

FAT BURNER MEAL PLANNER & GROCERY LIST 1800 CALORIES



Heather Fitzgerald , RD
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EatLove

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Egg Muffin Breakfast	Baked Apples and Cream	Soy Cherry Hemp Creamsicle Smoothie	Egg Muffin Breakfast	Baked Apples and Cream	✕	✕
LUNCH	Radishing Egg Sandwich, Raspberries & Greek Yogurt	Leftover: Radishing Egg Sandwich, Raspberries & Greek Yogurt	White Bean & Avocado Toast with Mushrooms, Edamame	Leftover: White Bean & Avocado Toast with Mushrooms, Edamame	Smashed Avocado Hummus Sandwich, Greek Yogurt & Cinnamon	✕	✕
DINNER	Pan-Seared Curry Crusted Catfish	Leftover: Pan-Seared Curry Crusted Catfish	Tofu Stir-Fry with Brown Rice, Cooked Edamame	Leftover: Tofu Stir-Fry with Brown Rice, Cooked Edamame	Parmesan Penne with Asparagus and White Beans, Cucumber & Cottage Cheese	✕	✕
SNACK	Grapes & Greek Yogurt	Green Machine Smoothie	Kiwi, Sunflower Seeds & Greek Yogurt	Trail Mix, Dried Apple	Orange, Banana & Greek Yogurt		



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GROCERY LIST

BAKING GOODS

- 1 bag (16 oz) of Chickpea (Garbanzo Bean) Flour
- 1 can (5-7 fl oz) of Nonstick Cooking Spray
- 1 package (16 oz) of Granulated Sugar

BREADS / CEREALS

- 1 loaf of Whole Grain Bread
- 1 package (6 ct) of Whole Wheat English Muffins
- 1 loaf (24 oz) of Whole Wheat Bread

CANNED / JAR GOODS

- 1 can (15 oz) of Canned White Beans
- 1 can (14 fl oz) of Light Coconut Milk

DAIRY

- 1 quart of Almond Milk (Unsweetened)
- 1 dozen Eggs
- $\frac{3}{8}$ ounces of Parmesan Cheese
- 1 quart of Soy Milk (Unsweetened)
- 1 container (16 oz) of Cottage Cheese
- 1 package (16 oz) of Extra Firm Tofu
- 9 containers (6 oz) of Plain Low-Fat Greek Yogurt
- 2 containers (6 oz) of Soy Yogurt

DELI

- 1 container (10 oz) Hummus

FROZEN FOODS

- 1 package (10 oz) of Frozen Spinach
- 1 package (10 oz) of Frozen Unsweetened Cherries

MEATS / SEAFOOD

- $\frac{5}{8}$ pounds of Tilapia
- 1 package (10 oz) of Turkey Bacon

PASTA / RICE / BEANS

- $\frac{1}{4}$ pounds of White Rice
- 1 package (16 oz) of Whole Wheat Penne

PRODUCE

- 1 package (4 oz) of Alfalfa Sprouts
- 2 Avocados
- 1 bunch of Broccoli
- 1 package (16 oz) of Edamame (Shelled & Cooked)
- 1 bunch of Fresh Cilantro
- $\frac{1}{2}$ pounds of Green Beans
- 1 Kiwifruit
- 3 Oranges
- 2 pints of Raspberries
- 2 Red Apples 
- $\frac{5}{8}$ pounds of Asparagus
- 1 Banana
- 1 Cucumber 
- 1 package (1 oz) of Fresh Chives
- 1 bulb of Garlic
- 1 head of Green Leaf Lettuce
- 1 Lemon
- 1 bunch of Radishes
- $\frac{1}{8}$ pounds of Raw Spinach 

 EWG Recommends to buy organic

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GROCERY LIST

PRODUCE

- | | |
|---|---|
| <input type="checkbox"/> 4 Red Bell Peppers  | <input type="checkbox"/> 1/4 pounds of Red Grapes  |
| <input type="checkbox"/> 1/4 pounds of Snow Peas | <input type="checkbox"/> 1 Tomatoes |
| <input type="checkbox"/> 1 package (8 oz) of White Mushrooms | |

SNACKS

- | | |
|--|---|
| <input type="checkbox"/> 1/8 pounds of Dried Apples | <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"/> 1/8 pounds of Whole Almonds |

