

**FAT BURNER 2200  
CALORIES MEAL  
PLANNER & GROCERY  
LIST**



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Rise & Shine Smoothie Bowl (HP)	High Protein Chocolate Chia Pudding, Strawberries	Chocolate PB Protein Waffles, Grapes	Leftover: Chocolate PB Protein Waffles, Grapes	Rise & Shine Smoothie Bowl (HP)	✕	✕
LUNCH	High-Protein Shrimp, Quinoa & Walnut Salad , Kiwi & Soy Yogurt	Leftover: High-Protein Shrimp, Quinoa & Walnut Salad , Kiwi & Soy Yogurt	Spinach Salad with Pistachios & Grilled Chicken, Blueberries, Sunflower Seeds & Greek Yogurt	Leftover: Spinach Salad with Pistachios & Grilled Chicken, Blueberries, Sunflower Seeds & Greek Yogurt	Grilled Chicken Sandwich with Tomato Juice, Edamame	✕	✕
DINNER	Chicken Avocado Wrap, Veggies & Dip	Leftover: Chicken Avocado Wrap, Veggies & Dip	Spinach and Basil Chicken Rolls, Caramelized Onions with Green Beans	Leftover: Spinach and Basil Chicken Rolls, Caramelized Onions with Green Beans	Spicy Fried Fish, Veggies & Hummus	✕	✕
SNACK	Cheese Turkey Roll Up, Pear, Sunflower Seeds & Soy Yogurt	Tropical Fruit and Yogurt	Carrot Cake Overnight Oats, Raspberries & Soy Yogurt	Almond butter & Jam Crackers & Soy Milk, Orange	Raspberry Yogurt Parfait, Tomatoes & Cottage Cheese		



## GROCERY LIST

### BAKING GOODS

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- |  |   |
|--|---|
| <input type="checkbox"/> 1 tin (4 oz) of Baking Powder                   | <input type="checkbox"/> 1/8 pounds of Chia Seeds                         |
| <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 package (12 oz) of Semi Sweet Chocolate Chips | <input type="checkbox"/> 1 package (7-8 oz) of Unsweetened Coconut Flakes |
| <input type="checkbox"/> 1 bag (2 lb) of Whole Wheat Flour               |   |

### BEVERAGES

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 bottle (12 fl oz) of Coconut Water | <input type="checkbox"/> 1 package (16-18 oz) of Plant-Based Protein Powder |
| <input type="checkbox"/> 1 bottle (32 oz) of Tomato Juice     | <input type="checkbox"/> 1 container (2 lb) of Whey Protein Powder          |

### BREADS / CEREALS

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- |  |  |
|--|--|
| <input type="checkbox"/> 1 box (17.3 oz) of Bran Flakes Cereal | <input type="checkbox"/> 1/8 pounds of Rolled Oats |
| <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread   |  |

### CANNED / JAR GOODS

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 jar (12 oz) of Almond Butter                     | <input type="checkbox"/> 1 jar (23-24 oz) of Applesauce   |
| <input type="checkbox"/> 1 can (15 oz) of Canned Garbanzo Beans (Chickpeas) | <input type="checkbox"/> 1 jar (6.5 oz) of PB2            |
| <input type="checkbox"/> 1 jar (18 oz) of Peanut Butter                     | <input type="checkbox"/> 1 jar (8-10 oz) of Raspberry Jam |

### DAIRY

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- |  |   |
|--|---|
| <input type="checkbox"/> 1 quart of Almond Milk (Unsweetened)              | <input type="checkbox"/> 1 container (16 oz) of Cottage Cheese                        |
| <input type="checkbox"/> 1 carton (16 oz) of Egg Whites                    | <input type="checkbox"/> 1/4 ounces of Parmesan Cheese                                |
| <input type="checkbox"/> 1 container (32 oz) of Plain Low-Fat Greek Yogurt | <input type="checkbox"/> 1 quart of Soy Milk (Unsweetened)                            |
| <input type="checkbox"/> 1 container (24 oz) of Soy Yogurt                 | <input type="checkbox"/> 1 package (7.5 oz) of String Cheese (Mozzarella, Low Sodium) |
| <input type="checkbox"/> 1 ounce of Swiss Cheese                           |   |

### DELI

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- 1 container (10 oz) Hummus

### FROZEN FOODS

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- |  |  |
|--|--|
| <input type="checkbox"/> 1 package (20 oz) of Frozen Grilled Chicken Breast Strips | <input type="checkbox"/> 1 package (16 oz) of Frozen Pineapple |
|--|--|

### INTERNATIONAL / ETHNIC

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- 1 package (8 ct) of Whole Wheat Tortillas

### MEATS / SEAFOOD

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- |   |  |
|---|--|
| <input type="checkbox"/> 1 5/8 pounds of Boneless Skinless Chicken Breast | <input type="checkbox"/> 1 pound of Large Raw Shrimp (Peeled & Deveined) |
| <input type="checkbox"/> 1/8 pounds of Sliced Deli Turkey                 | <input type="checkbox"/> 5/8 pounds of Tilapia                           |

