



Created by: Dave Randolph, IronBody Fitness

Your Meal Plan

2017-12-17 to 2017-12-23

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Sunday, December 17

1654 Calories • 175g Carbs (32g Fiber) • 58g Fat • 129g Protein

BREAKFAST 402 Cal • 49g Carbs (8g Fiber) • 5g Fat • 57g Protein



Oat bran and cinnamon
1 cup • 119 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1/2 cup Oat bran (47 g)
1/2 tsp Cinnamon (1.3 g)
1 cup Water (237 g)



Nonfat greek yogurt
2 cup • 283 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Nonfat greek yogurt (480 g)

LUNCH 408 Cal • 10g Carbs (2g Fiber) • 32g Fat • 20g Protein



Deli Rolls with Cream Cheese & Asparagus
1 serving • 395 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 serving Pickled Asparagus Spears (30 g)
5 tbsp Cream cheese (73 g)
3 slice Sliced ham (84 g)



Celery
2 stalks • 13 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 stalks:
2 stalk, medium (7-1/2" - 8" long) Celery (80 g)

DINNER 444 Cal • 67g Carbs (5g Fiber) • 11g Fat • 20g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 360 g bowl (eat 1 360 g bowl now, save 2 360 g bowl for leftovers):
1 1/2 tsp Olive oil (6.8 g)
82 1/2 grams Onions
2 1/4 cloves, minced Garlic (6.8 g)
1 1/8 tsp Poultry seasoning (1.7 g)
3/4 tsp Crushed red pepper flakes (0.2 g)
3/8 tsp Salt (2.3 g)
0.188 tsp Pepper (0.4 g)
705 grams Vegetable Broth
307 1/2 grams Tomatoes
363 3/4 grams Tortellini
1 1/2 cup Spinach (45 g)

SNACK

400 Cal • 49g Carbs (16g Fiber) • 9g Fat • 32g Protein



Quick Buffalo Chicken Salad
1 serving • 228 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 tbsp Pepper or hot sauce (29 g)
1/2 cup Canned chicken (102 g)
1 cup Spinach (30 g)
1 medium Tomatoes (123 g)



Carrots
2 cup • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Baby carrots (492 g)

Monday, December 18

1835 Calories • 162g Carbs (22g Fiber) • 65g Fat • 155g Protein

BREAKFAST

456 Cal • 8g Carbs (0g Fiber) • 30g Fat • 37g Protein



Basic egg white omelet
2 omelet • 456 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
8 large Egg white (264 g)
4 tbsp Reduced fat milk (61 g)
2 dash Salt (0.8 g)
2 dash Pepper (0.2 g)
2 tbsp Butter (28 g)
4 tbsp Parmesan cheese (20 g)

LUNCH

444 Cal • 67g Carbs (5g Fiber) • 11g Fat • 20g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 360 g bowl

DINNER

452 Cal • 44g Carbs (7g Fiber) • 18g Fat • 31g Protein



Chicken Kabobs
1 serving • 285 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 breast, bone and skin removed
Chicken breast (118 g)
1/4 large (2-1/4 per lb, approx 3-3/4"
long, Green bell pepper (41 g)
1/4 large Onions (38 g)
1/4 large (2-1/4 per pound, approx 3-
3/4" lo Red bell pepper (41 g)
1/4 cup (8 fl oz) Barbecue sauce (63
g)



Garlic green beans
1 serving • 167 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tsp Garlic powder (1.6 g)
1 tbsp Olive oil (14 g)
1 3/8 cup 1/2" pieces Green beans
(138 g)

SNACK

483 Cal • 44g Carbs (11g Fiber) • 6g Fat • 67g Protein



Cucumber Tomato Salad with
Tuna
1 serving • 237 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 medium whole (2-3/5" dia)
Tomatoes (246 g)
1 cup shredded Lettuce (36 g)
1 cucumber (8-1/4") Cucumber (301
g)
1 can Tuna (165 g)