SPICES / CONDIMENTS

- | | |
|---|--|
| <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder | <input type="checkbox"/> 1 jar (14 fl oz) of Coconut Oil |
| <input type="checkbox"/> 1 jar (2 oz) of Curry Powder | <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 (12 oz) of Honey | <input type="checkbox"/> 1 bottle (2 oz) of Hot Sauce |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil | <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Soy Sauce (Reduced Sodium) | <input type="checkbox"/> 1 bottle (12 oz) of Sweet Chili Sauce |
| <input type="checkbox"/> 1 bottle (5 fl oz) of Toasted Sesame Oil | |

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RECIPE

Egg Muffin Breakfast

By: Everyday EatLove



Servings: 1

- 1 spray cooking spray
- 1 red bell pepper finely sliced
- 2 eggs
- 1 slice turkey bacon
- 1/2 cup spinach chopped
- 1 whole wheat english muffin toasted
- 1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 15g, Carbs: 60g,
Calories: 456kcal, Fiber: 14g, Sodium: 555mg,
Saturated Fat: 4.18g, Fruits: 1 servings,
Vegetables: 1.05 servings, Added Sugar: 5.3g,

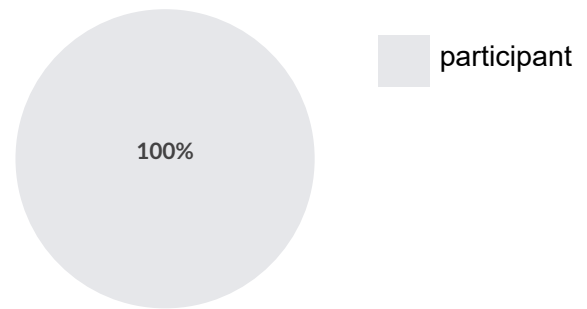
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DIRECTIONS

1. Heat a medium size skillet. Spray with skillet with cooking spray and cook the peppers until they become soft, 4-6 minutes. Remove from pan.
2. Cook bacon in same pan until desired crispness. Set aside.
3. Whisk the eggs, spray the skillet with cooking oil, and cook for 2-3 minutes until fully cooked.
4. To assemble, start with the toast and top with egg, peppers, bacon and spinach.
5. Serve with an orange.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Grapes & Greek Yogurt

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup red grapes
 $\frac{2}{3}$ cup plain Greek yogurt
1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 3.47g, Carbs: 22g,
Calories: 173kcal, Fiber: 0.68g, Sodium: 95mg,
Saturated Fat: 2.05g, Fruits: 0.91 servings,
Vegetables: 0 servings, Added Sugar: 0g,

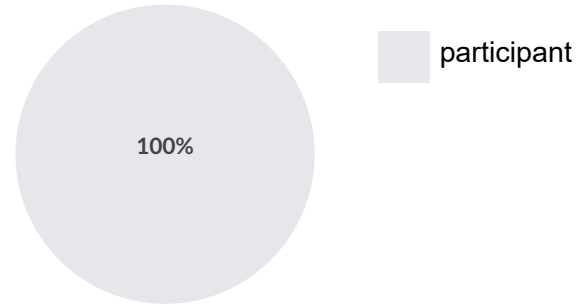
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DIRECTIONS

1. Wash grapes, and serve with Greek yogurt.
2. Sprinkle yogurt with cinnamon if desired.

PORTIONS

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EatLove

RECIPE

Radishing Egg Sandwich

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

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

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 13g, Carbs: 34g,
Calories: 355kcal, Fiber: 1.62g, Sodium: 675mg,
Saturated Fat: 4.04g, Fruits: 0 servings,
Vegetables: 1.06 servings, Added Sugar: 0.07g,

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DIRECTIONS

To Hard Boil Eggs

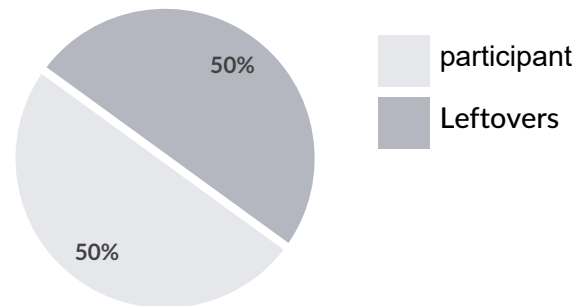
1. Place eggs in a pot and cover with cold water by 1 inch. Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes. Drain, cool in ice water and peel. Set aside.