### PASTA / RICE / BEANS

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- 1/4 pounds of Quinoa



EWG Recommends to buy organic









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**EatLove**

# GROCERY LIST

## PRODUCE

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- |   |   |
|---|---|
| <input type="checkbox"/> 3 Avocados   | <input type="checkbox"/> 1 bag (16 oz) of Baby Carrots  |
| <input type="checkbox"/> 1 bag (6 oz) of Baby Spinach  | <input type="checkbox"/> 1 Banana   |
| <input type="checkbox"/> 1 pint of Blueberries  | <input type="checkbox"/> 1 bunch of Broccoli  |
| <input type="checkbox"/> 1 Carrots  | <input type="checkbox"/> 1 head of Cauliflower  |
| <input type="checkbox"/> 1 pint of Cherry Tomatoes     | <input type="checkbox"/> 1 package (16 oz) of Edamame (Shelled & Cooked)  |
| <input type="checkbox"/> 1 bunch of Fresh Basil   | <input type="checkbox"/> 1 package (1 oz) of Fresh Chives   |
| <input type="checkbox"/> 3/4 pounds of Green Beans  | <input type="checkbox"/> 4 Kiwifruit  |
| <input type="checkbox"/> 1 Lemon  | <input type="checkbox"/> 2 packages (5 oz) of Mixed Salad Greens  |
| <input type="checkbox"/> 1 Oranges  | <input type="checkbox"/> 1 Papaya   |
| <input type="checkbox"/> 1 Pear   | <input type="checkbox"/> 1 Pineapple  |
| <input type="checkbox"/> 2 pints of Raspberries   | <input type="checkbox"/> 2 bags (9 oz) of Raw Spinach  |
| <input type="checkbox"/> 1 Red Bell Peppers            | <input type="checkbox"/> 3/8 pounds of Red Grapes      |
| <input type="checkbox"/> 1 Red Onions   | <input type="checkbox"/> 1 pint of Strawberries        |
| <input type="checkbox"/> 1 Yellow Onions  |   |

## SNACKS

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- |   |  |
|---|--|
| <input type="checkbox"/> 1 bar (3-4 oz) of Dark Chocolate Bar | <input type="checkbox"/> 1 bag (8 oz) of Hemp Seeds  |
| <input type="checkbox"/> 1 bag (8 oz) of Pistachios           | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds         | <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

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 bottle (16 fl oz) of Apple Cider Vinegar | <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar |
| <input type="checkbox"/> 1 jar (1 oz) of Cayenne Pepper             | <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 jar (15 fl oz) of Light Mayonnaise       | <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 (1 oz) of Paprika                  |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Walnut Oil          | <input type="checkbox"/> 1 bottle (8 oz) of Yellow Mustard        |

 EWG Recommends to buy organic



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**EatLove**

## RECIPE

# Rise & Shine Smoothie Bowl (HP)

By: Everyday EatLove



**Servings: 1**

- 1/2 cup coconut water
- 1/2 avocado pitted and peeled
- 1 cup spinach
- 1 tablespoon chia seeds
- 1 cup frozen pineapple chunks
- 1 scoop protein powder
- 1/4 cup raspberries
- 1/8 cup unsweetened coconut flakes

## NUTRITION INFORMATION PER SERVING

Protein: 32g, Total Fat: 19g, Carbs: 46g,  
Calories: 463kcal, Fiber: 17g, Sodium: 117mg,  
Saturated Fat: 6.4g, Fruits: 1.25 servings,  
Vegetables: 0.5 servings, Added Sugar: 0g,

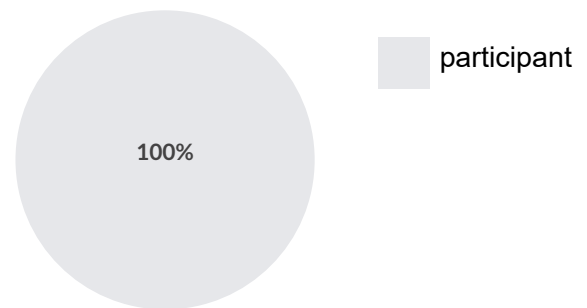
For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

## DIRECTIONS

1. Place coconut water, avocado, spinach, chia and pineapple into a high performance blender. Make sure the lid is secure and blend for 1 minute. Stop blending and use a wooden spoon to push the ingredients down closer to blades. Continue to blend as needed. Add a few teaspoons of water if needed to reach desired consistency.
2. Top with raspberries and coconut flakes.

## PORTIONS

How much should I eat?



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## RECIPE

# Cheese Turkey Roll Up

By: Everyday EatLove



**Servings: 1**

1 string cheese  
2 slices deli turkey

## NUTRITION INFORMATION PER SERVING

Protein: 16g, Total Fat: 7.8g, Carbs: 5.4g,  
Calories: 145kcal, Fiber: 0.23g, Sodium: 530mg,  
Saturated Fat: 3.61g, Fruits: 0 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

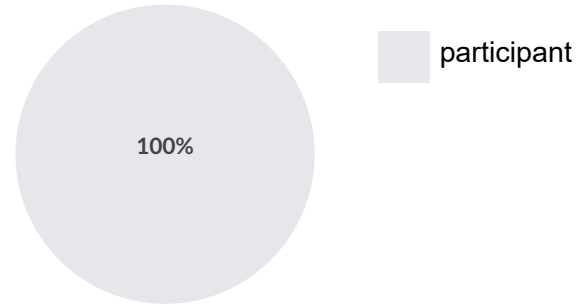
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## DIRECTIONS

1. Take string cheese out of package. Place in center of turkey slices, roll up, and serve.

## PORTIONS

How much should I eat?



