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## Your Meal Plan






To make changes or re-build this plan, log in at [www.EatThisMuch.com](http://www.EatThisMuch.com)

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### Day 1

1761 Calories • 19g Carbs (7g Fiber) • 140g Fat • 105g Protein

<b>BREAKFAST</b>		588 Cal • 2g Carbs (0g Fiber) • 48g Fat • 34g Protein
	<b>Over Easy Eggs</b> 4 serving • 388 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 4 serving: 4 extra large Egg (224 g) 2 tsp Margarine (9.5 g)
	<b>Bacon</b> 4 strips • 200 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 4 strips: 4 strip Bacon (48 g)
<b>LUNCH</b>		454 Cal • 8g Carbs (3g Fiber) • 37g Fat • 26g Protein
	<b>Turkey Lettuce Rollup</b> 1 serving • 258 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 1 serving: 2 leaf outer Lettuce (48 g) 2 slice oval Sliced turkey (52 g) 2 oz Provolone cheese (57 g)
	<b>Pecans</b> 1 ounce • 196 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 1 ounce: 1 oz (19 halves per) Pecans (28 g)
<b>DINNER</b>		398 Cal • 1g Carbs (0g Fiber) • 31g Fat • 27g Protein
	<b>Firecracker Burgers</b> 1 serving • 398 Cal <a href="#">Directions</a>   <a href="#">Full Recipe</a>	Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers): 3/4 lb Ground beef (340 g) 3/8 cup Chili peppers (52 g) 3/4 cube Chicken broth bouillon (3 g) 3 slice (1 oz) Monterey cheese (84 g)
<b>SNACK</b>		320 Cal • 7g Carbs (3g Fiber) • 24g Fat • 18g Protein



### Quick and Easy Low Carb Caprese Salad

1 serving • 295 Cal

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

Ingredients for 1 serving:

- 4 tomatoes Cherry Tomatoes (49 g)
- 1/2 cup, diced Mozzarella cheese (66 g)
- 1 tbsp Olive oil (14 g)
- 1 tbsp, chopped Basil (2.6 g)



### Celery

4 stalks • 26 Cal

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

Ingredients for 4 stalks:

- 4 stalk, medium (7-1/2" - 8" long) Celery (160 g)

## Day 2

1720 Calories • 22g Carbs (6g Fiber) • 130g Fat • 113g Protein

### BREAKFAST

445 Cal • 1g Carbs (0g Fiber) • 40g Fat • 19g Protein



### Gordon Ramsay's Scrambled Eggs

1 serving • 445 Cal

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

Ingredients for 1 serving:

- 3 large Egg (150 g)
- 1/2 tbsp Creme fraiche
- 2 tbsp Butter (28 g)

### LUNCH

398 Cal • 1g Carbs (0g Fiber) • 31g Fat • 27g Protein



### Firecracker Burgers

1 serving • 398 Cal

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

Leftovers, eat 1 serving

### DINNER

421 Cal • 7g Carbs (2g Fiber) • 32g Fat • 27g Protein



### Keto Parmesan Breaded Porkchops

1 serving • 243 Cal

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

Ingredients for 1 serving:

- 1 chop, excluding refuse (yield from 1 raw Pork center rib (chops) (81 g)
- 0.083 cup Italian dressing (19 g)
- 0.083 cup Parmesan cheese (6.7 g)
- 0.167 serving Table Blend Salt Free Seasoning Blend (0.2 g)
- 0.167 tsp Salt (1 g)



### Easy Fried Spinach

1 serving • 178 Cal

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

Ingredients for 1 serving:

- 0.042 cup Vegetable oil (9.3 g)
- 0.042 cup Butter (9.5 g)
- 1/3 package (10 oz) Spinach (95 g)
- 1 1/3 cloves, minced Garlic (4 g)

### SNACK

456 Cal • 13g Carbs (3g Fiber) • 26g Fat • 40g 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  
1 serving • 115 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 oz Cheddar cheese (28 g)

## Day 3

1783 Calories • 22g Carbs (5g Fiber) • 136g Fat • 117g Protein

### BREAKFAST

525 Cal • 15g Carbs (3g Fiber) • 43g Fat • 22g Protein



Scrambled eggs with vegetables  
4 serving • 325 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 4 serving:  
2 large Egg (100 g)  
1 mushroom, whole Mushrooms (84 g)  
1 medium whole (2-3/5" dia) Tomatoes (123 g)  
1/2 medium (2-1/2" dia) Onions (55 g)  
1 tbsp Olive oil (14 g)