To Assemble Sandwich

1. In a bowl, gently mash the the eggs. Add radishes, chives, Greek yogurt, Dijon mustard and salt.
2. Spoon egg salad on one bread slice, top with sprouts, then top with bread slice.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Raspberries & Greek Yogurt

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups raspberries
1 $\frac{1}{3}$ cups plain Greek yogurt
2 sprinkles cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 16g, Total Fat: 4.14g, Carbs: 23g,
Calories: 184kcal, Fiber: 8g, Sodium: 95mg,
Saturated Fat: 2.03g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

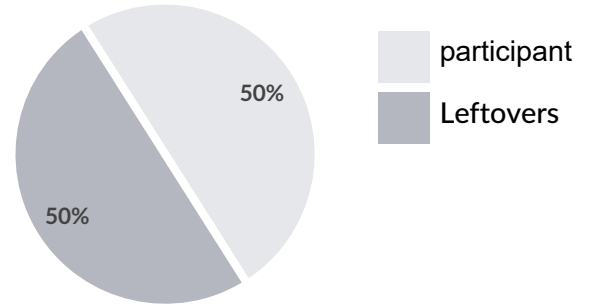
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DIRECTIONS

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

PORTIONS

How much should I eat?



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RECIPE

Pan-Seared Curry Crusted Catfish

By: Stephanie Lee Nutrition

Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

Coconut Rice:

- 1/2 cup jasmine rice
- 1/2 cup light coconut milk
- 1/2 cup water
- 2 dashes salt
- 1/2 teaspoon sugar
- 1/2 handful cilantro (optional)

Curry Crusted Catfish:

- 2 fillets catfish
- 1 tablespoon olive oil
- 1/2 cup chickpea flour
- 1/2 tablespoon yellow curry powder
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 2 dashes salt
- 2 dashes pepper

Sweet Chili Green Beans:

- 1 teaspoon coconut oil
- 1 clove garlic minced
- 2 tablespoons sweet chili sauce
- 1/2 pound green beans trimmed
- 2 dashes salt
- 2 dashes pepper

NUTRITION INFORMATION PER SERVING

Protein: 34g, Total Fat: 17g, Carbs: 71g,
Calories: 579kcal, Fiber: 6.8g, Sodium: 642mg,
Saturated Fat: 7g, Fruits: 0 servings,
Vegetables: 1.14 servings, Added Sugar: 4.33g,

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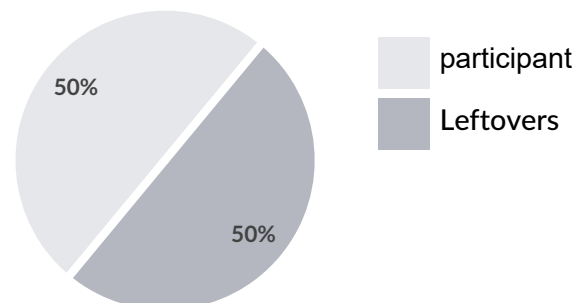


DIRECTIONS

1. Cook rice per package instructions. Substituting 1 cup of the recommended water with coconut milk and add in salt and sugar.
2. While rice cooks, heat a large skillet over medium heat, adding in olive oil. Combine flour, curry powder, chili powder, garlic powder, salt and pepper in a small dish. Toss to combine. Rinse fish and pat dry. Dip fish into flour mixture and evenly coat both sides.
3. Transfer breaded fish into hot pan, cooking for 3-5 minutes per side. The breading should be golden brown and fish should begin to flake apart.
4. While cooking fish, heat another skillet over medium heat. Add in coconut oil and garlic, stirring for 1-2 minutes. Add in sweet chili sauce and green beans, stirring occasionally. Season with salt and pepper to taste. Let cook for 4-5 minutes until crisp-tender.
5. Divide sweet chili green beans and rice among four plates. Garnish rice with cilantro if desired. Place fish over the bed of rice. Serve immediately.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Baked Apples and Cream

By: Everyday EatLove

Servings: 1

2 tablespoons water
1 teaspoon honey
1/2 teaspoon cinnamon
1 red apple sliced
1 cup low fat Greek yogurt
1 tablespoon almonds chopped

