

Week 2: 1800 Cal

Jump To [Grocery List](#) [Recipes](#) [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

TRIM
boot camp
TRIM Boot Camp

Day 1

1758 Cal ● 71.3g Carbs (32.5g Fiber) ● 98.9g Fat ● 159.8g Protein

Aim for 50 net carbs, make enough for leftovers for Tuesday

Breakfast 291 Cal



Ham and Egg Scramble

1 serving • 291 Cal

Lunch 467 Cal



Tuna Salad

3/4 serving • 177 Cal



Xtreme Wellness! Tortilla Wraps

1 tortilla • 50 Cal



Cheese Slices, Ultra Thin, Swiss

3 slices • 120 Cal



Triple Zero Strawberry Yogurt

1 cup • 120 Cal

dice up egg to add to your tuna salad

Dinner 660 Cal



Grilled Vegetables

1 Serving • 127 Cal

(Prepare a total of 2 Serving, save 1 Serving for leftovers)



Cauliflower Bake, Bacon Cheddar

1/2 cup • 140 Cal



Smorol NY Strip Steak with Compound Butter

1 serving • 393 Cal

(Prepare a total of 1 1/2 serving, save 1/2 serving for leftovers)

Snack 340 Cal



Chicken Sriracha

1 bar • 130 Cal



String Cheese

1 piece • 50 Cal



Pistachios

1/2 cup without shells • 160 Cal

mix 1/2 Tbsp olive oil to veggies for a heart healthy oil option

Day 2

1745 Cal ● 50.0g Carbs (11.1g Fiber) ● 101.8g Fat ● 158.5g Protein

Aim for 40 net carbs

Breakfast 227 Cal



Hardboiled Egg

2 eggs • 160 Cal



Turkey sausage

1 oz, 1 link • 67 Cal

Dinner 465 Cal



Easy Grilled Chicken Teriyaki

1 serving • 373 Cal



Riced Cauliflower

1 cup • 20 Cal



Chinese-Style Stirfry Vegetables Blend, frozen

1/2 cup • 13 Cal



Extra Virgin Olive oil

1/2 tbsp • 60 Cal

Lunch 613 Cal



Grilled Vegetables

1 Serving • 127 Cal (Leftovers)



Cauliflower Bake, Bacon Cheddar

1/2 cup • 140 Cal (Leftovers)



Smorol NY Strip Steak with Compound Butter

1/2 serving • 197 Cal (Leftovers)



Extra Virgin Olive oil

1 1/4 tbsp • 150 Cal

Snack 440 Cal



Peanut Butter, Natural, Creamy

1 3/4 tbsp • 166 Cal



String Cheese

1 piece • 50 Cal



Beef Sticks, Mild, Original

1 Stick • 100 Cal



Triple Zero Flavored Yogurt

1 container • 90 Cal



Beef Bone Broth

3/4 cup • 34 Cal

add peanut butter in with greek yogurt!

Day 3

1796 Cal ● 204.0g Carbs (36.1g Fiber) ● 60.3g Fat ● 116.5g Protein

Breakfast 353 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Oatmeal and Apples

3/4 bowl • 203 Cal

Dinner 677 Cal



Spaghetti, Whole Wheat

1/8 package dry • 200 Cal



Ground Turkey, 93%/7%

3 oz • 120 Cal



Marinara Sauce

1/2 cup • 100 Cal



Steamed Broccoli

1 serving • 134 Cal

(Prepare a total of 2 serving, save 1 serving for leftovers)



Parmesan cheese

1 tbsp • 21 Cal



Butter

1 tbsp • 102 Cal

add butter to steamed broccoli

Lunch 468 Cal



Chicken Caesar Wraps

1 rollup • 370 Cal



Baby carrots

3/4 cup • 65 Cal



Yogurt, Greek, Nonfat, Plain

1/4 cup • 30 Cal



Ranch Dip Seasoning Mix, dry

1 teaspoon • 3 Cal

Snack 298 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Banana

1 medium • 105 Cal

Day 4

1781 Cal ● 204.8g Carbs (34.5g Fiber) ● 58.2g Fat ● 117.4g Protein

Adjust portion sizes on Sundays and Thursdays, IF following low calorie/rest days on those days

Breakfast 353 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Oatmeal and Apples

