Peas  |
| <input type="checkbox"/> 1 Sweet Potatoes | <input type="checkbox"/> 1 bunch of Swiss Chard |
| <input type="checkbox"/> 1 Tangerine | <input type="checkbox"/> 1 Yellow Bell Peppers  |
| <input type="checkbox"/> 1 Yellow Onions | |

SNACKS

- | | |
|---|---|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1/8 pounds of Dried Cranberries |
| <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds | <input type="checkbox"/> 1 package (4-5 oz) of Rice Cakes |
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard | <input type="checkbox"/> 1 jar (3 oz) of Garlic Powder |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 jar (7 oz) of Hoisin Sauce |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Rice Vinegar | <input type="checkbox"/> 1 jar (1 oz) of Sesame Seeds |
| <input type="checkbox"/> 1 bottle (20 fl oz) of Tamari Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (8 oz) of Yellow Mustard |

 EWG Recommends to buy organic



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EatLove

RECIPE

Soy Cherry Hemp Creamsicle Smoothie

By: Everyday EatLove

Servings: 1

1 cup frozen cherries
1 cup soy milk
1 cup soy yogurt
1 tablespoon hemp seeds

NUTRITION INFORMATION PER SERVING

Protein: 22g, Total Fat: 14g, Carbs: 40g,
Calories: 387kcal, Fiber: 6.9g, Sodium: 189mg,
Saturated Fat: 1.62g, Fruits: 1.58 servings,
Vegetables: 0 servings, Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

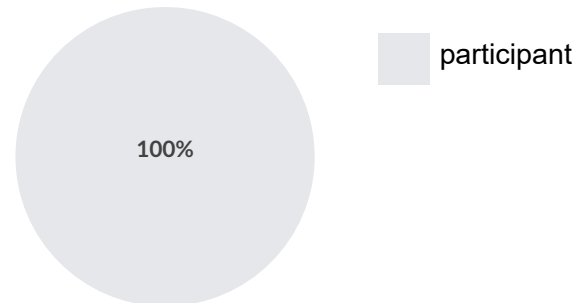


DIRECTIONS

1. Place fruit, yogurt, milk, and hemp seeds in a blender and liquify.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Fruit Topped Rice Cakes

By: U.S. Highbush Blueberry Council



Servings: 1

$\frac{1}{4}$ cup ricotta
1 teaspoon apricot preserves
2 rice cakes
 $\frac{1}{2}$ cup apples sliced
 $\frac{1}{2}$ cup blueberries

NUTRITION INFORMATION PER SERVING

Protein: 9.2g, Total Fat: 5.8g, Carbs: 38g,
Calories: 237kcal, Fiber: 3.31g, Sodium: 110mg,
Saturated Fat: 3.15g, Fruits: 0.88 servings,
Vegetables: 0 servings, Added Sugar: 2.29g,

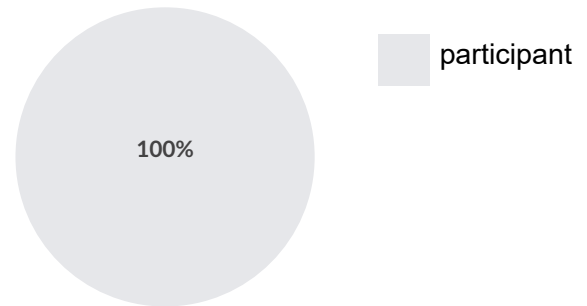
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. In a small bowl, stir together ricotta and preserves.
2. Spoon an equal amount on each of the rice cakes almost to the edge.
3. Arrange fruit slices in circles, on top of the ricotta mixture.
4. Top each with $\frac{1}{4}$ cup of the blueberries.
5. Serve immediately.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Citrus Tuna Salad

By: Ranelle Kirchner, Chef RDN

Servings: 1

1 can (5 oz) water-packed tuna
1 tangerine cut into bite-size pieces
 $\frac{1}{4}$ cup radish diced
1 tablespoon parsley minced
1 tablespoon Dijon mustard
1 tablespoon olive oil
2 rice cakes
1 cup cherry tomatoes
2 leaves lettuce