NUTRITION INFORMATION PER SERVING

Protein: 24g, Total Fat: 9.7g, Carbs: 41g,
Calories: 344kcal, Fiber: 5.8g, Sodium: 144mg,
Saturated Fat: 3.36g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 2.87g,

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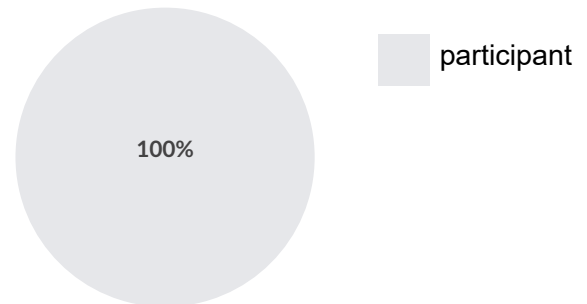


DIRECTIONS

1. In a microwavable bowl, combine water, honey, cinnamon, and apples. Microwave for 2 minutes, stir and microwave for 1 minute more until apples are soft.
2. Top with yogurt and almonds.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Green Machine Smoothie

By: Everyday EatLove

Servings: 1

1 cup frozen spinach
1/2 banana frozen
1 1/2 cups almond milk
1/2 avocado
2 tablespoons hemp seeds

NUTRITION INFORMATION PER SERVING

Protein: 16g, Total Fat: 25g, Carbs: 30g,
Calories: 375kcal, Fiber: 11g, Sodium: 378mg,
Saturated Fat: 2.49g, Fruits: 0.98 servings,
Vegetables: 2 servings, Added Sugar: 0g,

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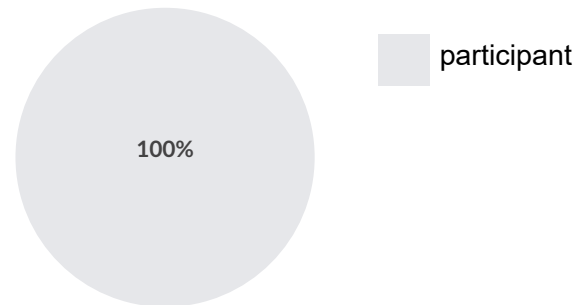


DIRECTIONS

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

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,

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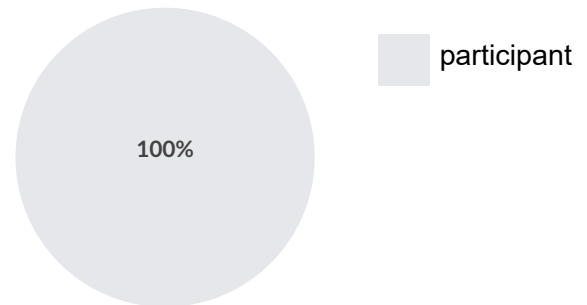


DIRECTIONS

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

Kiwi, Sunflower Seeds & Greek Yogurt

By: Everyday EatLove



Servings: 1

- 1 kiwi peeled, sliced
- $\frac{3}{4}$ cup plain Greek yogurt
- 1 sprinkle cinnamon
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein: 19g, Total Fat: 13g, Carbs: 22g,
Calories: 265kcal, Fiber: 3.58g, Sodium: 97mg,
Saturated Fat: 2.81g, Fruits: 0.5 servings,
Vegetables: 0 servings, Added Sugar: 0g,

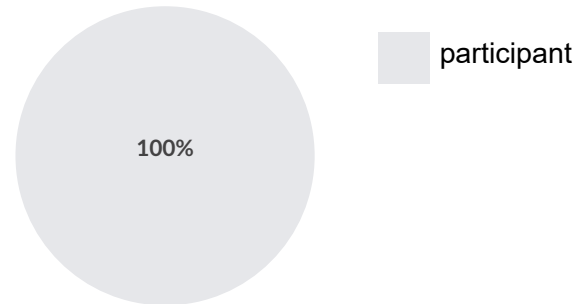
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DIRECTIONS

1. Wash, peel and slice kiwi.
2. Serve with sunflower seeds and Greek yogurt.
3. Sprinkle with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