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## RECIPE

# Pear, Sunflower Seeds & Soy Yogurt

By: Everyday EatLove



**Servings: 1**

- $\frac{1}{2}$  pear sliced
- $\frac{3}{4}$  cup soy yogurt
- 1 sprinkle cinnamon
- 1 tablespoon sunflower seeds

## NUTRITION INFORMATION PER SERVING

Protein: 8.2g, Total Fat: 7.3g, Carbs: 24g,  
Calories: 206kcal, Fiber: 4.84g, Sodium: 62mg,  
Saturated Fat: 0.72g, Fruits: 0.5 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

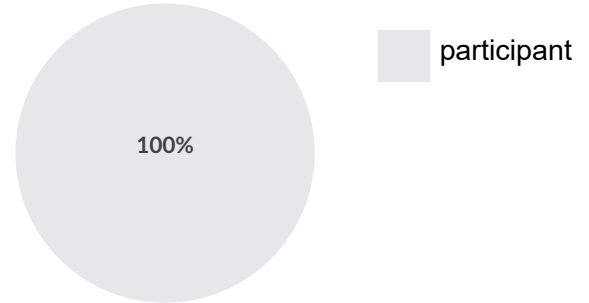
For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

## 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?



## RECIPE

# High-Protein Shrimp, Quinoa & Walnut Salad

By: Everyday EatLove



Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

### Salad

- 1/2 avocado cubed
- 2 quarts mixed greens
- 1/4 cup walnuts chopped
- 1 pound shrimp
- 1 teaspoon olive oil
- 1/2 cup quinoa

### Dressing

- 1 1/2 teaspoons walnut oil
- 1 1/2 teaspoons olive oil
- 1 teaspoon cider vinegar
- 1 teaspoon lemon juiced

## NUTRITION INFORMATION PER SERVING

Protein: 55g, Total Fat: 26g, Carbs: 36g,  
Calories: 561kcal, Fiber: 8g, Sodium: 668mg,  
Saturated Fat: 2.9g, Fruits: 0.02 servings,  
Vegetables: 2 servings, Added Sugar: 0g,

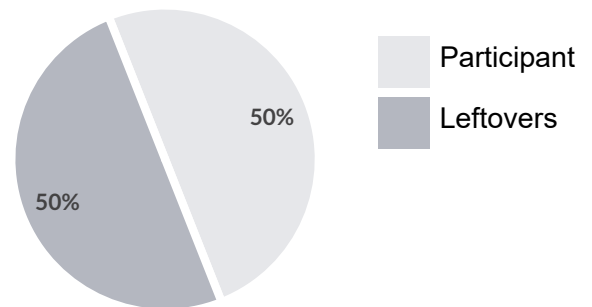
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## DIRECTIONS

1. Rinse quinoa in a fine mesh sieve until water runs clear, drain and transfer to a medium pot. Add twice amount of water and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes. Remove from heat and keep covered for 5 minutes. Fluff with fork and set aside.
2. Meanwhile, heat oil in a pan over medium heat. Add shrimp and sauté for 2-3 minutes, or until pink and opaque. Set aside.
3. Add mixed greens, walnuts, avocado, and cooked quinoa into a serving bowl.
4. In a small bowl, mix walnut oil, olive oil, cider vinegar, and lemon juice together to make salad dressing
5. Drizzle dressing over salad and toss to combine. Top with cooked shrimp.

## PORTIONS

How much should I eat?



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## RECIPE

# Kiwi & Soy Yogurt

By: Everyday EatLove



Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 kiwis peeled, sliced  
1  $\frac{1}{3}$  cups soy yogurt  
2 sprinkles cinnamon

## NUTRITION INFORMATION PER SERVING

Protein: 7.6g, Total Fat: 3.36g, Carbs: 29g,  
Calories: 183kcal, Fiber: 5.5g, Sodium: 64mg,  
Saturated Fat: 0.37g, Fruits: 1 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

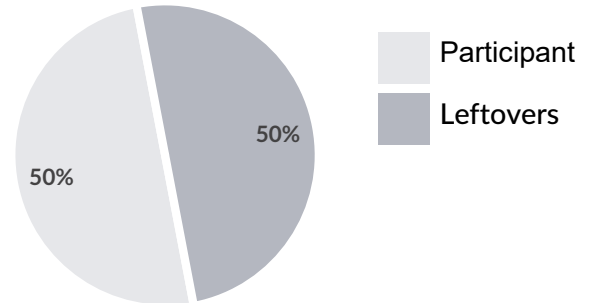
For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

## DIRECTIONS

1. Wash, peel and slice kiwi.
2. Serve with soy yogurt. Sprinkle with cinnamon if desired.

## PORTIONS

How much should I eat?



## RECIPE

# Chicken Avocado Wrap

By: Everyday EatLove

Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

### Wrap

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

### Serve with

16 baby carrots  
 $\frac{1}{4}$  cup hummus

## NUTRITION INFORMATION PER SERVING

Protein: 62g, Total Fat: 23g, Carbs: 39g,  
Calories: 592kcal, Fiber: 12g, Sodium: 506mg,  
Saturated Fat: 5.6g, Fruits: 0 servings,  
Vegetables: 1.54 servings, Added Sugar: 0g,

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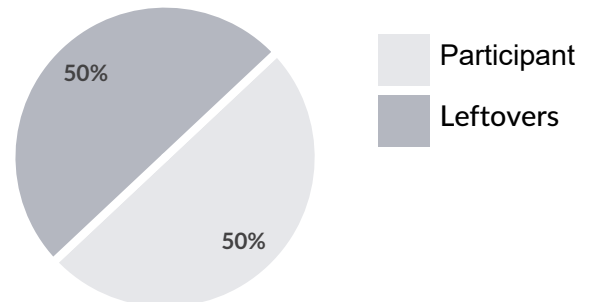