Cottage Cheese with Radishes
1 serving • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 cup, (not packed) Cottage cheese
(226 g)
1 dash Salt (0.4 g)
1 dash Pepper (0.1 g)
1/2 cup slices Radishes (58 g)



Sliced bell pepper
2 pepper • 74 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 pepper:
2 medium (approx 2-3/4" long, 2-1/2
dia.) Red bell pepper (238 g)

Tuesday, December 19

1746 Calories • 158g Carbs (14g Fiber) • 57g Fat • 153g Protein

BREAKFAST

437 Cal • 23g Carbs (1g Fiber) • 20g Fat • 40g Protein



Southwest Salsa Eggs
2 Serving • 300 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 Serving:
2 spray , about 1/3 second Pam
cooking spray (0.6 g)
4 large Egg (200 g)
2 tbsp Salsa (32 g)



Nonfat yogurt
1 bowl • 137 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:
1 cup (8 fl oz) Nonfat yogurt (245 g)

LUNCH

457 Cal • 69g Carbs (6g Fiber) • 12g Fat • 21g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 360 g bowl



Celery
2 stalks • 13 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 stalks:
2 stalk, medium (7-1/2" - 8" long)
Celery (80 g)

DINNER

613 Cal • 60g Carbs (6g Fiber) • 22g Fat • 46g Protein



Chicken Mozzarella Pasta with Sun-Dried Tomatoes
1 serving • 582 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):
3/4 lb Chicken breast (340 g)
3/4 dash Salt (0.3 g)
3/4 dash Pepper (0.1 g)
6 oz Pasta (170 g)
85.049 grams Sun-dried tomatoes
2 1/4 cloves, minced Garlic (6.8 g)
3/8 tsp Paprika (0.8 g)
1 1/8 cup Half and half cream (272 g)
3/4 cup, shredded Mozzarella cheese (84 g)
3/4 tbsp, ground Basil (3.4 g)
0.188 tsp Crushed red pepper flakes (0.1 g)



Steamed Carrots
1 cup • 31 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 cup:
1 large (7-1/4" to 8-1/2" long) Carrots (72 g)
0.2 cup Water (47 g)
0.3 tsp Salt (1.8 g)
0.305 tsp Pepper (0.6 g)

SNACK

239 Cal • 6g Carbs (1g Fiber) • 3g Fat • 46g Protein



Spicy Tuna and Cottage Cheese Bowl
1 serving • 239 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 can Tuna (165 g)
1/4 cup, chopped or diced Pickles (36 g)
1/4 cup, sliced Jalapeno peppers (23 g)
1/2 cup, (not packed) Cottage cheese (113 g)
1 tsp Sriracha Sauce (4 g)

Wednesday, December 20

1628 Calories • 170g Carbs (26g Fiber) • 48g Fat • 130g Protein

BREAKFAST

412 Cal • 39g Carbs (3g Fiber) • 14g Fat • 33g Protein



Ham and Cheese Dunker with Boiled Eggs

2 Serving • 275 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 Serving:

- 2/3 large Egg (33 g)
- 2/3 slice (1 oz) Cheddar cheese (19 g)
- 1 1/3 oz Sliced ham (38 g)
- 2/3 muffin English muffins (41 g)



Nonfat yogurt

1 bowl • 137 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:

- 1 cup (8 fl oz) Nonfat yogurt (245 g)

LUNCH

582 Cal • 53g Carbs (4g Fiber) • 22g Fat • 45g Protein



Chicken Mozzarella Pasta with Sun-Dried Tomatoes

1 serving • 582 Cal

[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

285 Cal • 33g Carbs (3g Fiber) • 4g Fat • 28g Protein



Chicken Kabobs

1 serving • 285 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 1/2 breast, bone and skin removed Chicken breast (118 g)
- 1/4 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (41 g)
- 1/4 large Onions (38 g)
- 1/4 large (2-1/4 per pound, approx 3-3/4" lo Red bell pepper (41 g)
- 1/4 cup (8 fl oz) Barbecue sauce (63 g)