3/4 bowl • 203 Cal

Dinner 453 Cal



Crockpot Brown Sugar Balsamic Glazed Pork Tenderloin

1 servings • 270 Cal



Sweet potato

1 medium • 105 Cal



Zucchini

1 cup slices • 27 Cal



Butter

1/2 tbsp • 51 Cal

Lunch 677 Cal



Spaghetti, Whole Wheat

1/8 package dry • 200 Cal (Leftovers)



Ground Turkey, 93%/7%

3 oz • 120 Cal (Leftovers)



Marinara Sauce

1/2 cup • 100 Cal (Leftovers)



Steamed Broccoli

1 serving • 134 Cal (Leftovers)



Parmesan cheese

1 tbsp • 21 Cal (Leftovers)



Butter

1 tbsp • 102 Cal (Leftovers)

Snack 298 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Banana

1 medium • 105 Cal

Day 5

1775 Cal ● 206.4g Carbs (50.2g Fiber) ● 60.1g Fat ● 117.5g Protein

Breakfast 343 Cal



Triple Zero Yogurt, Strawberry

1 container • 120 Cal



Kashi golean

1/4 cup • 40 Cal



Strawberries

3/4 cup, whole • 35 Cal



Banana

1/2 medium • 53 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal

Dinner 819 Cal



Smorol Carnitas TBC

3/16 serving • 311 Cal

(Prepare a total of 1/3 serving, save 3/16 serving for leftovers)



Tortillas, Street Taco

2 tortillas • 60 Cal



Queso Blanco

1 oz • 80 Cal



Shredded Cabbage

1/2 cups • 8 Cal



Lime juice

1/4 cup • 15 Cal



Cilantro

1 serving, raw • 10 Cal



Mexican Rice

1/2 cup dry mix • 230 Cal



Refried beans

1/4 cup • 46 Cal



Olive oil

1/2 tbsp • 60 Cal

Lunch 290 Cal



Clementines

1 fruit • 35 Cal



Chicken, Spinach, and Strawberry Salad

1 serving • 255 Cal

Snack 323 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Wheat Thins

16 pieces • 130 Cal

Day 6

1740 Cal ● 204.1g Carbs (42.3g Fiber) ● 61.7g Fat ● 116.1g Protein

Breakfast 336 Cal



Triple Zero Yogurt, Strawberry

1 container • 120 Cal



Kashi golean

1/4 cup • 40 Cal



Strawberries

1/2 cup, whole • 23 Cal



Peanut Butter, Creamy, Natural

1/2 tbsp • 48 Cal



Banana

1 medium • 105 Cal

Dinner 575 Cal



Smorol Protein Hamburger Helper TBC

1 serving • 446 Cal



Carrots

1/2 cup slices • 27 Cal



Butter

1 tbsp • 102 Cal

Lunch 748 Cal



Smorol Carnitas TBC

3/16 serving • 311 Cal (Leftovers)



Tortillas, Street Taco

2 tortillas • 60 Cal (Leftovers)



Queso Blanco

3/4 oz • 60 Cal (Leftovers)



Shredded Cabbage

1 cups • 17 Cal (Leftovers)



Lime juice

1 cup • 61 Cal (Leftovers)



Cilantro

1 serving, raw • 10 Cal (Leftovers)



Mexican Rice

1/2 cup dry mix • 230 Cal (Leftovers)

Snack 81 Cal



Wheat Thins

10 pieces • 81 Cal

Day 7

1779 Cal ● 202.7g Carbs (29.1g Fiber) ● 62.2g Fat ● 112.9g Protein

Adjust portion sizes on Sundays and Thursdays, IF following low calorie/rest days on those days

Breakfast 364 Cal



Sourdough

2 slice • 200 Cal



Blueberries

1 cup • 84 Cal



Hardboiled Egg

1 eggs • 80 Cal

Dinner 826 Cal



Grilled Salmon with Quinoa and Roasted Vegetables

1 piece • 775 Cal



Broccoli

1 1/4 cup chopped • 39 Cal



Baking Chips, Dark Chocolate

15 chips • 13 Cal

mix broccoli in with roasted veggies in recipe

finish meal off with a portioned out handful of lily's dark chocolate chips!