## DIRECTIONS

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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## RECIPE

# Veggies & Dip

By: Everyday EatLove

Servings: 2

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

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

### NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 2.83g, Carbs: 12g,  
Calories: 122kcal, Fiber: 2.27g, Sodium: 255mg,  
Saturated Fat: 1.59g, Fruits: 0 servings,  
Vegetables: 1.01 servings, Added Sugar: 0g,

For more nutrition information go to  
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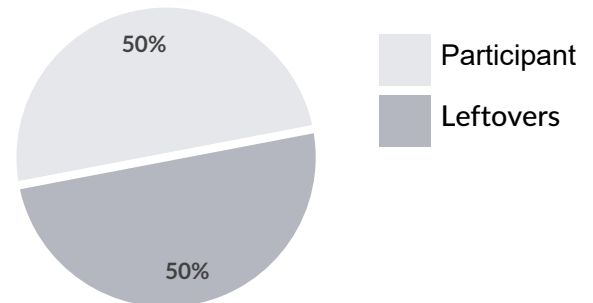


### DIRECTIONS

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?



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## RECIPE

# High Protein Chocolate Chia Pudding

By: Kelli Shallal MPH RD

Servings: 1

### chia pudding

5 ounces greek yogurt

$\frac{3}{4}$  cup almond milk

1 scoop whey protein powder (chocolate)

2 tablespoons chia seeds

### optional toppings

$\frac{1}{2}$  tablespoon banana sliced

1 tablespoon dark chocolate chopped

1 tablespoon coconut flakes

## NUTRITION INFORMATION PER SERVING

Protein: 47g, Total Fat: 19g, Carbs: 31g,  
Calories: 480kcal, Fiber: 13g, Sodium: 270mg,  
Saturated Fat: 4.96g, Fruits: 0.08 servings,  
Vegetables: 0 servings, Added Sugar: 6.7g,

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## DIRECTIONS

### make ahead

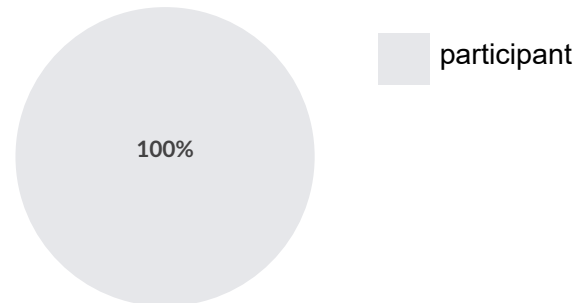
1. Combine first four ingredients in a bowl. Let sit overnight or for 12 hours (in the refrigerator) to let chia seeds swell and create the chia pudding texture.

### to serve

1. Top with desired toppings and serve.

## PORTIONS

How much should I eat?



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## RECIPE

### Strawberries

By: Everyday EatLove



**Servings: 1**

1 1/4 cups whole strawberries

#### NUTRITION INFORMATION PER SERVING

Protein: 1.27g, Total Fat: 0.57g, Carbs: 15g,  
Calories: 61kcal, Fiber: 3.8g, Sodium: 1.9mg,  
Saturated Fat: 0.03g, Fruits: 1.25 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

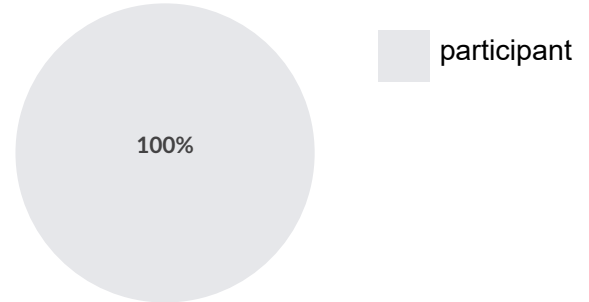
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#### DIRECTIONS

1. Wash, slice and serve.

#### PORTIONS

How much should I eat?



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**EatLove**

## RECIPE

# Tropical Fruit and Yogurt

By: Everyday EatLove

Servings: 1

- 1/2 cup low-fat greek yogurt
- 1/2 cup pineapple cubed
- 1/2 cup papaya sliced
- 2 teaspoons sunflower seeds
- 2 teaspoons honey

## NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 5.8g, Carbs: 32g,  
Calories: 218kcal, Fiber: 2.9g, Sodium: 78mg,  
Saturated Fat: 1.83g, Fruits: 1.62 servings,  
Vegetables: 0 servings, Added Sugar: 5.7g,

For more nutrition information go to  
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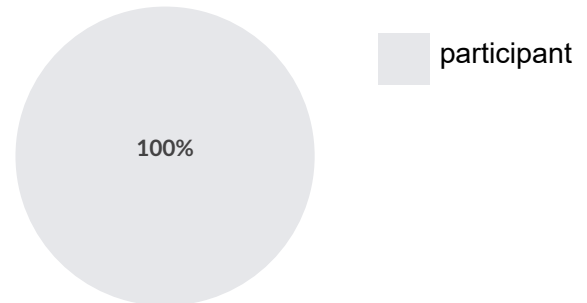


## DIRECTIONS

1. Put the yogurt in a bowl as the base.
2. Top with fruit and sunflower seeds. Drizzle with honey

## PORTIONS

How much should I eat?