SNACK

349 Cal • 45g Carbs (16g Fiber) • 9g Fat • 24g Protein



Ham, Cheese, and Tomato Roll-ups

2 serving • 177 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

- 2 slice Sliced ham (56 g)
- 2 slice (3/4 oz) American cheese (42 g)
- 4 tomatoes Cherry Tomatoes (39 g)
- 1 cup shredded Lettuce (28 g)



Carrots

2 cup • 172 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:

- 2 cup Baby carrots (492 g)

Thursday, December 21

1796 Calories • 162g Carbs (23g Fiber) • 82g Fat • 107g Protein

BREAKFAST

599 Cal • 2g Carbs (0g Fiber) • 48g Fat • 39g Protein



Classic Omelet
2 omelet • 599 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 omelet:
4 large Egg (200 g)
2 tsp Vegetable oil (9.3 g)
2 oz Cheddar cheese (57 g)

LUNCH

582 Cal • 53g Carbs (4g Fiber) • 22g Fat • 45g Protein



Chicken Mozzarella Pasta with Sun-Dried Tomatoes
1 serving • 582 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

DINNER

444 Cal • 67g Carbs (5g Fiber) • 11g Fat • 20g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 3 360 g bowl (eat 1 360 g bowl now, save 2 360 g bowl for leftovers):

1 1/2 tsp Olive oil (6.8 g)
82 1/2 grams Onions
2 1/4 cloves, minced Garlic (6.8 g)
1 1/8 tsp Poultry seasoning (1.7 g)
3/4 tsp Crushed red pepper flakes (0.2 g)
3/8 tsp Salt (2.3 g)
0.188 tsp Pepper (0.4 g)
705 grams Vegetable Broth
307 1/2 grams Tomatoes
363 3/4 grams Tortellini
1 1/2 cup Spinach (45 g)

SNACK

172 Cal • 41g Carbs (14g Fiber) • 1g Fat • 3g Protein



Carrots
2 cup • 172 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:
2 cup Baby carrots (492 g)

Friday, December 22

1670 Calories • 184g Carbs (30g Fiber) • 71g Fat • 126g Protein

BREAKFAST

347 Cal • 93g Carbs (22g Fiber) • 10g Fat • 24g Protein



Oat Bran
500 ml • 347 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 500 ml:
2 cup Water (473 g)
2 dash Salt (0.8 g)
1 1/2 cup Oat bran (141 g)

LUNCH

444 Cal • 67g Carbs (5g Fiber) • 11g Fat • 20g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 360 g bowl

DINNER

309 Cal • 11g Carbs (0g Fiber) • 14g Fat • 34g Protein



Maple Glazed Salmon
1 serving • 309 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1/2 tbsp Maple syrups (10 g)
1/2 tbsp Hoisin sauce (8 g)
1/2 tsp Dijon mustard (2.5 g)
1/8 tsp Pepper (0.3 g)
6 oz Atlantic salmon (170 g)
1/2 tsp Vegetable oil (2.3 g)

SNACK

571 Cal • 13g Carbs (3g Fiber) • 36g Fat • 47g Protein



Chicken Celery Sticks
1 serving • 341 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
1 can (5 oz) yields Canned chicken (125 g)
2 tbsp Mayonnaise (29 g)
1/2 tsp Garlic powder (1.6 g)
1/4 tsp Salt (1.5 g)
3 stalks, large (11 inches long) Celery (192 g)



Cheese slices
2 serving • 230 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:
2 oz Cheddar cheese (57 g)

Saturday, December 23

1725 Calories • 164g Carbs (25g Fiber) • 58g Fat • 134g Protein

BREAKFAST

656 Cal • 39g Carbs (0g Fiber) • 32g Fat • 50g Protein



Scrambled Eggs with Onion Flakes
1 serving • 181 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:
2 jumbo Egg (126 g)
1 dash Salt (0.4 g)
1/4 tsp Onions (0.3 g)



Nonfat yogurt
2 bowl • 274 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 2 bowl:
2 cup (8 fl oz) Nonfat yogurt (490 g)



Bacon
4 strips • 200 Cal
[Directions](#) | [Full Recipe](#)