Lunch 309 Cal



Simple Turkey Sandwich

1 sandwich • 177 Cal



Gluten Free Pretzels, Pretzel Twists

15 pretzels • 98 Cal



Clementines

1 fruit • 35 Cal

Snack 280 Cal



Beef Bone Broth

3/4 cup • 34 Cal



Strawberries

1 cup, whole • 46 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



String Cheese

1 piece • 50 Cal

Chicken Caesar Wraps [🔗](#)



Prep 1 rollup for Lunch on [Day 3](#)

Scaled to 1 rollup

1/2 cup, chopped or diced Chicken, meat only, roasted (70 g)

3/4 cup shredded Lettuce (35 g) **2** Spoon filling onto tortillas, roll up, and enjoy!

1 strip cooked Bacon, cooked (8 g)

1 1/4 tbsp Parmesan cheese (6.2 g)

2 tbsp Caesar salad dressing (30 g)

1 tortilla, medium Tortillas (46 g)

Per 1 rollup (1 serving):

370 Cal ● 31.3g Carbs (1.9g Fiber) ● 13.9g Fat ● 28.9g Protein

Directions are for original recipe of 4 rollup

1 Place roasted chicken, shredded lettuce, chopped bacon, and parmesan cheese into a large bowl. Add dressing and toss together.

Chicken, Spinach, and Strawberry Salad [🔗](#)



Prep 1 serving for Lunch on [Day 5](#)

Scaled to 1 serving

1/2 full breast Chicken breast (118 g)

2 cup Spinach (60 g)

1/2 cup, halves Strawberries (76 g)

1/3 small raw Red Onion (23 g) (thinly sliced)

1/2 tbsp Balsamic vinegar (8 g)

1/2 tbsp Olive oil (6.8 g)

Per 1 serving :

255 Cal ● 11.7g Carbs (3.3g Fiber) ● 10.3g Fat ● 29.1g Protein

Directions are for original recipe of 1 serving

1 Preheat oven to 400 degrees F. Bake chicken for 10-15 minutes or until cooked through and no longer pink. Let rest 5 minutes before slicing.

2 Combine all ingredients in a bowl and drizzle with salad dressing!

3 Enjoy!

Crockpot Brown Sugar Balsamic Glazed Pork Tenderloin [🔗](#)



Prep 1 servings for Dinner on
[Day 4](#)

Scaled to 1 servings

- 1/3 lb** Pork tenderloin (151 g)
- 3/16 tsp** Sage (0.1 g)
- 1/16 tsp** Salt (0.5 g)
- 1/16 tsp** Pepper (0.1 g)
- 3/16 cloves, minced** Garlic (0.5 g)
- 1 1/3 tbsp** Water (20 g)
- 1/16 cup packed** Brown sugar (18 g)
- 1/2 tsp** Cornstarch (1.3 g)
- 2/3 tbsp** Balsamic vinegar (11 g)
- 1 1/3 tbsp** Water (20 g)
- 1 tsp** Soy sauce (6 g)

Per 1 servings (1 serving):

270 Cal ● 21.6g Carbs (0.1g Fiber) ● 5.4g Fat ● 31.9g Protein

Directions are for original recipe of 6 servings

- 1** Mix together the seasonings: sage, salt, pepper and garlic.
- 2** Rub over tenderloin. Place 1/2 cup water in slow cooker; place tenderloin in slow cooker.
- 3** Cook on low for 6-8 hours.
- 4** hour before the roast is finished, mix together the ingredients for the glaze in a small sauce pan: brown sugar, cornstarch, balsamic vinegar, water, soy sauce.
- 5** Heat over medium and stir until mixture thickens, about 4 minutes.
- 6** Brush roast with glaze 2 or 3 times during the last hour of cooking. (For a more caramelized crust: remove from crockpot and place on aluminum lined sheet pan, glaze, and set under broiler for 1-2 minutes until bubbly and caramelized. Repeat 2 to 3 more times until desired crust is achieved.)
- 7** Serve with remaining glaze on the side.
- 8** (source: <http://laurassweetspot.com/2013/06/12/crockpot-brown-sugar-balsamic-glazed-pork-tenderloin/>)

Easy Grilled Chicken Teriyaki [🔗](#)



Prep 1 serving for Dinner on
[Day 2](#)

Scaled to 1 serving

- 1 full breast** Chicken breast (236 g)
- 1/4 cup** Teriyaki sauce (72 g)
- 1 tbsp** Lemon juice (15 g)
- 1/2 tsp** Garlic (1.4 g)
- 1/2 tsp** Sesame oil (2.2 g)

Per 1 serving :