White Bean & Avocado Toast with Mushrooms

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 teaspoons olive oil
2 cloves garlic minced
2 cups mushrooms sliced
2 dashes salt
2 slices whole grain bread
1 avocado mashed
1 cup white beans mashed
2 pinches red pepper flakes
2 squeeze ofs lemon

NUTRITION INFORMATION PER SERVING

Protein: 18g, Total Fat: 17g, Carbs: 50g,
Calories: 408kcal, Fiber: 14g, Sodium: 538mg,
Saturated Fat: 2.55g, Fruits: 0.02 servings,
Vegetables: 1 servings, Added Sugar: 2.62g,

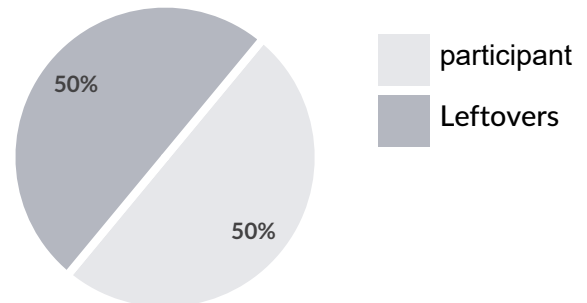
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DIRECTIONS

1. Heat oil in a pan over medium heat. Add mushrooms and a pinch of salt and toss with the oil. Spread mushrooms out flat on the pan and allow to cook undisturbed for about 5 minutes, until browned on the bottom.
2. Add garlic and cook another 2-3 minutes, stirring occasionally.
3. Toast bread.
4. Mix together avocado, white beans, a pinch of salt, and red pepper flakes.
5. Spread avocado mixture on toast and squeeze lemon over. Top with sautéed mushrooms.

PORTIONS

How much should I eat?



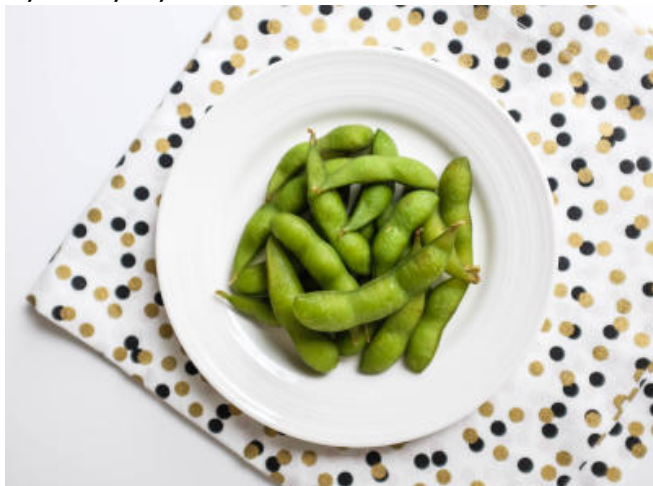
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EatLove

RECIPE

Edamame

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup edamame

NUTRITION INFORMATION PER SERVING

Protein: 9.8g, Total Fat: 4.68g, Carbs: 8.9g,
Calories: 110kcal, Fiber: 4.68g, Sodium: 0mg,
Saturated Fat: 0.56g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

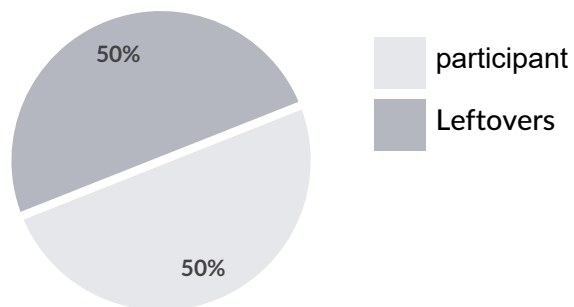
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DIRECTIONS

1. Boil water in a saucepan. Add edamame and cook for 5 minutes or according to package instructions.
2. Once done, remove from heat, drain water and serve.