Ingredients for 4 strips:
4 strip Bacon (48 g)

LUNCH

444 Cal • 67g Carbs (5g Fiber) • 11g Fat • 20g Protein



One-Pot Tortellini Soup
1 360 g bowl • 444 Cal
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 360 g bowl

DINNER

379 Cal • 3g Carbs (1g Fiber) • 14g Fat • 59g Protein



Spinach and Mushroom Smothered Grilled Chicken

1 serving • 379 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

- 3/4 cup Baby Spinach (15 g)
- 0.438 cup, whole Mushrooms (42 g)
- 3/4 stalk Onions (9 g)
- 1/4 tbsp Olive oil (3.4 g)
- 1 breast, bone and skin removed Chicken breast (236 g)
- 1/4 dash Salt (0.1 g)
- 1/4 dash Pepper (0 g)
- 1/2 slice (1 oz) Provolone cheese (14 g)

SNACK

246 Cal • 55g Carbs (19g Fiber) • 1g Fat • 6g Protein



Carrots

2 cup • 172 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 cup:

- 2 cup Baby carrots (492 g)



Sliced bell pepper

2 pepper • 74 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 pepper:

- 2 medium (approx 2-3/4" long, 2-1/2 dia.) Red bell pepper (238 g)

Recipe directions

Oat bran and cinnamon

Directions are for original recipe of 1 cup

1. Cook oat bran in water in microwave for 2-3 minutes. Let cool for 2 minutes, it will be hot!
2. Add cinnamon on top to taste when cooked.

Nonfat greek yogurt

Directions are for original recipe of 1 cup

1. Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

Deli Rolls with Cream Cheese & Asparagus

Directions are for original recipe of 1 serving

1. Spread 2 TBS of cream cheese into one slice of deli meat along with pickled asparagus. Repeat twice more for 3 Total.

Celery

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

One-Pot Tortellini Soup

Directions are for original recipe of 4 360 g bowl

1. Heat the oil in a Dutch oven or soup pot over medium-high heat. Add the onions, garlic, seasoning, pepper flakes, salt and pepper; sauté for 4 minutes, or until the onions are tender.
2. Stir in the broth and tomatoes. Bring mixture to a boil; add tortellini. Reduce heat and gently boil, stirring occasionally, for about 7 minutes, or until the tortellini are cooked. Stir in the spinach; cook for 30 seconds or until wilted.
3. Remove from heat and serve immediately.

Quick Buffalo Chicken Salad

Directions are for original recipe of 1 serving

1. Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy!

Carrots

Directions are for original recipe of 1 cup

1. Enjoy by themselves. Optionally, enjoy with a side of hummus (there are other carrot + dip recipes on ETM you can swap in).

Basic egg white omelet

Directions are for original recipe of 1 omelet

1. Whisk the egg whites, cheese, milk, salt, and pepper in a medium bowl until thoroughly combined. Set a serving plate aside.
2. Melt the butter in an 8-inch nonstick frying pan over medium heat until foaming. Add the egg mixture and stir constantly with a rubber spatula, moving the eggs around the pan until they form small curds, about 2 to 3 minutes.
3. Gently shake the pan and use the spatula to spread the egg mixture evenly across the pan.
4. Remove the pan from heat. Using the spatula, fold a third of the omelet over and onto itself. Gently push the folded side of the omelet toward the edge of the pan.
5. Tilt the pan over the serving plate and roll the omelet onto the plate, seam side down. Serve.

Chicken Kabobs

Directions are for original recipe of 4 serving

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

Garlic green beans

Directions are for original recipe of 2 serving

1. If using frozen green beans (I like the french cut ones), boil water, add green beans for 8-10 minutes, drain, add garlic and oil and stir.
2. If using canned green beans, heat green beans in saucepan with garlic powder and oil.