373 Cal ● 12.7g Carbs (0.1g Fiber) ● 8.5g Fat ● 57.6g Protein

Directions are for original recipe of 4 serving

- 1** Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
- 2** Preheat grill for high heat.
- 3** Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Grilled Salmon with Quinoa and Roasted Vegetables [🔗](#)



Prep 1 piece for Dinner on [Day 7](#)

Scaled to 1 piece

4 oz Atlantic salmon (113 g)
(Two 4oz pieces)

1 tbsp Olive oil (14 g)

1/2 tsp Lemon zest (1 g)

1 cloves, minced Garlic (3 g)
(Minced)

1/2 cup Quinoa, cooked (85 g)
(Rinsed)

1 cup Vegetable Broth (240 g)
(Water or low-sodium chicken)

2 tbsp Parsley (7.5 g)
(Chopped fresh)

1/2 fruit, small Lemons (29 g)
(Juice)

1 cup, sliced Red bell pepper
(92 g)
(E.g., broccoli, zucchini)

1 tbsp Olive oil (14 g)

1/2 tsp Italian Seasoning (2 g)
(Or your preferred seasoning)

1/2 dash Salt (0.2 g)
(To taste)

1/2 dash Pepper (0.1 g)
(To taste)

Per 1 piece (1 serving):

775 Cal ● 66.6g Carbs (9.0g Fiber) ● 39.8g Fat ● 38.2g Protein

Directions are for original recipe of 2 piece

1 Instructions:

1. Preheat the grill:

Preheat your grill to medium-high heat.

2. Marinate the salmon:

In a small bowl, combine the olive oil, lemon zest, minced garlic, salt, and pepper.

Brush the salmon fillets with the marinade on both sides.

3. Prepare the quinoa:

In a saucepan, bring the water or broth to a boil.

Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15-20 minutes or until the liquid is absorbed.

Fluff the quinoa with a fork and stir in the chopped parsley, lemon juice, salt, and pepper.

4. Roast the vegetables:

Toss the mixed vegetables with olive oil, dried Italian seasoning, salt, and pepper.

Spread them on a baking sheet and roast in the oven at 400°F (200°C) for about 15-20 minutes or until they are tender and slightly caramelized.

5. Grill the salmon:

Place the marinated salmon fillets on the preheated grill.

Grill for about 4-5 minutes per side or until the salmon flakes easily with a fork and has a slightly charred exterior.

6. Assemble the meal:

Serve the grilled salmon over a bed of lemony quinoa.

Arrange the roasted vegetables on the side. ENJOY!

Grilled Vegetables [🔗](#)



Prep 2 Serving for Dinner on [Day 1](#)

Scaled to 2 Serving

- 1/3 clove** Garlic (1 g)
(1 whole bulb)
- 1 cup cherry tomatoes** Cherry tomatoes (149 g)
- 1/3 medium** Onions (37 g)
(Cubed)
- 1/3 medium** Zucchini (65 g)
(Cubed)
- 1/3 medium** Squash (65 g)
(Cubed)
- 5 1/3 tbsp, chopped** Mushrooms (23 g)
(1 cup)
- 1 1/3 tbsp** Olive oil (18 g)
- 1 tsp** Salt (6 g)
- 1 tsp** Pepper (2.1 g)
- 1 tbsp** Balsamic vinegar (16 g)
- 1/16 tbsp, leaves** Basil, dried (0.2 g)
- 1/16 tbsp, leaves** Oregano, dried (0.2 g)
- 1/4 tsp** Rosemary, dried (0.3 g)
- 1/16 tbsp, leaves** Thyme, dried (0.2 g)

Per 1 Serving :

127 Cal ● 10.0g Carbs (2.7g Fiber) ● 9.4g Fat ● 2.2g Protein

Directions are for original recipe of 6 Serving

- 1 Prepare grates and set your grill to medium-high heat.
- 2 Begin by preparing the garlic for roasting. Peel off the outer papery covering of the head of garlic. Using a sharp knife, slice off 1/4-inch of the top of the bulb, so that the inside of each clove is exposed. Place the head on a square of aluminum foil. Drizzle 1 tsp. olive oil over the top of the cloves, and then use your fingers to spread it around well. Then fold up the foil over the top of the cloves, so that it is fully enclosed. Set the foil package directly on top of the grill grates and cook, covered, for about 20 minutes (or until garlic cloves are soft and lightly golden).
- 3 Meanwhile, in a large bowl, combine tomatoes, onion, zucchini, squash, and mushrooms with 2 tbsp of the olive oil and a generous amount of freshly-ground salt and pepper. Then toss until vegetables are evenly coated. Transfer vegetables to a grill pan, and set on the grill grates (next to the foil-wrapped garlic). Grill, stirring every 2-3 minutes, until vegetables are tender and lightly charred. Remove garlic and vegetables from grill when cooked.
- 4 While vegetables are cooking, prepare the dressing. In a small bowl, whisk together the remaining 2 tbsp. of olive oil, balsamic vinegar, all of the roasted garlic cloves (you can use your fingers to squeeze them out of the clove), and the chopped fresh herbs until combined. Add extra salt and pepper to taste.
- 5 Transfer vegetables to a serving platter or bowl and drizzle with the prepared dressing. Serve immediately. Enjoy!