NUTRITION INFORMATION PER SERVING

Protein: 33g, Total Fat: 17g, Carbs: 35g,
Calories: 407kcal, Fiber: 5.7g, Sodium: 597mg,
Saturated Fat: 2.4g, Fruits: 0.58 servings,
Vegetables: 1.95 servings, Added Sugar: 0.14g,

For more nutrition information go to
www.eatlove.is

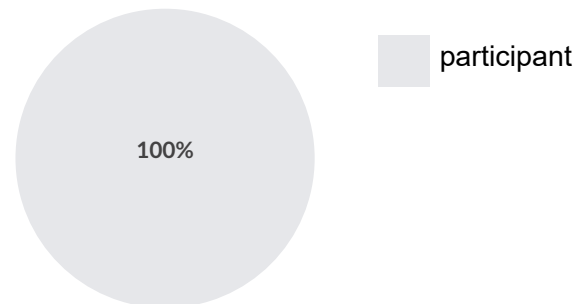


DIRECTIONS

1. Drain the tuna and put in a mixing bowl.
2. Toss with mandarin orange segments, radish, parsley, Dijon, and olive oil. Adjust seasoning or add salt and pepper if you prefer.
3. Serve over lettuce and rice cake with tomatoes on the side.

PORTIONS

How much should I eat?



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RECIPE

Snap Peas

By: Everyday EatLove



Servings: 1

1 cup snap peas

NUTRITION INFORMATION PER SERVING

Protein: 7.9g, Total Fat: 0.58g, Carbs: 21g,
Calories: 117kcal, Fiber: 7.4g, Sodium: 7.3mg,
Saturated Fat: 0.1g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 0g,

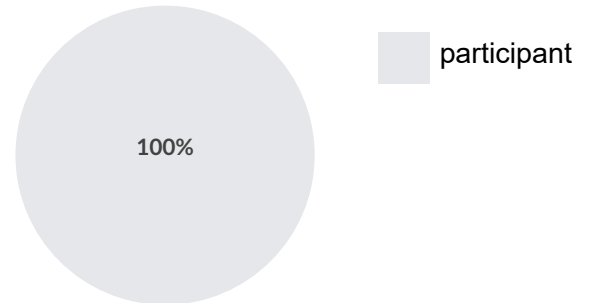
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash snap peas and serve.

PORTIONS

How much should I eat?



RECIPE

Best Broiled Salmon with Miso

Glaze

By: Eating Bird Food



Servings: 2

1/2 tablespoon white miso
1/2 tablespoon rice wine vinegar
3/4 teaspoon reduced sodium tamari
3/4 teaspoon ginger minced
8 ounces salmon fillet
1 green onion sliced
1/2 handful cilantro chopped
3/4 teaspoon sesame seeds toasted
cooking sprays
2 cups brown rice cooked
2 cups edamame

NUTRITION INFORMATION PER SERVING

Protein: 41g, Total Fat: 15g, Carbs: 58g,
Calories: 529kcal, Fiber: 8.3g, Sodium: 508mg,
Saturated Fat: 2.46g, Fruits: 0 servings,
Vegetables: 0.08 servings, Added Sugar: 0g,

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www.eatlove.is

DIRECTIONS

SALMON

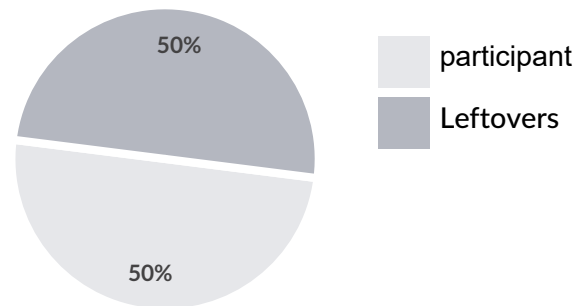
1. Position rack in upper third of oven; preheat broiler.
2. Line a small baking pan with foil. Coat the foil with cooking spray.
3. Whisk miso, rice wine vinegar, tamari, ginger in a small bowl until smooth.
4. Place salmon fillets, skinned-side down, in the prepared pan.
5. Brush generously with the miso mixture.
6. Broil the salmon until just cooked through in the center, 6 to 8 minutes.
7. Garnish the salmon with scallions, cilantro and toasted sesame seeds.