PORTIONS

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RECIPE

Tofu Stir-Fry with Brown Rice

By: Everyday EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

12 ounces extra firm tofu cubed
2 cups broccoli cut into florets
1 cup red pepper chopped
1 cup snow peas
2 teaspoons sesame oil
2 tablespoons reduced sodium soy sauce
2 cups cooked brown rice

NUTRITION INFORMATION PER SERVING

Protein: 27g, Total Fat: 17g, Carbs: 64g,
Calories: 489kcal, Fiber: 7.4g, Sodium: 488mg,
Saturated Fat: 1.95g, Fruits: 0 servings,
Vegetables: 2 servings, Added Sugar: 0g,

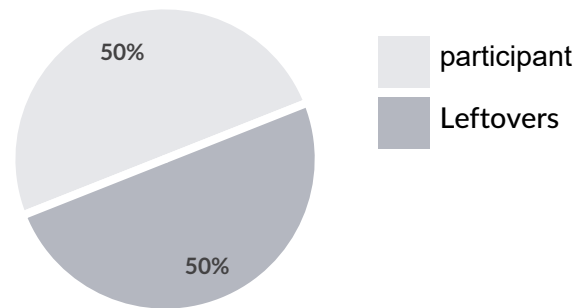
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DIRECTIONS

1. Cook brown rice according to package instructions.
2. Press and drain tofu between paper towels to remove excess water.
3. Heat sesame oil in a pan over medium heat. Add drained tofu and cook until lightly browned on all sides, about 5 minutes. Remove tofu from pan and set aside.
4. Add broccoli and red pepper to same pan and saute for 2-3 minutes. Add snow peas and saute for an additional minute.
5. Add tofu back to pan. Add soy sauce and stir to combine, cooking for an additional minute.
6. Remove from heat and serve over brown rice.

PORTIONS

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EatLove

RECIPE

Cooked Edamame

By: EatLove



Servings: 2

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cups edamame
5 cups water
2 dashes salt

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 7g, Carbs: 13g,
Calories: 165kcal, Fiber: 7g, Sodium: 157mg,
Saturated Fat: 0.84g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

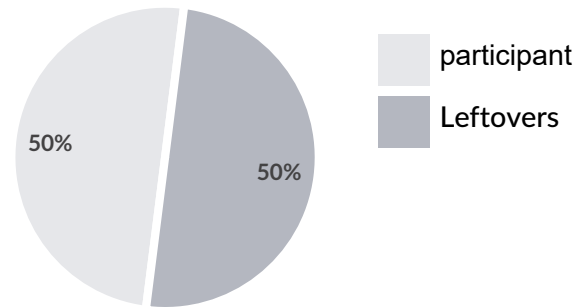
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DIRECTIONS

1. Add salt to pot of water. Bring to a boil.
2. When the water is boiling, add the edamame.
3. After 5-6 minutes, test the texture of the edamame. The beans should be firm, yet give to the teeth. (For a firmer bean, decrease the cooking time.)
4. When ready, drain the beans. May serve hot or at room temperature.

PORTIONS

How much should I eat?



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RECIPE

Trail Mix

By: Everyday EatLove



Servings: 1

2 tablespoons mixed nuts

2 tablespoons raisins

NUTRITION INFORMATION PER SERVING

Protein: 3.99g, Total Fat: 8.9g, Carbs: 24g,
Calories: 177kcal, Fiber: 2.01g, Sodium: 3.52mg,
Saturated Fat: 1.33g, Fruits: 0.72 servings,
Vegetables: 0 servings, Added Sugar: 0g,

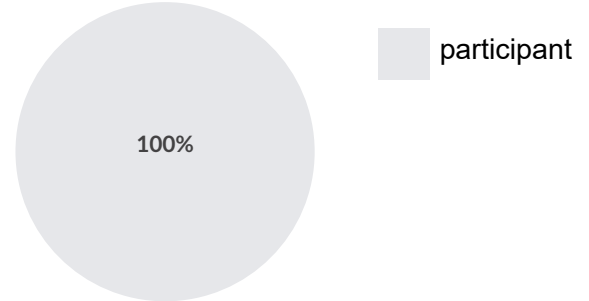
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DIRECTIONS

1. Serve mixed nuts with raisins.

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RECIPE

Dried Apple

By: Everyday EatLove



Servings: 1

4 rings dried apple

NUTRITION INFORMATION PER SERVING

Protein: 0.24g, Total Fat: 0.08g, Carbs: 17g,
Calories: 62kcal, Fiber: 2.23g, Sodium: 22mg,
Saturated Fat: 0.01g, Fruits: 1.19 servings,
Vegetables: 0 servings, Added Sugar: 0g,