Cucumber Tomato Salad with Tuna

Directions are for original recipe of 1 serving

1. Chop vegetables and lettuce.
2. Toss together with the tuna and enjoy!

Cottage Cheese with Radishes

Directions are for original recipe of 1 serving

1. Cut radishes into quarters. Combine with cottage cheese and a dash of salt and pepper. Serve.

Sliced bell pepper

Directions are for original recipe of 1 pepper

1. Wash the bell pepper, slice it in half, then remove the seeds and stem. Slice into strips and enjoy! Optionally eat with a side of hummus dip (there are other pepper + dip recipes on ETM you can swap in).

Southwest Salsa Eggs

Directions are for original recipe of 1 Serving

1. Use some vegetable spray to oil the pan. Allow it to warm up on medium heat. Put the eggs in the pan and scramble. Lower the heat. Add salsa. Stir until firm and enjoy!

Nonfat yogurt

Directions are for original recipe of 1 bowl

1. Scoop yogurt into a cup or bowl. To sweeten, try adding a sugar-free sweetener or a tiny bit of honey and stir.

Chicken Mozzarella Pasta with Sun-Dried Tomatoes

Directions are for original recipe of 4 serving

1. Heat a large non-stick skillet over medium-high heat. Spray with cooking spray. Add cubed chicken to skillet. Season with salt and pepper. Cook until chicken is no longer pink in center. (About 10 minutes.)
2. Meanwhile, boil penne pasta in a large pot of water until cooked. Drain water.
3. Drain oil from sun-dried tomato jar. Cut tomatoes into bite-size pieces. Add tomatoes to skillet with the garlic and paprika. Cook and stir mixture for a couple minutes.
4. Add half and half and the Mozzarella cheese to skillet. Stir to combine and let mixture come to a slight boil. Reduce heat to low and let simmer until cheese melts and a creamy sauce forms.
5. Pour drained pasta into the skillet then the basil and crushed red pepper flakes. Carefully stir to combine everything. Simmer 5 more minutes to heat through.
6. Serve and enjoy!

Steamed Carrots

Directions are for original recipe of 5 cup

1. Bring water to a boil. You only need about an inch or two of water, enough to create steam.
2. Place the carrots in a steaming basket, and place the basket over the water. The carrots shouldn't be immersed in the water. You want the steam to cook them, not the water.
3. Steam the carrots until done from 5 to 30 minutes depending on the carrot size. You can cover them, but leave a little vent for some steam to escape to avoid it building up too much. Check the water level every so often. Add more if it gets too low. You can test the carrots for doneness by sticking a fork in them. It should slide in easily enough or just taste a piece.

Spicy Tuna and Cottage Cheese Bowl

Directions are for original recipe of 1 serving

1. Drain tuna. Chop pickles and jalapeños. Mix in bowl with cottage cheese and sriracha sauce. Enjoy!

Ham and Cheese Dunker with Boiled Eggs

Directions are for original recipe of 3 Serving

1. Fill a small pot two-thirds full with water and bring to a boil.
2. With a paring knife, poke a small hole into the wider end of the eggs.
3. With a spoon, gently lower eggs into the boiling water and boil for precisely 5 minutes.
4. When eggs are done, carefully transfer them to a bowl of ice water.
5. Cut the cheddar cheese into strips, 4 inches long, ¼ inch thick.
6. Roll out a piece of white bread until flat and dense.
7. Place a slice of ham on the bread, then top with a strip of cheddar.
8. Roll up the bread (like a jelly roll) until cheese and ham are entirely covered.
9. Fry the bread rolls for about 4 minutes in a buttered sauté pan over medium-high heat. Turn halfway through or when rolls are lightly browned.
10. Meanwhile, use an egg carton to cut out egg holders for each egg.
11. Take eggs out of ice water. Serve with the ham and cheese dunkers.