BROWN RICE AND EDAMAME

1. Cook according to recipe instructions.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Tomatoes & Hummus

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

$\frac{1}{2}$ cup hummus
2 cups cherry tomatoes

NUTRITION INFORMATION PER SERVING

Protein: 6.2g, Total Fat: 6.2g, Carbs: 15g,
Calories: 129kcal, Fiber: 1.79g, Sodium: 241mg,
Saturated Fat: 0.93g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 0g,

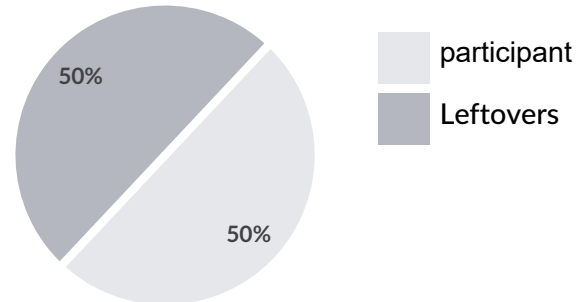
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Wash tomatoes and serve with hummus.

PORTIONS

How much should I eat?



RECIPE

Raspberry Chex Yogurt Parfait & OJ

By: Everyday EatLove

Servings: 1

$\frac{3}{4}$ cup rice chex
1 cup greek yogurt
 $\frac{3}{4}$ cup raspberries
1 teaspoon honey
4 fluid ozs orange juice

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 6.3g, Carbs: 56g,
Calories: 371kcal, Fiber: 6.7g, Sodium: 307mg,
Saturated Fat: 3.16g, Fruits: 1.75 servings,
Vegetables: 0 servings, Added Sugar: 4.49g,

For more nutrition information go to
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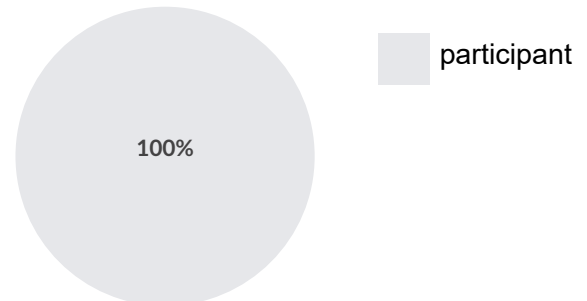


DIRECTIONS

1. Layer cereal, yogurt, and raspberries in a cup or bowl.
2. Drizzle with honey and serve with OJ.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Kiwi

By: Everyday EatLove



Servings: 1

1 kiwi peeled

NUTRITION INFORMATION PER SERVING

Protein: 0.79g, Total Fat: 0.36g, Carbs: 10g,
Calories: 42kcal, Fiber: 2.07g, Sodium: 2.07mg,
Saturated Fat: 0.02g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

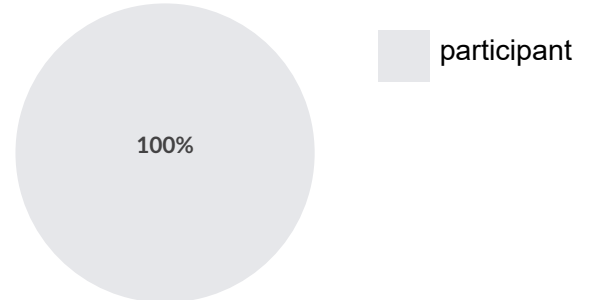
For more nutrition information go to
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DIRECTIONS

1. Wash, peel and serve.

PORTIONS

How much should I eat?