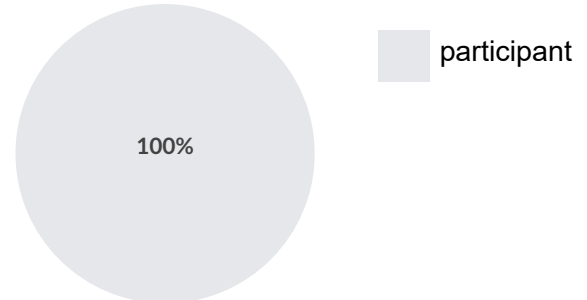
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DIRECTIONS

1. Pour into a bowl and serve.

PORTIONS

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RECIPE

Orange

By: Everyday EatLove



Servings: 1

1 orange sliced

NUTRITION INFORMATION PER SERVING

Protein: 2.07g, Total Fat: 0.48g, Carbs: 25g,
Calories: 100kcal, Fiber: 7.2g, Sodium: 3.18mg,
Saturated Fat: 0.06g, Fruits: 1 servings,
Vegetables: 0 servings, Added Sugar: 0g,

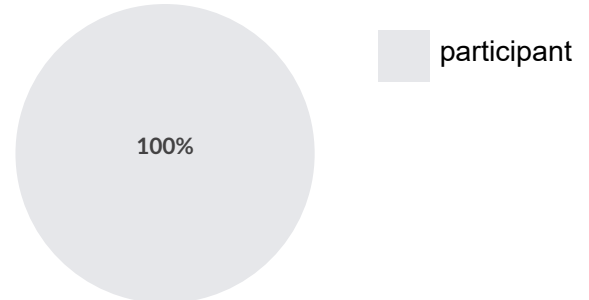
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DIRECTIONS

1. Wash and slice orange. Serve.

PORTIONS

How much should I eat?



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RECIPE

Banana & Greek Yogurt

By: Everyday EatLove



Servings: 1

1 tablespoon banana peeled, sliced
 $\frac{2}{3}$ cup plain Greek yogurt
1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 3.38g, Carbs: 10g,
Calories: 129kcal, Fiber: 0.25g, Sodium: 94mg,
Saturated Fat: 2.02g, Fruits: 0.16 servings,
Vegetables: 0 servings, Added Sugar: 0g,

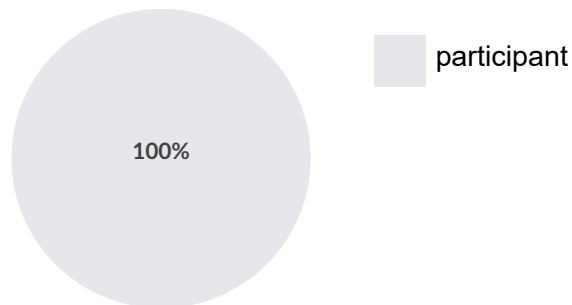
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DIRECTIONS

1. Serve banana with Greek yogurt. Sprinkle with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Smashed Avocado Hummus Sandwich

By: Sincerely, Katerina



Servings: 1

2 slices whole wheat bread
1/2 avocado
3 tablespoons hummus
4 slices tomato
1 handful cilantro chopped
2 leaves lettuce
1 dash hot sauce (optional)

NUTRITION INFORMATION PER SERVING

Protein: 17g, Total Fat: 19g, Carbs: 52g,
Calories: 426kcal, Fiber: 12g, Sodium: 523mg,
Saturated Fat: 2.84g, Fruits: 0 servings,
Vegetables: 1.04 servings, Added Sugar: 5.2g,

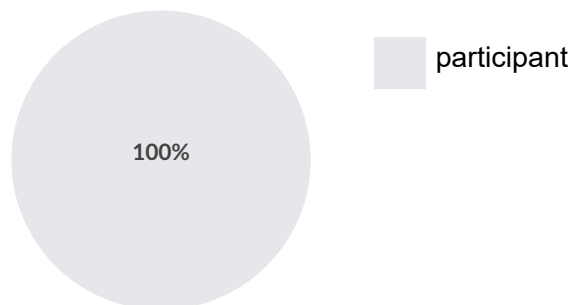
For more nutrition information go to
www.eatlove.is

DIRECTIONS

1. Grab your bread and lather one side with hummus. Slice up an avocado and put it on the other side.
2. Add a few splashes of hot sauce onto the side with the avocado.
3. Next, add thick tomato slices to the hummus, and lettuce & cilantro to the side with the avocado.
4. Lastly, pop the two sides of the bread together and your sandwich is ready to eat!