Ham and Egg Scramble [🔗](#)



Prep 1 serving for Breakfast on [Day 1](#)

Scaled to 1 serving

- 2 spray** Pam cooking spray (0.6 g)
- 2 oz** Honey ham, cooked (57 g)
(Diced)
- 3 large** Egg (150 g)
- 1 pinch** Cayenne pepper (0.4 g)
- 1/4 tsp** Turmeric (0.5 g)

Per 1 serving :

291 Cal ● 5.5g Carbs (0.6g Fiber) ● 16.2g Fat ● 29.0g Protein

Directions are for original recipe of 1 serving

- 1 Spray pan with cooking spray and heat over medium. Add diced ham and sauté a few minutes until it begins to brown.
- 2 Whisk eggs together with the cayenne and turmeric. Pour eggs into the pan over the ham and scramble until eggs have reached desired doneness. Enjoy!

Oatmeal and Apples [🔗](#)



Prep 0.75 bowl for Breakfast on [Day 3](#), Prep 0.75 bowl for Breakfast on [Day 4](#)

Scaled to 3/4 bowl

- 3/8 cup** Oatmeal (30 g)
- 3/4 tsp brownulated** Brown sugar (2.4 g)
- 3/4 medium** Apples (136 g)
- 3/4 cup** Pure Almond Almondmilk (180 g)

Per 1 bowl (1 serving):

270 Cal ● 57.3g Carbs (11.1g Fiber) ● 3.9g Fat ● 6.5g Protein

Directions are for original recipe of 1 bowl

- 1 Remove apple core and cut apple into slices. Mix together with water and oats. Optionally, use milk instead of water for a creamier taste.
- 2 Microwave for 45 seconds, stir, then microwave for 30 more seconds. Sprinkle with brown sugar and eat.

Simple Turkey Sandwich [↗](#)



Prep 1 sandwich for Lunch on [Day 7](#)

Scaled to 1 sandwich

- 2 slice** Whole-wheat bread (56 g)
- 3 tsp or 1 packet** Mustard (15 g)
- 2 slice** Deli cut turkey (20 g)
- 2 leaf, large** Lettuce (30 g)

Per 1 sandwich (1 serving):

177 Cal ● 27.2g Carbs (4.4g Fiber) ● 3.1g Fat ● 10.5g Protein

Directions are for original recipe of 1 sandwich

- 1** Spread mustard onto one of the slices of bread. Top with turkey, lettuce, and, remaining slice of bread. Enjoy!

Smorol Carnitas TBC [↗](#)



Prep 0.333333 serving for Dinner on [Day 5](#)

Scaled to 1/3 serving

- 10 2/3 oz** Boneless Country-Style Pork Spareribs (302 g) (1" cubes)
- 1/3 tbsp, ground** Cumin (3 g)
- 1/3 tbsp, leaves** Oregano, dried (1 g)
- 1 tsp** Salt (6 g)
- 1/3 serving** Bay Leaf
- 1/3 fruit** Oranges (44 g) (quartered)
- 1/3 medium** Onions (37 g) (sliced)
- 2/3 cup** Chicken Stock (151 g)

Per 3/16 serving :

311 Cal ● 5.3g Carbs (1.2g Fiber) ● 17.8g Fat ● 31.5g Protein

Directions are for original recipe of 1 serving

- 1** preheat oven to 300deg
- 2** In large dutch oven brown pork in 2 batches, looking for a dark brown sear on all sides
- 3** Add all ingredients to dutch over, stir well, cover and place in oven for 3 hours
- 4** pull the pork out of the pot, set aside
- 5** skim as much of the fat as possible from the braising liquid
- 6** return pork to the liquid and refrigerate over night
- 7** turn broiler on high, place meat in broil proof tray and broil until crispy and dark
- 8** serve with tortilla/cheese/ salsa etc