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

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

### LUNCH

398 Cal • 1g Carbs (0g Fiber) • 31g Fat • 27g Protein



Firecracker Burgers  
1 serving • 398 Cal  
[Directions](#) | [Full Recipe](#)

Leftovers, eat 1 serving

### DINNER

325 Cal • 1g Carbs (0g Fiber) • 29g Fat • 15g Protein



Keto Armadillo Eggs  
1 serving • 325 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving (eat 1 serving now, save 2 serving for leftovers):  
3 pepper Jalapeno peppers (42 g)  
3 oz Goat cheese (85 g)  
6 oz Italian sausage (170 g)  
3 strip Bacon (36 g)

### SNACK

534 Cal • 5g Carbs (1g Fiber) • 34g Fat • 53g Protein



All American Tuna  
1 serving • 189 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:  
1 can Tuna (165 g)  
1 tbsp Light mayonnaise (15 g)  
1/8 cup, diced Celery (19 g)  
1/2 large (4" long) Pickles (68 g)



Cheese slices  
3 serving • 345 Cal  
[Directions](#) | [Full Recipe](#)

Ingredients for 3 serving:  
3 oz Cheddar cheese (85 g)

# Day 4

1671 Calories • 20g Carbs (9g Fiber) • 131g Fat • 105g Protein

## BREAKFAST

584 Cal • 6g Carbs (3g Fiber) • 49g Fat • 31g Protein



Over Easy Eggs  
4 serving • 388 Cal

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

Ingredients for 4 serving:

4 extra large Egg (224 g)

2 tsp Margarine (9.5 g)



Pecans  
1 ounce • 196 Cal

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

Ingredients for 1 ounce:

1 oz (19 halves per) Pecans (28 g)

## LUNCH

325 Cal • 1g Carbs (0g Fiber) • 29g Fat • 15g Protein



Keto Armadillo Eggs  
1 serving • 325 Cal

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

Leftovers, eat 1 serving

## DINNER

250 Cal • 1g Carbs (0g Fiber) • 11g Fat • 35g Protein



Dill Poached Salmon  
1 serving • 250 Cal

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

Ingredients for 1 serving:

6 oz Atlantic salmon (170 g)

1/2 cup Chicken broth (120 g)

1/4 cup sprigs Dill (2.2 g)

## SNACK

512 Cal • 13g Carbs (6g Fiber) • 42g Fat • 24g Protein



Quick and Easy Low Carb  
Caprese Salad  
1 serving • 295 Cal

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

Ingredients for 1 serving:

4 tomatoes Cherry Tomatoes (49 g)

1/2 cup, diced Mozzarella cheese (66 g)

1 tbsp Olive oil (14 g)

1 tbsp, chopped Basil (2.6 g)



Almond Butter & Celery  
1 serving • 217 Cal

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

Ingredients for 1 serving:

2 tbsp Almond butter (32 g)

2 stalks, large (11 inches long)  
Celery (128 g)

# Day 5

1672 Calories • 18g Carbs (6g Fiber) • 128g Fat • 114g Protein

## BREAKFAST

611 Cal • 8g Carbs (4g Fiber) • 51g Fat • 32g Protein



### Spinach Scrambled Eggs

2 serving • 415 Cal

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

Ingredients for 2 serving:

- 2 tsp Olive oil (9 g)
- 2 cup Spinach (60 g)
- 4 extra large Egg (224 g)
- 2 dash Salt (0.8 g)
- 4 dash Pepper (0.4 g)



### Pecans

1 ounce • 196 Cal

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

Ingredients for 1 ounce:

- 1 oz (19 halves per) Pecans (28 g)

## LUNCH

325 Cal • 1g Carbs (0g Fiber) • 29g Fat • 15g Protein



### Keto Armadillo Eggs

1 serving • 325 Cal

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

Leftovers, eat 1 serving

## DINNER

432 Cal • 4g Carbs (0g Fiber) • 34g Fat • 27g Protein



### Nancyelle's Thin and Crispy Low Carb Pizza

1 slice • 432 Cal

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

Ingredients for 3 slice (eat 1 slice now, save 2 slice for leftovers):