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## RECIPE

# Chocolate PB Protein Waffles

By: Sincerely Nourished

Servings: 2

### waffles

- 1 tablespoon banana mashed
- 2 scoops protein powder
- 1 tablespoon peanut powder
- 1 tablespoon almond milk
- 1/2 cup egg whites
- 1/2 teaspoon baking powder
- 1 tablespoon mini chocolate chips

### optional toppings

- 1/2 tablespoon banana sliced
- 2 tablespoons peanut butter
- 2 tablespoons mini chocolate chips

### NUTRITION INFORMATION PER SERVING

Protein: 32g, Total Fat: 19g, Carbs: 27g,  
Calories: 363kcal, Fiber: 6.4g, Sodium: 451mg,  
Saturated Fat: 5.5g, Fruits: 0.12 servings,  
Vegetables: 0 servings, Added Sugar: 8.6g,

For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

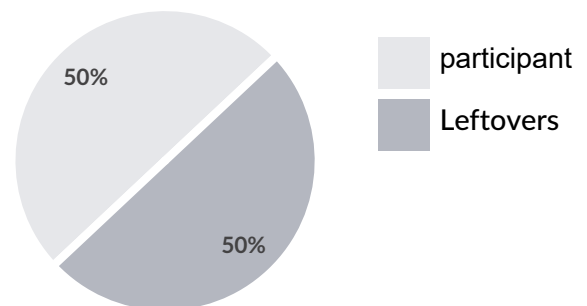


### DIRECTIONS

1. Combine all ingredients except the chocolate chips in a large bowl. Heat waffle maker on medium heat or a pan if you want to make pancakes!
2. Sprinkle chocolate chips into the batter. Pour half the batter into the waffle maker and cook through ~8-10 minutes.
3. Remove from waffle maker and cool on a wire rack while you make the other waffle. Top with all the goodies!

### PORTIONS

How much should I eat?



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**EatLove**

## RECIPE

### Grapes

By: Everyday EatLove



Servings: 2

#### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

30 red grapes

#### NUTRITION INFORMATION PER SERVING

Protein: 0.53g, Total Fat: 0.12g, Carbs: 13g,  
Calories: 51kcal, Fiber: 0.66g, Sodium: 1.47mg,  
Saturated Fat: 0.04g, Fruits: 0.88 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

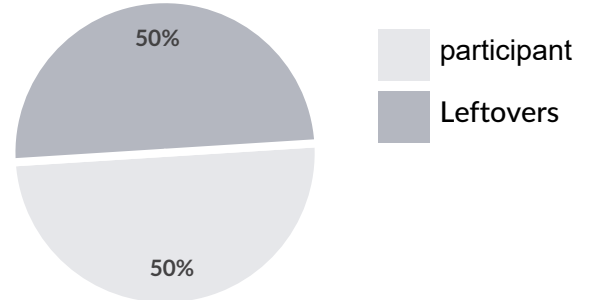
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## DIRECTIONS

1. Wash grapes and serve.

## PORTIONS

How much should I eat?



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## RECIPE

# Carrot Cake Overnight Oats

By: Everyday EatLove

Servings: 1

### Overnight Oats

- 1/3 cup oats
- 1/2 cup almond milk
- 1/2 tablespoon chia seeds
- 1 tablespoon hemp seeds
- 1/2 tablespoon maple syrup
- 1/4 teaspoon cinnamon
- 1/2 cup carrot grated

### Toppings

- 1/2 tablespoon banana sliced
- 1/2 tablespoon raisins
- 1 tablespoon walnuts

### NUTRITION INFORMATION PER SERVING

Protein: 12g, Total Fat: 14g, Carbs: 48g,  
Calories: 345kcal, Fiber: 9.3g, Sodium: 135mg,  
Saturated Fat: 1.43g, Fruits: 0.26 servings,  
Vegetables: 0.5 servings, Added Sugar: 6g,

For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

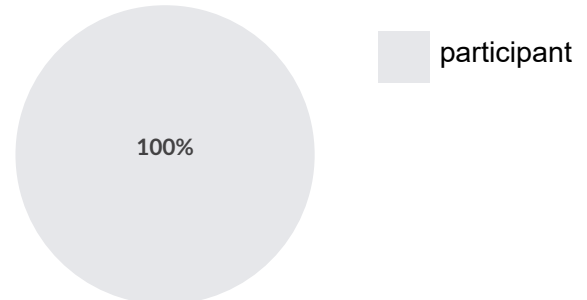


### DIRECTIONS

1. Combine all overnight oat ingredients in a small bowl. Cover and store in refrigerator for at least 4 hours or overnight.
2. Layer with sliced bananas, raisins and walnuts. Sprinkle with extra cinnamon and hemp seeds if desired.

### PORTIONS

How much should I eat?