RECIPE

Carrots & Edamame with Dip

By: Everyday EatLove

Servings: 1

- 1/2 cup baby carrots
- 1/4 cup edamame
- 1/2 cup plain Greek yogurt
- 1/2 teaspoon chives sliced
- 1 pinch garlic powder (optional)
- 1 dash salt (optional)
- 1 dash pepper (optional)

NUTRITION INFORMATION PER SERVING

Protein: 17g, Total Fat: 4.94g, Carbs: 16g,
Calories: 170kcal, Fiber: 4.21g, Sodium: 273mg,
Saturated Fat: 1.8g, Fruits: 0 servings,
Vegetables: 0.51 servings, Added Sugar: 0g,

For more nutrition information go to
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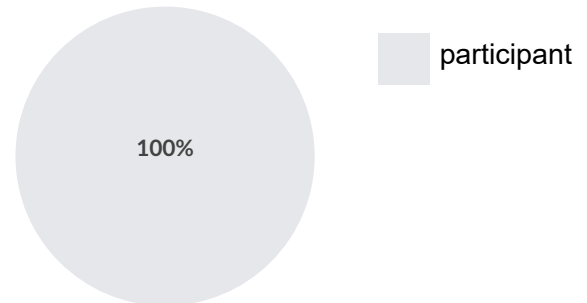


DIRECTIONS

1. Wash carrots and remove shells from edamame.
2. Sprinkle Greek yogurt with chives, garlic powder, salt and pepper. Serve.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Quick Salmon Salad

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 cups spinach chopped
1 cup cooked lentils
 $\frac{2}{3}$ cup cooked brown rice
10 ounces canned salmon flaked
2 tablespoons olive oil
2 teaspoons mustard

NUTRITION INFORMATION PER SERVING

Protein: 41g, Total Fat: 22g, Carbs: 42g,
Calories: 526kcal, Fiber: 6.3g, Sodium: 681mg,
Saturated Fat: 3.3g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 0.05g,

For more nutrition information go to
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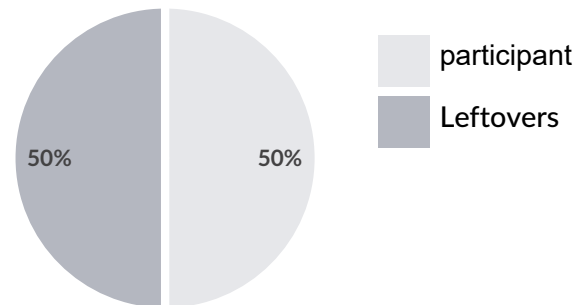


DIRECTIONS

1. Toss together the first 4 ingredients.
2. To make the dressing, whisk together oil and mustard, and toss into the salad.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Steamed Green Beans

By: Everyday EatLove

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups green beans trimmed

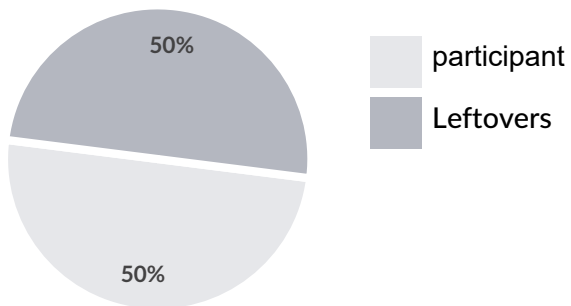
NUTRITION INFORMATION PER SERVING

Protein: 1.83g, Total Fat: 0.22g, Carbs: 7g, Calories: 31kcal, Fiber: 2.7g, Sodium: 0mg, Saturated Fat: 0.05g, Fruits: 0 servings, Vegetables: 1 servings, Added Sugar: 0g,

For more nutrition information go to www.eatlove.is

PORTIONS

How much should I eat?



DIRECTIONS

With a steam basket

1. Add 2 cups of water to pot and bring to a steaming boil.
2. Add green beans to steam basket or pot and place carefully in pot. Cover with lid.
3. Steam for 5 minutes or until tender.

without a steam basket

1. Add half an inch of water to the pot. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables.
2. Bring water to a steaming boil, add green beans and cover with lid.
3. Steam for about 5 minutes or until tender.