PORTIONS

How much should I eat?



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RECIPE

Greek Yogurt & Cinnamon

By: Everyday EatLove



Servings: 1

$\frac{2}{3}$ cup plain Greek yogurt
1 sprinkle cinnamon

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 3.34g, Carbs: 8g,
Calories: 120kcal, Fiber: 0.01g, Sodium: 94mg,
Saturated Fat: 2.01g, Fruits: 0 servings,
Vegetables: 0 servings, Added Sugar: 0g,

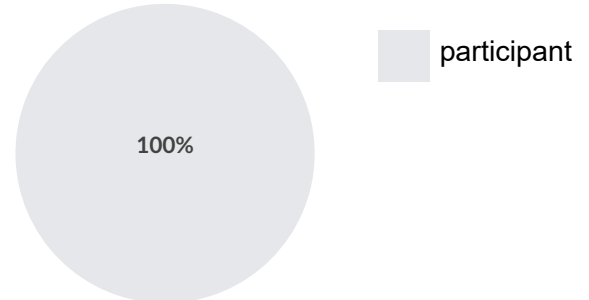
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DIRECTIONS

1. Serve Greek yogurt with cinnamon if desired.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Parmesan Penne with Asparagus and White Beans

By: Everyday EatLove



Servings: 1

2 ounces whole wheat penne
1 1/2 tablespoons olive oil
2 cups asparagus
rinsed and chopped into bite-sized pieces
3 cloves garlic minced
1/4 can white beans drained & rinsed
1 1/2 tablespoons Parmesan cheese grated

NUTRITION INFORMATION PER SERVING

Protein: 25g, Total Fat: 24g, Carbs: 74g,
Calories: 581kcal, Fiber: 16g, Sodium: 317mg,
Saturated Fat: 4.66g, Fruits: 0 servings,
Vegetables: 2 servings, Added Sugar: 0g,

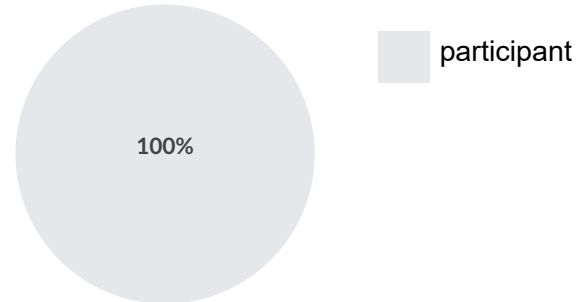
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DIRECTIONS

1. Cook pasta according to box directions.
2. In a medium skillet, sauté oil, garlic, and asparagus for 5 minutes. Add beans and cook for another 3 minutes.
3. Mix pasta with beans and asparagus and top with cheese.

PORTIONS

How much should I eat?



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EatLove

RECIPE

Cucumber & Cottage Cheese

By: Everyday EatLove



Servings: 1

$\frac{1}{2}$ cup low-fat cottage cheese
1 cup cucumber peeled, sliced

NUTRITION INFORMATION PER SERVING

Protein: 15g, Total Fat: 1.27g, Carbs: 6.8g,
Calories: 97kcal, Fiber: 0.52g, Sodium: 461mg,
Saturated Fat: 0.77g, Fruits: 0 servings,
Vegetables: 1 servings, Added Sugar: 0g,

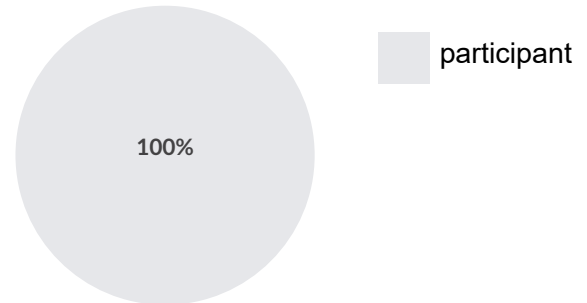
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DIRECTIONS

1. Wash, peel and slice cucumber. Serve with cottage cheese.

PORTIONS

How much should I eat?



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