- 3 oz Mozzarella cheese (85 g)
- 1 1/2 oz Cheddar cheese (43 g)
- 1 1/8 extra large Egg (63 g)
- 3/8 tsp Garlic powder (1.2 g)
- 3/8 tsp, ground Basil (0.5 g)
- 0.094 cup Pizza sauce (24 g)
- 93 3/4 grams Pepperoni
- 93 3/4 grams Italian sausage
- 0.094 lb Mushrooms (42 g)
- 0.094 cup, chopped or strips Green peppers (13 g)

## SNACK

304 Cal • 4g Carbs (1g Fiber) • 15g Fat • 39g Protein



### All American Tuna

1 serving • 189 Cal

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

Ingredients for 1 serving:

- 1 can Tuna (165 g)
- 1 tbsp Light mayonnaise (15 g)
- 1/8 cup, diced Celery (19 g)
- 1/2 large (4" long) Pickles (68 g)



### Cheese slices

1 serving • 115 Cal

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

Ingredients for 1 serving:

- 1 oz Cheddar cheese (28 g)

# Day 6

1711 Calories • 20g Carbs (6g Fiber) • 136g Fat • 100g Protein

## BREAKFAST

417 Cal • 3g Carbs (0g Fiber) • 36g Fat • 20g Protein



### Scrambled Eggs with Cheddar Cheese

1 serving • 317 Cal

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

Ingredients for 1 serving:

- 2 large Egg (100 g)
- 2 tbsp Reduced fat milk (31 g)
- 1 tbsp Butter (14 g)
- 2 tbsp, shredded Cheddar cheese (14 g)



### Bacon

2 strips • 100 Cal

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

Ingredients for 2 strips:

- 2 strip Bacon (24 g)

## LUNCH

432 Cal • 4g Carbs (0g Fiber) • 34g Fat • 27g Protein



### Nancyelle's Thin and Crispy Low Carb Pizza

1 slice • 432 Cal

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

Leftovers, eat 1 slice

## DINNER

567 Cal • 11g Carbs (5g Fiber) • 43g Fat • 36g Protein



### Keto Pork Schnitzel

1 serving • 370 Cal

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

Ingredients for 1 serving:

- 4 oz Pork tenderloin (113 g)
- 1/2 large Egg (25 g)
- 1/8 cup Reduced fat milk (31 g)
- 1 1/4 tbsp, ground Flaxseed (8.8 g)
- 1/2 tbsp Sesame seeds (4.5 g)
- 1/2 tbsp Olive oil (6.8 g)
- 1/2 tbsp Butter (7.1 g)
- 1/2 dash Salt (0.2 g)
- 1/2 dash Pepper (0.1 g)



### Asparagus Parmesan

1 serving • 197 Cal

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

Ingredients for 1 serving:

- 0.2 tbsp Butter (2.8 g)
- 0.05 cup Olive oil (11 g)
- 0.2 lb Asparagus (91 g)
- 0.15 cup Parmesan cheese (15 g)
- 0.2 dash Salt (0.1 g)
- 0.2 dash Pepper (0 g)

## SNACK

295 Cal • 3g Carbs (1g Fiber) • 24g Fat • 17g Protein



### Quick and Easy Low Carb Caprese Salad

1 serving • 295 Cal

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

Ingredients for 1 serving:

- 4 tomatoes Cherry Tomatoes (49 g)
- 1/2 cup, diced Mozzarella cheese (66 g)
- 1 tbsp Olive oil (14 g)
- 1 tbsp, chopped Basil (2.6 g)

# Day 7

1730 Calories • 17g Carbs (6g Fiber) • 134g Fat • 113g Protein

## BREAKFAST

445 Cal • 1g Carbs (0g Fiber) • 40g Fat • 19g Protein



Gordon Ramsay's Scrambled Eggs

1 serving • 445 Cal

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

Ingredients for 1 serving:

3 large Egg (150 g)

1/2 tbsp Creme fraiche

2 tbsp Butter (28 g)

## LUNCH

432 Cal • 4g Carbs (0g Fiber) • 34g Fat • 27g Protein



Nancyelle's Thin and Crispy Low Carb Pizza

1 slice • 432 Cal

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

Leftovers, eat 1 slice

## DINNER

522 Cal • 1g Carbs (0g Fiber) • 33g Fat • 53g Protein



Big Firecracker Burgers

1 serving • 522 Cal

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

Ingredients for 1 serving:

1/2 tbsp Pace diced green chilies (7.5 g)

8 oz Ground beef (227 g)

1/2 cube Chicken broth bouillon (2 g)

1 oz Cheddar cheese (28 g)

## SNACK

332 Cal • 10g Carbs (5g Fiber) • 28g Fat • 14g Protein



Almond Butter & Celery

1 serving • 217 Cal

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

Ingredients for 1 serving:

2 tbsp Almond butter (32 g)

2 stalks, large (11 inches long)

Celery (128 g)



Cheese slices

1 serving • 115 Cal

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

Ingredients for 1 serving:

1 oz Cheddar cheese (28 g)

## Recipe directions

### Over Easy Eggs

Directions are for original recipe of 2 serving

1. Melt 1 small teaspoon of margarine in a pan
2. Fry 2 eggs in a pan with a pot lid over top for about 2 minutes. Be careful not to break the yolks!

### 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.

### **Turkey Lettuce Rollup**

Directions are for original recipe of 1 serving

1. Place lettuce leaves on a flat surface. Top with turkey and cheese. Roll up and enjoy!

### **Firecracker Burgers**

Directions are for original recipe of 4 serving

1. Preheat grill for high heat.
2. In a medium bowl, mix the beef and diced green chilies. Crush bouillon cube into powder and sprinkle into bowl. Mix together, and shape into 4 patties.
3. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Top each patty with cheese about 2 minutes prior to removing from grill.

### **Quick and Easy Low Carb Caprese Salad**

Directions are for original recipe of 1 serving

1. Slice tomatoes and mozzarella.
2. Drizzle with olive oil.
3. Chiffonade (thinly slice) basil and sprinkle on top. Serve immediately.

### **Celery**

Directions are for original recipe of 2 stalks

1. Wash thoroughly.

### **Gordon Ramsay's Scrambled Eggs**

Directions are for original recipe of 1 serving

1. Crack your eggs into a heavy skillet/pan with the butter.
2. With a spatula, mix the eggs in the pan over medium heat.
3. Make sure that you keep mixing the eggs in the pan to prevent from overcooking. Take it on/off the heat to cook it slower.
4. Once the egg has started to form, add the Crème fraîche to cool down the egg and prevent it from further cooking.
5. Season with salt and pepper then serve!

### **Keto Parmesan Breaded Porkchops**

Directions are for original recipe of 6 serving

1. Heat a frying pan to medium.
2. Pour Italian dressing in a bowl. Pour parmesan cheese and seasoning blend into a separate bowl.
3. Dip each cutlet first in italian dressing and then in parmesan cheese and seasoning blend, coating each side. Cook cutlets in pan for about 15 minutes or until cooked though.

### **Easy Fried Spinach**

Directions are for original recipe of 6 serving

1. Melt the butter with the canola oil in a large skillet over medium heat until it stops bubbling. This allows the water from the butter to evaporate. Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.



### **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 vegetables**

Directions are for original recipe of 4 serving

1. Scramble eggs with salt and pepper. set aside.
2. Heat pan to medium low heat. Add olive oil.
3. add all veggies to pan and saute lightly until almost soft.
4. add scrambled eggs to the pan and begin to stir eggs gently with a spatula until eggs begin to set. Remove from heat and enjoy.

### **Keto Armadillo Eggs**

Directions are for original recipe of 8 serving

1. Preheat oven to 400F. Core jalapenos (leaving whole) and carefully scoop out seeds. Fill each jalapeno with goat cheese.
2. Divide sausage into four patties. Press stuffed jalapeno into center of patty making sure it is completely enclosed.
3. Wrap one piece of bacon tightly around sausage. Place in oven at 400 for about 15-20 minutes. Remove from heat and enjoy!!

### **All American Tuna**

Directions are for original recipe of 1 serving

1. Mix all ingredients together in a bowl.
2. Serve with bread or side of choice

### **Dill Poached Salmon**

Directions are for original recipe of 4 serving

1. Place the salmon fillets in a large pot, and pour in the chicken broth. Bring to a boil, reduce heat to low, and place dill in the pot. Cover, and cook 15 minutes, or until fish is easily flaked with a fork.
2. Each serving is a 6 oz fillet (170 grams before cooking).

### **Almond Butter & Celery**

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy!