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EatLove

RECIPE

Peanut Butter Banana Greek Yogurt

By: Everyday EatLove



Servings: 1

1 cup greek yogurt
1 1/2 teaspoons honey
1/2 banana sliced
1 tablespoon peanut butter

NUTRITION INFORMATION PER SERVING

Protein: 26g, Total Fat: 13g, Carbs: 33g,
Calories: 344kcal, Fiber: 2.32g, Sodium: 210mg,
Saturated Fat: 4.73g, Fruits: 0.98 servings,
Vegetables: 0 servings, Added Sugar: 4.31g,

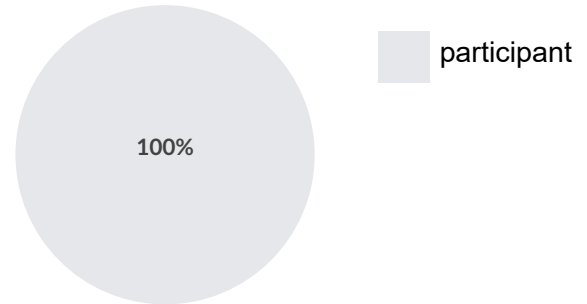
For more nutrition information go to
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DIRECTIONS

1. Spoon yogurt into a bowl. Top with sliced banana and drizzle of peanut butter and honey.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Blackberries

By: Everyday EatLove



Servings: 1

1 cup blackberries

NUTRITION INFORMATION PER SERVING

Protein: 2g, Total Fat: 0.71g, Carbs: 14g,
Calories: 62kcal, Fiber: 7.6g, Sodium: 1.44mg,
Saturated Fat: 0.02g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

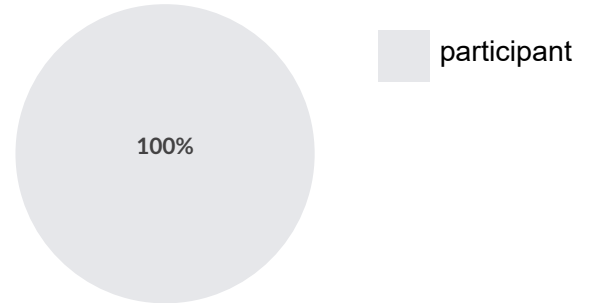
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DIRECTIONS

1. Wash and serve.

PORTIONS

How much should I eat?



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RECIPE

Chia Cucumber Strawberry Cooler

By: Everyday EatLove



Servings: 1

1 cup cucumber peeled and sliced
1 cup frozen strawberries
1 cup coconut water
2 tablespoons chia seeds

NUTRITION INFORMATION PER SERVING

Protein: 7.9g, Total Fat: 6.3g, Carbs: 38g,
Calories: 232kcal, Fiber: 14g, Sodium: 72mg,
Saturated Fat: 0.73g, Fruits: 1 servings,
Vegetables: 1 servings, Added Sugar: 0g,

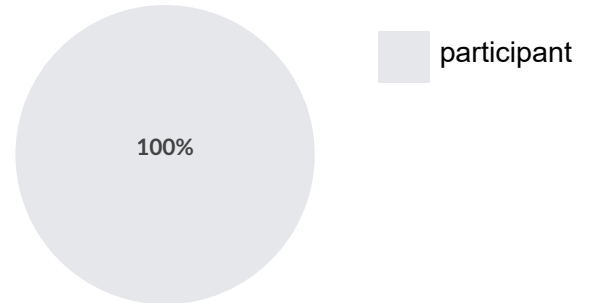
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DIRECTIONS

1. Combine everything into a blender and blend until well combined, about 30 to 60 seconds.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Rainbow Chard Chicken Wraps

By: A Dash of Megnut

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 leaves swiss chard
1 1/2 cups cooked chicken shredded
1 sweet potato peeled, chopped
1/2 cucumber julienned
1/2 bell pepper julienned
1/2 avocado sliced

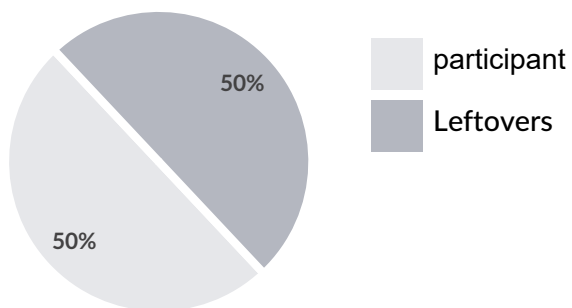
NUTRITION INFORMATION PER SERVING

Protein: 33g, Total Fat: 14g, Carbs: 21g,
Calories: 328kcal, Fiber: 5.9g, Sodium: 345mg,
Saturated Fat: 3.02g, Fruits: 0 servings,
Vegetables: 2.26 servings, Added Sugar: 0g,

For more nutrition information go to
www.eatlove.is

PORTIONS

How much should I eat?