Smorol NY Strip Steak with Compound Butter [↗](#)



Prep 1.5 serving for Dinner on [Day 1](#)

Scaled to 1 1/2 serving

- 12 oz** Beef, grass-fed (340 g) (2 8oz steaks)
- 2 1/4 tsp** Seasoning, Montreal Steak (9 g)
- 1 1/2 Tbsp** Smorol Garlic/Blue Cheese/Rosemary Compound butter

Per 1 serving :

393 Cal ● 0.5g Carbs (0g Fiber) ● 19.6g Fat ● 54.0g Protein

Directions are for original recipe of 2 serving

- 1** Season Steaks with Montreal Steak Seasoning, set aside 15 minutes to come to room temp
- 2** Grill or Sear in Cast Iron Pan on high heat ~3 min per side until 130deg for Medium Rare
- 3** Rest Steaks 10 min on a cutting board
- 4** Top with 1 tbsp of compound butter and serve

Smorol Protein Hamburger Helper TBC [🔗](#)



Prep 1 serving for Dinner on
[Day 6](#)

Scaled to 1 serving

3.2 oz 93/7 Ground Beef (91 g)

0.1 medium Onions (11 g)
(diced)

0.2 cup, pieces or slices
Mushrooms (14 g)
(diced)

0.6 cup Bone Broth

0.4 tbsp Tomato Paste (6.6 g)

0.3 tsp Garlic Powder (0.9 g)

0.2 tsp Paprika (0.8 g)

0.2 tsp. Chili powder (0.4 g)

0.6 tsp Salt (3.6 g)

5/16 tsp Pepper (0.6 g)

0.4 cup Mild Cheddar, Reduced
Fat (45 g)
(shredded)

1.2 oz dry Elbows (34 g)

Per 1 serving :

446 Cal ● 27.9g Carbs (3.7g Fiber) ● 18.7g Fat ● 44.0g Protein

Directions are for original recipe of 5 serving

- 1** sauté diced onion, mushroom, ground beef in large skillet over medium high heat until browned, drain excess fat
- 2** stir in tomatoes paste, garlic powder, paprika, chili powder, salt and pepper until mixed thoroughly and fragrant
- 3** add the bone broth and bring to a boil
- 4** add pasta and turn stove down to keep it at a very light simmer x 8 min. (if still runny/thin mix 1tbsp of cornstarch and 1tbsp water in a bowl then mix it to the pan to thicken the sauce)
- 5** off the heat add the shredded cheese and lightly stir in until creamy and smooth

Steamed Broccoli [🔗](#)



Prep 2 serving for Dinner on
[Day 3](#)

Scaled to 2 serving

3/4 lb Broccoli (340 g)

1 1/2 tbsp Butter (21 g)

1/4 tsp Lemon juice (1.3 g)

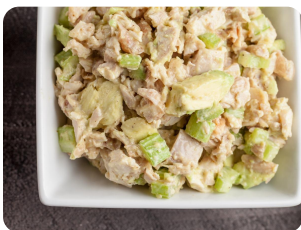
Per 1 serving :

134 Cal ● 11.3g Carbs (4.4g Fiber) ● 9.3g Fat ● 4.9g Protein

Directions are for original recipe of 4 serving

- 1** Trim the broccoli into large florets.
- 2** Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
- 3** Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
- 4** Remove to a platter; season with salt and pepper, the butter, and the lemon juice.

Tuna Salad [🔗](#)



Prep 0.75 serving for Lunch on
[Day 1](#)

Scaled to 3/4 serving

3/8 can Tuna, canned in water
(62 g)

3/8 fruit Avocados (75 g)

3/8 tbsp Lemon juice (5.6 g)

1/8 cup chopped Onions (6.7 g)

Per 1 serving :

236 Cal ● 9.6g Carbs (6.9g Fiber) ● 15.6g Fat ● 18.1g Protein

Directions are for original recipe of 2 serving

- 1** Mix and mash all ingredients, then add salt, pepper, and garlic powder to your preference.