### **Spinach Scrambled Eggs**

Directions are for original recipe of 1 serving

1. Heat oil in a pan over medium heat. Add spinach and sauté for 3- 4 minutes, or until just wilted.
2. Add scrambled eggs, salt and pepper and mix. Cook to desired firmness. Serve hot and enjoy!

### **Nancyelle's Thin and Crispy Low Carb Pizza**

Directions are for original recipe of 8 slice

1. Mix the cheeses, eggs, garlic powder and basil well.
2. Line a 16-inch pizza pan with parchment paper or nonstick foil. Evenly spread the cheese mixture in the pan, almost to the edge, making it as thin as possible.
3. Bake at 450° 15-20 minutes until golden brown. I suggest checking it after about 10 minutes. If it's getting very dark on the edges and top, turn the oven down to 400° and continue baking until brown all over and no longer pale on the bottom. Pat off any excess grease then add your toppings. Keeping the oven rack in the center position, put the pizza under the broiler until the toppings are hot and any cheese you added is melted and bubbly, about 4-5 minutes.

### **Scrambled Eggs with Cheddar Cheese**

Directions are for original recipe of 1 serving

1. Whisk together eggs and milk in a bowl.
2. Add butter to pan and let it melt and coat the pan over medium-low heat.
3. Add eggs to pan and cook for 3-4 mins, stirring frequently. Occasionally take the pan off heat and then put back on the heat while stirring the eggs so the eggs won't overcook.
4. Turn off heat while eggs are still slightly runny (eggs will still cook from the residual heat). Add cheddar cheese to eggs.
5. Scramble until cheese has melted and eggs are cooked through. Serve immediately and enjoy!

### **Keto Pork Schnitzel**

Directions are for original recipe of 2 serving

1. Cut loin into equal-sized chops. Place each chop in a plastic bag (or wrap) and pound them with a meat tenderizer until they are significantly thinner (under 0.5cm).
2. Mix the ground flaxseed and the ground sesame with some salt and pepper and spread the mix onto a large dish.
3. Whisk the egg and milk in a large soup cup or a small mixing bowl and add salt and pepper to taste.
4. Soak each chop in the egg and milk mixture, then dredge them in the flaxseed and sesame mix, making sure they get an even coating.
5. Line a plate with baking paper and lay the coated pork chops to refrigerate for 10 minutes.
6. In the meantime, heat the oil and the butter in a non-stick pan, over medium-high heat. Carefully lay the chops into the pan and fry until golden brown and crispy, about 3-4 minutes per side.
7. Drain the chops onto paper towels and transfer to serving plates while still hot. Enjoy!

### **Asparagus Parmesan**

Directions are for original recipe of 5 serving














1. Melt butter with olive oil in a large skillet over medium heat. Add asparagus spears, and cook, stirring occasionally for about 10 minutes, or to desired firmness. Drain off excess oil, and sprinkle with Parmesan cheese, salt and pepper.

## Big Firecracker Burgers











Directions are for original recipe of 4 serving

1. Preheat grill for high heat.
2. In a medium bowl, mix the beef and diced green chilies. Crush bouillon cube into powder and sprinkle into bowl. Mix together, and shape into 4 patties.
3. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Top each patty with cheese about 2 minutes prior to removing from grill.


## Grocery List

VEGETABLES		
	<b>Celery</b> Raw	16 stalk, medium (7-1/2" - 8" long) (640 g)
	<b>Onions</b> Raw	1/2 medium (2-1/2" dia) (55 g)
	<b>Spinach</b> Raw	5 1/4 cup (158 g)
	<b>Jalapeno peppers</b> Raw	3 pepper (42 g)
	<b>Chili peppers</b> Green, canned	1/2 cup (70 g)
	<b>Green peppers</b> Sweet, green, cooked, boiled, drained, without salt	1/4 cup, chopped or strips (34 g)
	<b>Asparagus</b> Raw	5 2/3 spear, medium (5-1/4" to 7" long) (91 g)
	<b>Tomatoes</b> Red, ripe, raw, year round average	1 medium whole (2-3/5" dia) (123 g)
	<b>Pickles</b> Cucumber, dill or kosher dill	1 cup (about 23 slices) (155 g)
	<b>Pace diced green chilies</b> Campbell soup company	1/2 tbsp (7.5 g)
	<b>Lettuce</b> Green leaf, raw	1 1/3 cup shredded (48 g)
	<b>Mushrooms</b> White, raw	1/2 cup, whole (48 g)
	<b>Garlic</b> Raw	1 1/3 clove (4 g)
	<b>Mushrooms</b> Portabella, raw	1 mushroom, whole (84 g)