DIRECTIONS

COOKING THE SWEET POTATO

1. Wash and peel the sweet potato.
2. Chop into large chunks.
3. Fill a pot about half full with water (just enough water to cover the sweet potatoes). Bring water to a boil. When boiling, toss in the sweet potato pieces.
4. Cover the pan and cook sweet potatoes for 10-12 minutes or until just tender on the outside (for softer potatoes, cook for 25-30 minutes).
5. Remove the lid from the pan and carefully pour the sweet potatoes into a colander as you drain off the water. Run cold water over the potatoes to quick-cool before building the wraps.

MAKING THE WRAPS

1. Lay out your swiss chard. Chop off the end of the stems (you can save them to roast with other vegetables).
2. With the blade of a knife, carefully trim off the top of stem, cutting from center of the leaf to the bottom of the stem. Be sure to not rip through the leaf.
3. Place your fillings on the right half of the swiss chard. Example: you can use 3/4 cup chicken, 1/4 piece of avocado, 1/2 piece of cooked sweet potato and a few slices each of cucumber and bell pepper.
4. Fold the top and bottom of the swiss chard inwards. Roll the chard from right to left, tucking tightly. (Think like rolling a burrito.)
5. Place seam side down and use a toothpick to hold it together.



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EatLove

RECIPE

Pear & Soy Yogurt

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 pear
2 cups soy yogurt
2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 9.3g, Total Fat: 4.1g, Carbs: 26g,
Calories: 204kcal, Fiber: 4.75g, Sodium: 91mg,
Saturated Fat: 0.5g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

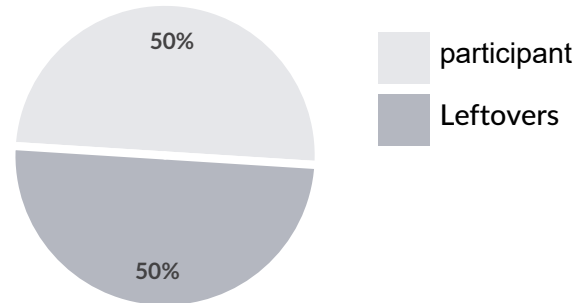
For more nutrition information go to
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DIRECTIONS

1. Wash and slice pear.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

PORTIONS

How much should I eat?



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RECIPE

Cheese & Grapes

By: Everyday EatLove



Servings: 1

1 string cheese
1 cup red grapes

NUTRITION INFORMATION PER SERVING

Protein: 9.2g, Total Fat: 6.3g, Carbs: 28g,
Calories: 185kcal, Fiber: 1.36g, Sodium: 3.02mg,
Saturated Fat: 3.63g, Fruits: 1.81 servings,
Vegetables: 0 servings, Added Sugar: 0g,

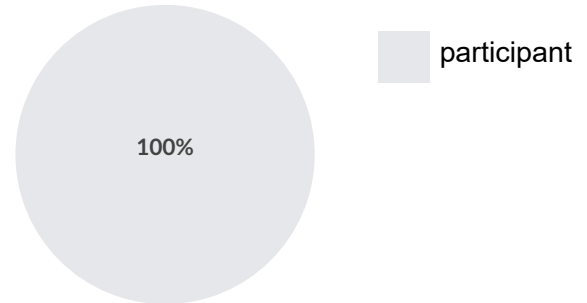
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Take string cheese out of package. Serve with grapes.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Corn Bran Cereal with Cranberries

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup Corn Bran Crunch Toasted Corn Cereal
3 tablespoons dried cranberries
 $\frac{1}{2}$ cup water

NUTRITION INFORMATION PER SERVING

Protein: 0.84g, Total Fat: 0.73g, Carbs: 29g,
Calories: 121kcal, Fiber: 2.64g, Sodium: 113mg,
Saturated Fat: 0.34g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