Ham, Cheese, and Tomato Roll-ups

Directions are for original recipe of 1 serving

1. Place ham and a flat surface. Top with cheese followed by tomato and shredded lettuce. Roll up and eat.

Classic Omelet

Directions are for original recipe of 1 omelet

1. Crack two eggs into a bowl and whisk until pale yellow. Do not whisk too much or the eggs will fall apart in the pan. Put oil into a small to medium sized non-stick cooking pan. Turn on to medium-heat and let pan warm for up to 45 seconds. Pour in eggs. Wait about 10 seconds before pulling the edge of the eggs toward the center. Repeat this process until the eggs form a crepe-like consistency. (You may have to tilt the pan to allow the liquid egg to fill gaps and cook.) When the eggs are mostly cooked (after maybe a minute and a half) sprinkle your cheese. You may now add salt and pepper if you wish. Almost any cheese works for a tasty omelet. You can even add vegetables or meat. Flip one edge of the egg on to itself to form a half-moon shape. Allow the omelet to cook a little while longer on each side. Serve immediately!

Oat Bran

Directions are for original recipe of 250 ml

1. In a heavy saucepan, bring water and salt to a boil over high heat.
2. Pour in oat bran very slowly, stirring constantly. Reduce heat to medium.
3. Cook 1-3 minutes until thick and ready to serve.

Maple Glazed Salmon

Directions are for original recipe of 2 serving

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; stir with a whisk.
3. Place salmon, skin side down, on a broiler pan coated with oil. Brush with maple mixture. Broil 10 to 12 minutes or until fish flakes easily when tested with a fork, brushing with maple mixture after 5 minutes and again after 10 minutes.

Chicken Celery Sticks

Directions are for original recipe of 1 serving

1. Combine chicken, mayo, garlic powder, and salt in a small bowl and mix until well combined.
2. Cut celery stalks in half. Stuff each stalk with the chicken mixture and serve.

Cheese slices

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most firm cheeses will have similar nutrition, so feel free to substitute.

Scrambled Eggs with Onion Flakes

Directions are for original recipe of 1 serving

1. Beat eggs in a bowl and mix in salt and onion flakes.
2. Fry in preheated pan over medium heat until they've reached desired doneness. Enjoy!

Bacon

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.


















Spinach and Mushroom Smothered Grilled Chicken



















Directions are for original recipe of 4 serving

1. Preheat grill to medium heat.
2. In a large skillet, sauté the spinach, mushrooms, and onions in oil until mushrooms are tender. Set aside and keep warm. Sprinkle chicken with salt and pepper.
3. Place chicken on greased grill rack. Grill covered for about 4-5 minutes on each side or until a thermometer reads 165 degrees F.
4. Top with cheese. Cover and grill 2-3 minutes longer or until cheese is melted. Top chicken breasts with spinach mixture. Enjoy!

Grocery List

VEGETABLES

	Red bell pepper Sweet, raw	4 3/4 medium (approx 2-3/4" long, 2-1/2" dia.) (565 g)
	Baby carrots Baby, raw	8 cup (1.97 kg)
	Onions Raw	2 2/3 medium (2-1/2" dia) (293 g)
	Celery Raw	9 stalk, medium (7-1/2" - 8" long) (360 g)
	Tomatoes Green, raw	2 medium (246 g)
	Tomatoes Red, ripe, canned, packed in tomato juice	2 2/3 cup (640 g)
	Vegetable Broth From bouillons. Low sodium	6 cup (1.44 kg)
	Garlic Raw	6 3/4 clove (20 g)
	Green bell pepper Sweet, green, raw	3/4 medium (approx 2-3/4" long, 2-1/2" dia) (89 g)
	Lettuce Red leaf, raw	1 cup shredded (28 g)
	Mushrooms White, raw	1/2 cup, whole (48 g)
	Radishes Raw	13 medium (3/4" to 1" dia) (59 g)
	Spinach Raw	4 cup (120 g)
	Sun-dried tomatoes	1 2/3 cup (90 g)
	Jalapeno peppers Raw	1 2/3 pepper (23 g)
	Cucumber With peel, raw	1 cucumber (8-1/4") (301 g)
	Tomatoes Red, ripe, raw, year round average	3 medium whole (2-3/5" dia) (369 g)