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**EatLove**

## RECIPE

# Raspberries & Soy Yogurt

By: Everyday EatLove



**Servings: 1**

$\frac{1}{2}$  cup raspberries  
 $\frac{1}{2}$  cup soy yogurt  
1 sprinkle cinnamon

## NUTRITION INFORMATION PER SERVING

Protein: 5.2g, Total Fat: 2.38g, Carbs: 14g,  
Calories: 106kcal, Fiber: 5g, Sodium: 46mg,  
Saturated Fat: 0.26g, Fruits: 0.5 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

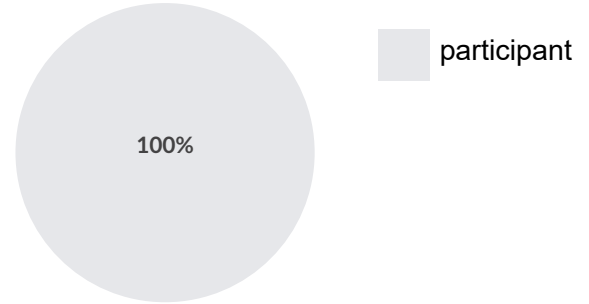
For more nutrition information go to  
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## DIRECTIONS

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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**EatLove**

## RECIPE

# Spinach Salad with Pistachios & Grilled Chicken

By: Nutrition in Motion

Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

6 cups baby spinach  
1/2 cup red onion sliced  
1/2 cup red bell pepper sliced  
2 ounces pistachios  
8 ounces grilled chicken strips

## NUTRITION INFORMATION PER SERVING

Protein: 44g, Total Fat: 17g, Carbs: 17g,  
Calories: 379kcal, Fiber: 6.4g, Sodium: 133mg,  
Saturated Fat: 2.78g, Fruits: 0 servings,  
Vegetables: 2.11 servings, Added Sugar: 0g,

For more nutrition information go to  
[www.eatlove.is](http://www.eatlove.is)

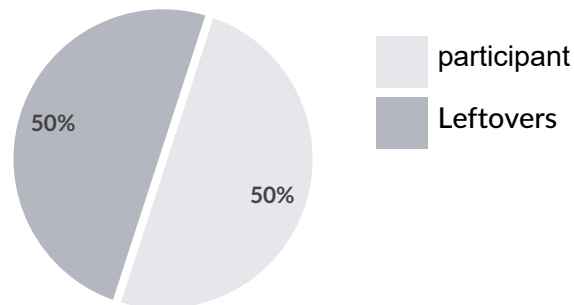


## DIRECTIONS

1. Mix all vegetables together. Top with pistachios and chicken.
2. Add dressing of choice.

## PORTIONS

How much should I eat?



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## RECIPE

# Blueberries, Sunflower Seeds & Greek Yogurt

By: Everyday EatLove



Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups blueberries  
1  $\frac{3}{8}$  cups plain Greek yogurt  
2 sprinkles cinnamon  
 $\frac{1}{4}$  cup sunflower seeds

## NUTRITION INFORMATION PER SERVING

Protein: 19g, Total Fat: 13g, Carbs: 30g,  
Calories: 294kcal, Fiber: 4.51g, Sodium: 97mg,  
Saturated Fat: 2.82g, Fruits: 1.13 servings,  
Vegetables: 0 servings, Added Sugar: 0g,

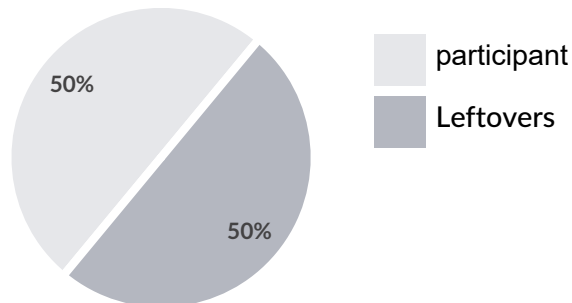
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## DIRECTIONS

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

## PORTIONS

How much should I eat?



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## RECIPE

# Spinach and Basil Chicken Rolls

By: Lisa Dorfman, MS, RD, CSSD, CCMS, LMHC, FAND



Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 boneless chicken breasts

1/4 teaspoon salt

2 dashes black pepper

1/4 cup fresh basil chopped

2 cups spinach chopped

1/4 teaspoon cayenne

### spinach salad

6 cups spinach

4 teaspoons olive oil

2 teaspoons balsamic vinegar

## NUTRITION INFORMATION PER SERVING

Protein: 65g, Total Fat: 17g, Carbs: 5.6g,  
Calories: 440kcal, Fiber: 2.81g, Sodium: 510mg,  
Saturated Fat: 2.86g, Fruits: 0 servings,  
Vegetables: 2.11 servings, Added Sugar: 0g,

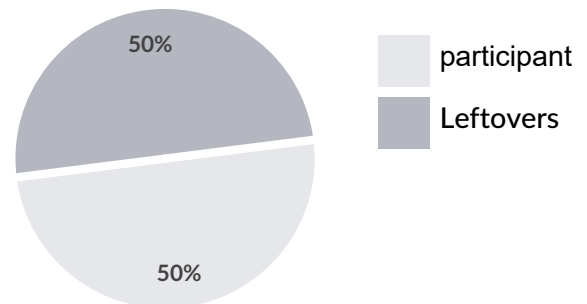
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## DIRECTIONS

1. Preheat oven to 400°F.
2. Trim any visible fat from chicken; then butterfly. Open butterflied chicken and lay flat; cover with plastic wrap and pound until 1/4-inch thick.
3. Lay out plastic wrap, about 15 inches long. Place chicken breast in the center and season with salt and pepper.
4. Top chicken breast with spinach leaves, piled loosely, and basil.
5. Roll chicken around filling. Place chicken rolls to baking dish (seam side down); sprinkle with cayenne pepper.
6. Bake 25 minutes or until internal temperature reaches 165°F. Remove and let stand 5 minutes.
7. Cut into 3/4-inch-thick slices; then divide and fan slices.
8. Serve over spinach salad.