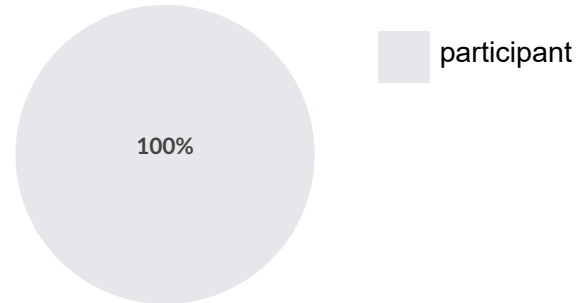
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Mix cereal and cranberries in a bowl and serve with a glass of water.

PORTIONS

How much should I eat?



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RECIPE

Salsa Verde Chicken Tacos

By: The Well Fed Guide



Servings: 2

- 1 chicken breast
- $\frac{3}{4}$ cup salsa verde
- $\frac{1}{4}$ onion sliced
- 4 corn torillas
- 1 cup shredded cabbage shredded
- $\frac{1}{4}$ cup queso fresco
- $\frac{1}{4}$ cup cilantro

NUTRITION INFORMATION PER SERVING

Protein: 38g, Total Fat: 9.4g, Carbs: 31g,
Calories: 363kcal, Fiber: 6.1g, Sodium: 749mg,
Saturated Fat: 2.97g, Fruits: 0 servings,
Vegetables: 1.38 servings, Added Sugar: 0g,

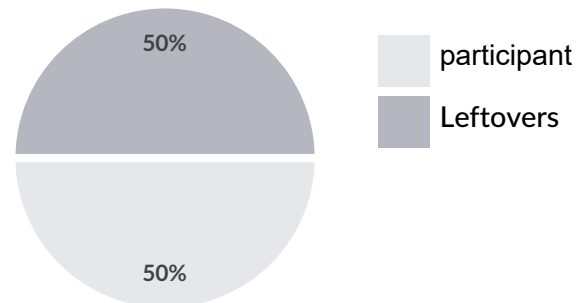
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Pre-heat oven to 425°F & lightly grease an 8x8 inch baking dish.
2. Place chicken in the baking dish & top with salt, pepper, half the jar of salsa & onions.
3. Bake for about 20 minutes. Let chicken cool slightly, then shred with two forks.
4. In the tortillas, put a layer of cabbage, chicken with the juices/salsa, queso fresco and cilantro.

PORTIONS

How much should I eat?



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RECIPE

Chips & Guac

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

16 chips corn tortilla chips
 $\frac{1}{2}$ cup guacamole

NUTRITION INFORMATION PER SERVING

Protein: 3.24g, Total Fat: 13g, Carbs: 17g,
Calories: 195kcal, Fiber: 4.77g, Sodium: 158mg,
Saturated Fat: 1.51g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

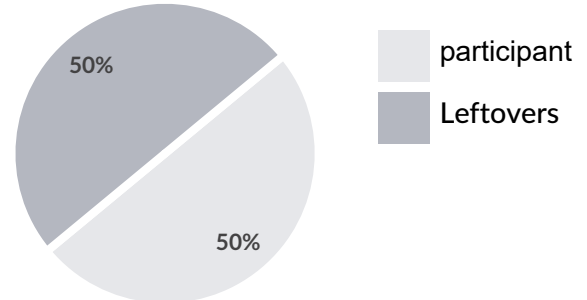
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Serve chips with guacamole.

PORTIONS

How much should I eat?



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RECIPE

Banana & Soy Yogurt

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ banana peeled, sliced

$\frac{3}{4}$ cup soy yogurt

1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 7.4g, Total Fat: 3.16g, Carbs: 23g,
Calories: 163kcal, Fiber: 3.01g, Sodium: 68mg,
Saturated Fat: 0.44g, Fruits: 0.98 servings,
Vegetables: 0 servings, Added Sugar: 0g,