	Green beans Snap beans, raw	5 oz (142 g)
	Carrots Raw	1 large (7-1/4" to 8-1/2" long) (72 g)
	Lettuce Green leaf, raw	1 cup shredded (36 g)
	Pickles Cucumber, dill or kosher dill	1/4 cup (about 23 slices) (39 g)
DAIRY PRODUCTS		
	Cottage cheese Lowfat, 1% milkfat	1 1/2 cup, (not packed) (339 g)
	Cream cheese	5 tbsp (73 g)
	Reduced fat milk Fluid, 2% milkfat, with added vitamin a and vitamin d	1/4 cup (61 g)
	Provolone cheese	1/2 oz (14 g)
	Nonfat greek yogurt Nonfat, plain	2 cup (480 g)
	Cheddar cheese	4 2/3 oz (132 g)
	Nonfat yogurt Skim milk, 13 grams protein per 8 ounce	4 cup (8 fl oz) (980 g)
	Parmesan cheese Grated	3/4 oz (21 g)
	Egg Whole, fresh eggs	11 1/4 large (563 g)
	Egg white Raw, fresh eggs	6 2/3 egg white (separated from yolk) (267 g)
	American cheese Pasteurized process, low fat	2 slice (3/4 oz) (42 g)
	Butter Unsalted	2 tbsp (28 g)
	Mozzarella cheese Whole milk	3 oz (85 g)
	Half and half cream Fluid	1 1/4 cup (303 g)

BEVERAGES



Water
Plain, clean water

3 1/4 cup (769 g)

POULTRY PRODUCTS



Chicken breast
Broilers or fryers, meat only, raw

3 1/2 breast, bone and skin removed (826 g)



Canned chicken
No broth

1 1/4 cup (256 g)

PORK PRODUCTS



Bacon
Raw, cured pork

1 3/4 oz (50 g)

SAUSAGE AND LUNCH MEAT



Sliced ham
Regular (approximately 11% fat)

6 1/2 slice (182 g)

SEAFOOD



Atlantic salmon
Fish, wild, raw

6 oz (170 g)



Tuna
Fish, light, canned in water, drained solids

11 2/3 oz (331 g)

SPICES AND HERBS



Garlic powder
Spices

1/3 tbsp (3.23 g)



Crushed red pepper flakes

2/3 tbsp (0.64 g)



Pepper
Spices, black

1/3 tbsp (2.13 g)



Poultry seasoning
Spices

1 tbsp (4.4 g)



Cinnamon
Spices, ground

1/4 tbsp (1.95 g)



Salt
Table

2/3 tbsp (12 g)



Dijon mustard
Grey poupon

1/4 tbsp (3.75 g)



Paprika
Spices

1/4 tbsp (1.73 g)



Basil
Spices, dried

1 2/3 tbsp, leaves (3.5 g)

SOUPS AND SAUCES



Barbecue sauce

7 1/4 tbsp (127 g)



Pepper or hot sauce
Ready-to-serve

6 1/4 tsp (29 g)



Salsa
Sauce, ready-to-serve

1/4 cup (65 g)



Hoisin sauce
Ready-to-serve

1/2 tbsp (8 g)

BAKED PRODUCTS



English muffins
Whole-wheat, toasted

2/3 muffin (41 g)

GRAINS AND PASTA



Oat bran
Raw

2 cup (188 g)



Pasta
Fresh-refrigerated, plain, as purchased

6 oz (170 g)

FATS AND OILS



Olive oil
Salad or cooking

2 1/4 tbsp (30 g)



Mayonnaise
Regular, with salt

2 tbsp (29 g)



Vegetable oil
Natreon canola, high stability, non trans, high oleic (70%)

1 tbsp (14 g)



Pam cooking spray
Oil, original

2 spray , about 1/3 second (0.6 g)

SWEETS



Maple syrups

1/2 tbsp (10 g)

MEALS / ENTREES



Tortellini
Pasta with cheese filling

6 3/4 cup (729 g)

UNCATEGORIZED



Cherry Tomatoes
Woolworths

4 2/3 tomatoes (45 g)



Pickled Asparagus Spears
Foster's

1 serving (30 g)



Baby Spinach

3/4 cup (15 g)

Dole



Sriracha Sauce

1 tsp (4 g)

Trader Joe's