Grocery List

Vegetables



Onions

2/3 stalk (8 g), Young green, tops only



Garlic

2 clove (6 g), Raw



Cherry tomatoes

1 cup cherry tomatoes (149 g), Red, ripe, raw, year round average



Onions

1 medium (110 g), Raw



Zucchini

1 medium (196 g), Summer squash, includes skin, raw



Squash

1/3 medium (65 g), Summer, all varieties, raw



Mushrooms

1 1/4 mushroom (24 g), Shiitake, raw



Lettuce

1 1/4 cup shredded (59 g), Romaine or cos, raw



Baby carrots

3/4 cup (184 g), Baby, raw



Broccoli

5 cup chopped (455 g), Raw



Sweet potato

1 medium (114 g), Cooked, baked in skin, with salt



Spinach

2 cup (60 g), Raw



Red Onion

1/3 small raw (23 g), Freshdirect



Mushrooms

1/4 cup, whole (24 g), White, raw



Carrots

1/2 cup slices (78 g), Cooked, boiled, drained, with salt



Vegetable Broth

1 cup (240 g), From bouillons. Low sodium



Parsley

2 tbsp (7.6 g), Raw



Red bell pepper

1 medium (119 g), Sweet, raw

Fruits and Fruit Juices



Avocados

1/2 fruit (100 g), Raw, All commercial varieties



Lemon juice

1 1/2 tbsp (22 g), Raw



Apples

1 1/2 medium (273 g), With skin



Banana

3 1/2 medium (413 g), Raw



Strawberries

3 cup, whole (432 g), Raw



Clementines

2 fruit (148 g), Raw



Oranges

1/3 fruit (44 g), Raw, all commercial varieties



Lime juice

1 1/4 cup (302 g), Raw



Blueberries

1 cup (148 g), Raw



Lemons

1/2 fruit (42 g), Raw, without peel

Dairy Products



Egg

3 large (150 g), Whole, fresh eggs



Yogurt, Greek, Nonfat, Plain

1/4 cup (57 g), Chobani



Butter

5 tbsp (71 g), Unsalted



Parmesan cheese

3 tbsp (15 g), Shredded

Beverages



Pure Almond Almondmilk

1 1/2 cup (360 g), Unsweetened Vanilla - Silk



Water

1/4 cup (59 g), Plain, clean water

Poultry Products



Chicken breast

3 breast fillet (354 g), Broilers or fryers, meat only, raw



Chicken, meat only

1/2 cup, chopped or diced (70 g), Broilers or fryers, roasted

Beef Products



Beef, grass-fed

12 oz (340 g), Strip steaks, lean only, raw



93/7 Ground Beef

1 serving (112 g), Walmart

Pork Products



Bacon

1 strip cooked (8 g), Pork, cured, cooked, pan-fried



Pork tenderloin

5 1/3 oz (151 g), Fresh, loin, separable lean and fat, raw

Sausage and Lunch Meat



Honey ham

2 oz (57 g), Smoked, cooked



Turkey sausage

1 oz, 1 link (28 g), Breakfast links, mild



Deli cut turkey

2 slice (20 g), White, rotisserie

Seafood



Tuna

2 1/4 oz (64 g), Fish, light, canned in water, drained solids



Atlantic salmon

4 oz (113 g), Fish, wild, raw

Spices and Herbs



Cayenne pepper

1/4 tbsp (1.32 g), Spices, red or cayenne



Turmeric

1/4 tsp (0.5 g), Organic Spice - 365 Everyday Value



Salt

1 tbsp (18 g), Table



Pepper

1/2 tbsp (3.2 g), Spices, black



Balsamic vinegar

1/4 cup (64 g),



Basil

1/4 tbsp, leaves (0.525 g), Spices, dried



Oregano

1/2 tbsp, leaves (1.5 g), Spices, dried



Rosemary

1/4 tbsp (0.825 g), Spices, dried



Thyme

1/4 tbsp, leaves (0.675 g), Spices, dried



Sage

1/4 tbsp (0.5 g), Spices, ground



Cumin

1/3 tbsp, ground (3 g), Spices, cumin seed



Bay Leaf

1/3 serving , Castella



Cilantro

2 serving, raw (100 g), Raw - Whole Foods Market



Paprika

1/4 tsp (1 g), Ground - Meijer



Mustard

1 tbsp (15 g), Prepared, yellow



Lemon zest

1/2 tsp (1 g),



Italian Seasoning

1/2 tsp (2 g), Shoppers Value

Soups and Sauces



Teriyaki sauce

4 tbsp (72 g), Ready-to-serve

Soy & Legumes



Soy sauce

1/3 tbsp (6 g), Made from soy (tamari)