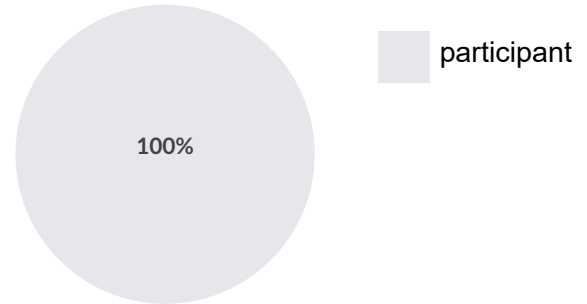
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Peel and slice banana.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Rice Cake with Guac & Tomatoes

By: Everyday EatLove



Servings: 1

1 rice cake
1/4 cup cherry tomatoes
2 tablespoons guacamole

NUTRITION INFORMATION PER SERVING

Protein: 2.05g, Total Fat: 4.7g, Carbs: 11g,
Calories: 89kcal, Fiber: 2.63g, Sodium: 72mg,
Saturated Fat: 0.54g, Fruits: 0 servings,
Vegetables: 0.25 servings, Added Sugar: 0g,

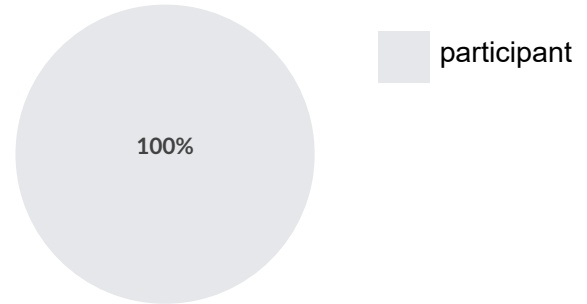
For more nutrition information go to
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DIRECTIONS

1. Wash grape tomatoes.
2. Spread guacamole onto rice cake. Garnish with grape tomatoes.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Asian Mango Chicken Wrap with Baby Carrots

By: Everyday EatLove

Servings: 1

5 ounces chicken breast cooked and diced
1/2 cup mango cubed
2 tablespoons hoisin sauce
2 spring onions
3 leaves romaine lettuce
1 cup baby carrots

NUTRITION INFORMATION PER SERVING

Protein: 36g, Total Fat: 5.4g, Carbs: 41g,
Calories: 352kcal, Fiber: 7.4g, Sodium: 700mg,
Saturated Fat: 1.11g, Fruits: 1 servings,
Vegetables: 2.3 servings, Added Sugar: 8.7g,

For more nutrition information go to
www.eatlove.is

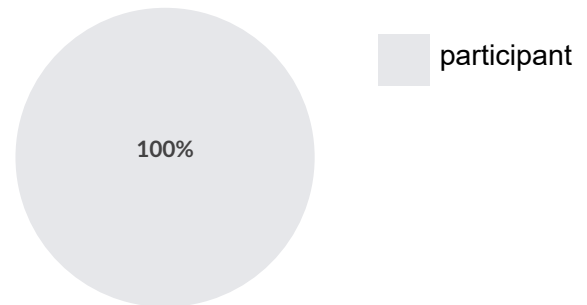


DIRECTIONS

1. Chop and include only the white parts of the spring onions.
2. Mix together chicken breast, mango, hoisin sauce, and spring onions. Serve in lettuce leaves with baby carrots on the side.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Soy Yogurt & Sunflower

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup soy yogurt
1 sprinkle cinnamon
2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 8.1g, Total Fat: 11g, Carbs: 10g,
Calories: 176kcal, Fiber: 2.51g, Sodium: 47mg,
Saturated Fat: 1.03g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

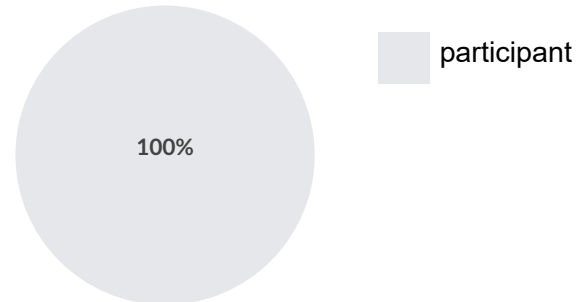
For more nutrition information go to
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DIRECTIONS

1. Serve soy yogurt with sunflower seeds. Sprinkle yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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