## DAIRY PRODUCTS

	<b>Goat cheese</b> Soft type	5 3/4 tbsp (86 g)
	<b>Cheddar cheese</b>	9 oz (255 g)
	<b>Reduced fat milk</b> Fluid, 2% milkfat, with added vitamin a and vitamin d	1/4 cup (61 g)
	<b>Monterey cheese</b> Includes Pepper Jack	3 oz (85 g)
	<b>Mozzarella cheese</b> Part skim milk	10 oz (284 g)
	<b>Provolone cheese</b>	2 oz (57 g)
	<b>Egg</b> Whole, fresh eggs	25 1/4 large (1.26 kg)
	<b>Butter</b> Unsalted	6 1/2 tbsp (92 g)
	<b>Parmesan cheese</b> Shredded	3 3/4 tbsp (19 g)
	<b>Creme fraiche</b>	1 tbsp




## POULTRY PRODUCTS

	<b>Canned chicken</b> No broth	2/3 cup (137 g)
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## BEEF PRODUCTS


















	<b>Ground beef</b> 80% lean meat / 20% fat, raw	20 oz (567 g)
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## PORK PRODUCTS






	<b>Bacon</b> Raw, cured pork	5 2/3 oz (161 g)
	<b>Pork center rib (chops)</b> Fresh, loin, boneless, separable lean and fat, cooked, braised	1 chop, excluding refuse (yield from 1 raw (81 g)
	<b>Pork tenderloin</b> Fresh, loin, separable lean and fat, raw	4 oz (113 g)

## SAUSAGE AND LUNCH MEAT



	<b>Italian sausage</b> Pork, raw	2 2/3 link, raw (267 g)
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	<b>Pepperoni</b> Pork, beef	3 1/2 oz (98 g)
	<b>Sliced turkey</b> Light meat	2 slice oval (52 g)
<b>SEAFOOD</b>		
	<b>Atlantic salmon</b> Fish, wild, raw	6 oz (170 g)
	<b>Tuna</b> Fish, light, canned in water, drained solids	11 2/3 oz (331 g)
<b>SPICES AND HERBS</b>		
	<b>Basil</b> Spices, dried	1/4 tbsp, leaves (0.525 g)
	<b>Garlic powder</b> Spices	1/3 tbsp (3.23 g)
	<b>Pepper</b> Spices, black	1/4 tbsp (1.6 g)
	<b>Basil</b> Fresh	16 leaf, whole (8 g)
	<b>Dill</b> Fresh	4 1/4 tbsp (2.34 g)
	<b>Salt</b> Table	1/4 tbsp (4.5 g)
<b>SOUPS AND SAUCES</b>		
	<b>Chicken broth bouillon</b> Dry, cubes	1 1/4 cube (5 g)
	<b>Pizza sauce</b> Canned, ready-to-serve	1/4 cup (63 g)
	<b>Chicken broth</b> Soup, canned, ready-to-serve	1/2 cup (120 g)
<b>NUT AND SEED PRODUCTS</b>		
	<b>Sesame seeds</b> Seeds, whole, dried	1/2 tbsp (4.5 g)
	<b>Almond butter</b> Nuts, plain, without salt added	4 tbsp (64 g)
	<b>Flaxseed</b> Seeds	1/4 cup, whole (42 g)
	<b>Pecans</b> Nuts	1 cup, halves (99 g)

## FATS AND OILS

	<b>Olive oil</b> Salad or cooking	6 tbsp (81 g)
	<b>Margarine</b> Regular, 80% fat, composite, stick, unsalted	1 1/3 tbsp (19 g)
	<b>Italian dressing</b> Salad dressing, fat-free	1/4 cup (58 g)
	<b>Light mayonnaise</b> Salad dressing, light	4 tbsp (60 g)
	<b>Vegetable oil</b> Natreon canola, high stability, non trans, high oleic (70%)	2/3 tbsp (9.3 g)

## UNCATEGORIZED

	<b>Cherry Tomatoes</b> Woolworths	15 3/4 tomatoes (153 g)
	<b>Table Blend Salt Free Seasoning Blend</b> Mrs Dash - Walmart	1/4 serving (0.25 g)