## PORTIONS

How much should I eat?



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## RECIPE

# Caramelized Onions with Green Beans

By: Ranelle Kirchner, Chef RDN



Servings: 2

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 onion sliced  
1 teaspoon olive oil  
3 cups green beans  
1 cup garbanzo beans drained & rinsed  
2 tablespoons sliced almonds toasted  
2 dashes salt

## NUTRITION INFORMATION PER SERVING

Protein: 11g, Total Fat: 7.8g, Carbs: 36g,  
Calories: 239kcal, Fiber: 11g, Sodium: 365mg,  
Saturated Fat: 0.81g, Fruits: 0 servings,  
Vegetables: 2 servings, Added Sugar: 0g,

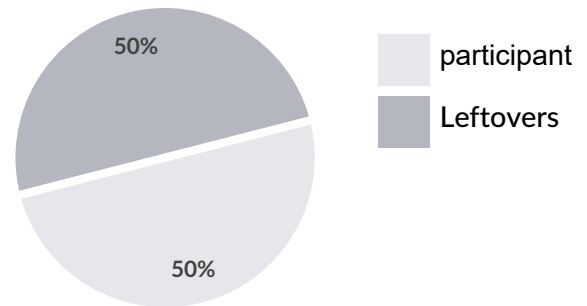
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## DIRECTIONS

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 30-40 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans along with salt.
5. Top with sliced almonds.

## PORTIONS

How much should I eat?



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## RECIPE

# Almond butter & Jam Crackers & Soy Milk

By: Everyday EatLove

Servings: 1

6 crackers  
1 tablespoon almond butter  
1 tablespoon jam  
6 fluid ozs soy milk

## NUTRITION INFORMATION PER SERVING

Protein: 11g, Total Fat: 17g, Carbs: 38g,  
Calories: 339kcal, Fiber: 4.13g, Sodium: 301mg,  
Saturated Fat: 2.12g, Fruits: 0 servings,  
Vegetables: 0 servings, Added Sugar: 7.9g,

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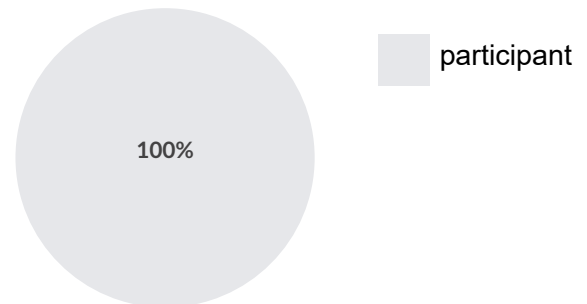


## DIRECTIONS

1. Spread almond butter and jam onto crackers. Serve with soy milk.

## PORTIONS

How much should I eat?



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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,

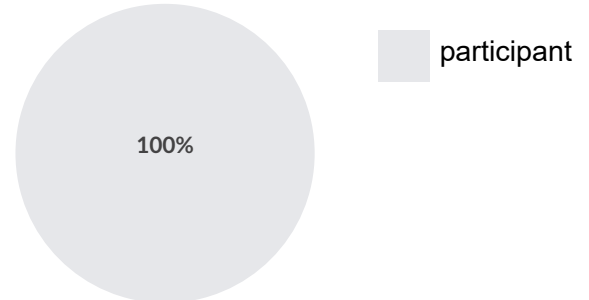
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#### DIRECTIONS

1. Wash and slice orange. Serve.

#### PORTIONS

How much should I eat?



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## RECIPE

# 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, Fiber: 13g, Sodium: 269mg,  
Saturated Fat: 2.4g, Fruits: 1 servings,  
Vegetables: 0 servings, Added Sugar: 8.5g,

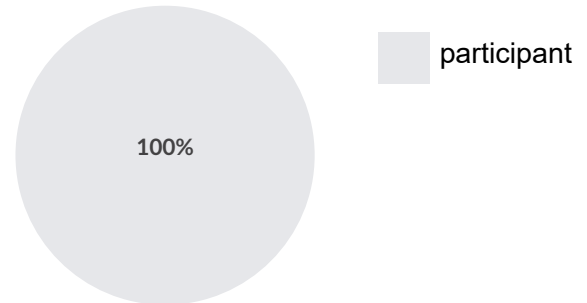
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## DIRECTIONS

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

# Tomatoes & Cottage Cheese

By: Everyday EatLove



**Servings: 1**

$\frac{1}{4}$  cup low-fat cottage cheese  
1 cup cherry tomatoes

## NUTRITION INFORMATION PER SERVING

Protein: 8.3g, Total Fat: 0.87g, Carbs: 7.3g,  
Calories: 68kcal, Fiber: 1.79g, Sodium: 237mg,  
Saturated Fat: 0.41g, Fruits: 0 servings,  
Vegetables: 1 servings, Added Sugar: 0g,

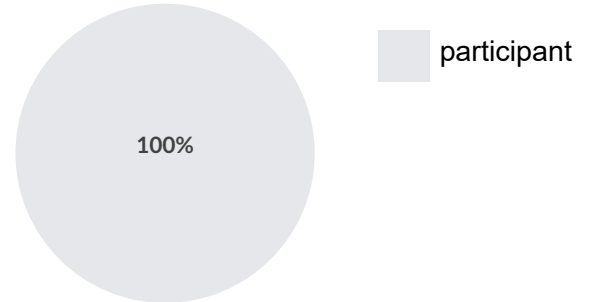
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## DIRECTIONS

1. Wash tomatoes and serve with cottage cheese.

## PORTIONS

How much should I eat?