Refried beans

1/4 cup (58 g), Canned, fat-free

Nut and Seed Products



Peanut Butter, Natural, Creamy

2 tbsp (32 g), Smucker's

Breakfast Cereals



Oatmeal

3/4 cup (60 g), Cereals, Quaker, dry rolled oats



Kashi golean

1/2 cup (26 g), Cereals ready-to-eat

Baked Products



Tortillas

1 tortilla, medium (46 g), Ready-to-bake or -fry, flour



Whole-wheat bread

2 slice (56 g), Commercially prepared

Grains and Pasta



Cornstarch

1/4 tbsp (1.92 g),



Quinoa

1/2 cup (85 g), Uncooked

Fats and Oils



Pam cooking spray

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



Olive oil

4 1/3 tbsp (58 g), Salad or cooking



Extra Virgin Olive oil

1 3/4 tbsp (26 g), First Cold Pressed - Kirkland Signature



Sesame oil

1/4 tbsp (3.4 g), Salad or cooking



Caesar salad dressing

1/4 cup (60 g), Low calorie

Sweets



Brown sugar

1/4 cup unpacked (36 g),



Baking Chips, Dark Chocolate

15 chips (3.5 g), Lily's

Meals / Entrees



Mexican Rice

1 cup dry mix (126 g), Knorr

Snacks



Wheat Thins

26 2/3 pieces (48 g), Nabisco Wheat Thins

Uncategorized



Xtreme Wellness! Tortilla Wraps

1 tortilla (45 g), Ole Mexican Foods



Cheese Slices, Ultra Thin, Swiss

3 slices (32 g), Sargento



Triple Zero Strawberry Yogurt

1 cup (150 g), Dannon Oikos



Cauliflower Bake, Bacon Cheddar

1 cup (250 g), Birds Eye



Seasoning, Montreal Steak

2 1/4 tsp (9 g), McCormick



Smorol Garlic/Blue Cheese/Rosemary Compound butter

1 1/2 Tbsp ,



Chicken Sriracha

1 bar (43 g), Epic



String Cheese

3 piece (72 g), Member's Mark



Pistachios

1/2 cup without shells (28 g), Wonderful



Hardboiled Egg

3 eggs (150 g), Sodexo Food Services



Riced Cauliflower

1 cup (101 g), Great Value



Chinese-Style Stirfry Vegetables Blend, frozen

1/2 cup (43 g), Cascadian Farm Organic



Beef Sticks, Mild, Original

1 Stick (33 g), Chomps

**Triple Zero Flavored Yogurt**

1 container (150 g), Oikos

**Beef Bone Broth**

1 1/2 cup , Trader Joe's

**Protein Shake, Chocolate**

3 bottle , Fairlife

**Ranch Dip Seasoning Mix, dry**

1 teaspoon (2.83 g), McCormick

**Spaghetti, Whole Wheat**

1/3 package dry (112 g), Great Value

**Ground Turkey, 93%/7%**

6 oz (168 g), Nature's Promise

**Marinara Sauce**

1 cup (250 g), Rao's Homemade

**Protein Bar, Chocolate Peanut Butter**

3 bar (171 g), Grab The Gold

**Triple Zero Yogurt, Strawberry**

2 container (300 g), Dannon Oikos

**Peanut Butter, Creamy, Natural**

1 1/2 tbsp (24 g), Smucker's

**Boneless Country-Style Pork Spreribs**

11 oz raw (311 g), Freshdirect

**Chicken Stock**

2/3 cup (151 g), Freshdirect

**Tortillas, Street Taco**

4 tortillas (88 g), La Banderita

**Queso Blanco**

1 3/4 oz (49 g), Pasteurized Prepared, Queso Blanco, Velveeta

**Shredded Cabbage**

1 1/2 cups (85 g), H-E-B

**Bone Broth**

2/3 cup , Del Campo

**Tomato Paste**

1/2 tbsp (8.2 g), Happy Harvest

**Garlic Powder**

1/3 tsp (1.03 g), Great Value

**Chili powder**

1/4 tsp. (0.5 g), Great Value

**Mild Cheddar, Reduced Fat**

1/2 cup (47 g), Lowes Foods

**Elbows**

1 1/3 oz dry (37 g), Banza

**Sourdough**

2 slice (80 g), Great Value

**Gluten Free Pretzels, Pretzel Twists**

15 pretzels (22 g), Great Value