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**EatLove**

## RECIPE

# Grilled Chicken Sandwich with Tomato Juice

By: Everyday EatLove

Servings: 1

2 slices white bread  
5 ounces chicken breast  
1 slice cheese  
2 teaspoons lite mayo  
1 teaspoon mustard

$\frac{1}{2}$  cup applesauce  
 $\frac{1}{2}$  cup tomato juice

## NUTRITION INFORMATION PER SERVING

Protein: 49g, Total Fat: 18g, Carbs: 50g,  
Calories: 564kcal, Fiber: 2.51g, Sodium: 563mg,  
Saturated Fat: 6.8g, Fruits: 1 servings,  
Vegetables: 1 servings, Added Sugar: 0.05g,

For more nutrition information go to  
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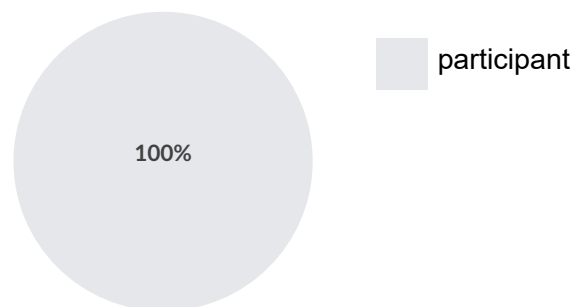


## DIRECTIONS

1. Spread mayo onto one slice of bread and mustard onto the other. Layer swiss cheese and grilled chicken onto one slice of bread and top with the remaining slice.
2. Serve with tomato juice and applesauce.

## PORTIONS

How much should I eat?



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## RECIPE

### Edamame

By: Everyday EatLove



**Servings: 1**

$\frac{1}{2}$  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,

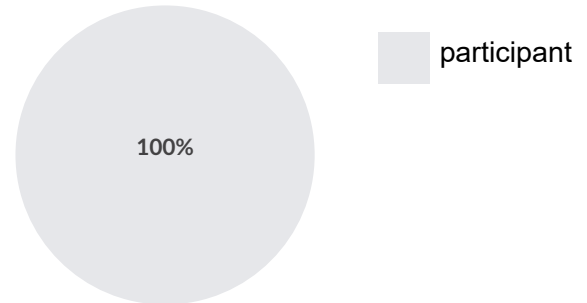
For more nutrition information go to  
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#### DIRECTIONS

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

How much should I eat?



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## RECIPE

### Spicy Fried Fish

By: Everyday EatLove



**Servings: 1**

2 fillets tilapia  
1 tablespoon Parmesan cheese  
 $\frac{3}{4}$  tablespoon cornmeal  
 $\frac{3}{4}$  tablespoon whole wheat flour  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon paprika  
1  $\frac{1}{2}$  tablespoons olive oil divided  
1 cooking spray  
4 cups spinach  
1 pinch salt  
1 pinch pepper

#### NUTRITION INFORMATION PER SERVING

Protein: 54g, Total Fat: 27g, Carbs: 15g,  
Calories: 506kcal, Fiber: 3.91g, Sodium: 691mg,  
Saturated Fat: 5.3g, Fruits: 0 servings,  
Vegetables: 2 servings, Added Sugar: 0g,

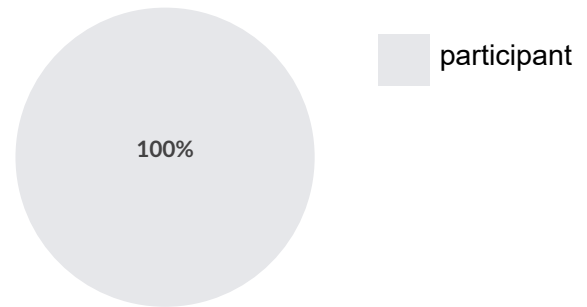
For more nutrition information go to  
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#### DIRECTIONS

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. In the meantime, heat remaining oil in a pan over medium heat. Add spinach and cook until wilted. Season with salt & pepper.
8. Serve fish with sautéed spinach.

#### PORTIONS

How much should I eat?



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## RECIPE

# Veggies & Hummus

By: Everyday EatLove



**Servings: 1**

1/2 cup edamame  
1 cup baby carrots  
2 tablespoons hummus

## NUTRITION INFORMATION PER SERVING

Protein: 13g, Total Fat: 7.7g, Carbs: 23g,  
Calories: 202kcal, Fiber: 8.2g, Sodium: 207mg,  
Saturated Fat: 1.02g, Fruits: 0 servings,  
Vegetables: 1 servings, Added Sugar: 0g,

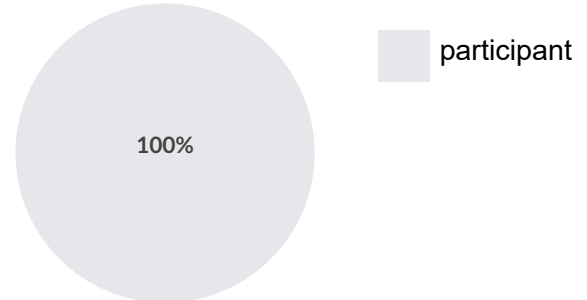
For more nutrition information go to  
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## DIRECTIONS

1. Wash baby carrots and remove edamame from shells. Serve with hummus.

## PORTIONS

How much should I eat?



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