Week 1: 1800 Cal

Jump To Grocery List Recipes Day 1 Day 2 Day 3 Day 4 Day 5 Day 6
Day 7

boot camp
TRIM Boot Camp

Day 1

1697 Cal • 68.4g Carbs (27.6g Fiber) • 87.7g Fat • 157.3g Protein

aim for 50 net carbs

Breakfast 300 Cal

2 L

Egg, hard-boiled 2 large • 155 Cal

Turkey bacon 1 oz • 107 Cal

Whole-wheat bread 1/2 slice • 38 Cal

Dinner 496 Cal



Smorol Cheese Burgers in Lettuce Wraps

1 serving • 496 Cal

You have a little extra calories to add a side if you wish.

Lunch 461 Cal



TBC Low Carb Turkey and Hummus Wrap

1 serving • 376 Cal



Pistachios

1/2 oz • 85 Cal

For the wrap: 8 Deli Slices / 1TBSP Hummus / Mission Carb Balance Tortilla / 2 slices of Pepper jack cheese

Snack 440 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Natural Peanut Butter

1 1/4 tbsp • 125 Cal



Oikos Triple Zero

1 container • 120 Cal



Beef Bone Broth

1 cup • 45 Cal

add peanut butter in with yogurt for whipped peanut butter treat

aim for 40 net carbs

Breakfast 297 Cal



Egg, hard-boiled 2 large • 155 Cal



Turkey bacon 1 oz • 107 Cal



Clementines 1 fruit • 35 Cal

Dinner 495 Cal



TBC Low Carb Turkey and Hummus Wrap

1 serving • 376 Cal



Parmesan Crisps

14 crisps • 119 Cal

For the wrap: 8 Deli Slices / 1TBSP Hummus / Mission Carb Balance Tortilla / 2 slices of Pepper jack cheese

Lunch 496 Cal



Smorol Cheese Burgers in Lettuce Wraps

1 serving • 496 Cal

You have a little extra calories to add a side if you wish.

Snack 404 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Natural Peanut Butter

1 tbsp • 100 Cal



Oikos Triple Zero

1 container • 120 Cal



Beef Bone Broth

3/4 cup • 34 Cal

add peanut butter in with yogurt for whipped peanut butter treat

Day 3

1792 Cal • 207.5g Carbs (29.8g Fiber) • 61.0g Fat • 117.9g Protein

Create meals that you can have leftovers with! Double the recipe, make 2 of the same meal. Make it easier for yourself- it helps with tracking, meeting macros and calories

Breakfast 394 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Baked Blueberry Peach Oatmeal

1 serving • 202 Cal



Blueberries

1/2 cup • 42 Cal

Lunch 523 Cal



Microwaved sweet potato

1 potato • 112 Cal



Basic Baked Chicken





Steamed Broccoli

1 serving • 134 Cal



Butter

1 tbsp • 102 Cal

add 1/2 Tbsp butter to sweet potato (+ cumin for savory OR cinnamon for sweet) and 1/2 Tbsp butter to broccoli with a squeeze of lemon juice!

Snack 176 Cal



Strawberries

1 cup, whole • 46 Cal



Wheat Thins

16 pieces • 130 Cal

pair your carbs with protein! Ex. String cheese with small piece of fruit.

Dinner 698 Cal



Smorol Penne with Ground Turkey ragu

1 serving • 549 Cal

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



Spinach Strawberry Salad

1 serving • 150 Cal

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

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

Breakfast 362 Cal



Baked Blueberry Peach Oatmeal

1 serving • 202 Cal



Hardboiled Egg

2 eggs • 160 Cal

Dinner 418 Cal



Basic Baked Chicken

3/4 serving • 131 Cal



Steamed Broccoli

1 serving • 134 Cal



Strawberries

1/2 cup, whole • 23 Cal



Brown rice

1/2 cup • 108 Cal



Blueberries

1/4 cup • 21 Cal

Lunch 719 Cal



Smorol Penne with Ground Turkey ragu

1 serving • 549 Cal (Leftovers)



Spinach Strawberry Salad

1 serving • 150 Cal (Leftovers)



Parmesan cheese

1 tbsp • 21 Cal

add 1/2 Tbsp butter to sweet potato (+ cumin for savory OR cinnamon for sweet) and 1/2 Tbsp butter to broccoli with a squeeze of lemon juice!

Snack 274 Cal



Apples

1/2 medium • 47 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Beef Bone Broth

3/4 cup • 34 Cal

pair your carbs with protein! Ex. String cheese with small piece of fruit.

Day 5

Breakfast 538 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Baked Blueberry Peach Oatmeal

1 serving • 202 Cal



Turkey bacon

1 1/4 oz • 134 Cal



Banana

1/2 medium • 53 Cal





Classic Romaine Salad

1 1/2 cups • 20 Cal



Organic Wood Fired Sicilian Style Pizza

1/2 pizza • 424 Cal



Light Ranch

2 tbsp • 60 Cal



Croutons

1/4 cup • 47 Cal

Or any kind of frozen pizza!

Lunch 425 Cal



Deli cut turkey

2 slice • 22 Cal



Cheese Slices, Natural, Swiss

1766 Cal • 206.1g Carbs (23.3g Fiber) • 60.4g Fat • 113.8g Protein

🗦 1 slices • 40 Cal



Romaine Leaf

1/2 cups shredded • 4 Cal



Strawberries

3/4 cup, whole • 35 Cal



Wheat Thins

12 pieces • 97 Cal



Blueberries

1/4 cup • 21 Cal



Whole-wheat bread

2 slice • 141 Cal



Mayonnaise Dressing With Extra Virgin Olive Oil

1 tbs • 64 Cal

Snack 252 Cal



String Cheese

1 piece • 50 Cal



Yogurt, Nonfat, Salted Caramel Flavored

1 container • 90 Cal



Baking Chips, Dark Chocolate

20 chips • 17 Cal



Go Lean Crunch

1/4 cup • 73 Cal



Beef Bone Broth

1/2 cup • 23 Cal

Day 6

Breakfast 565 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Baked Blueberry Peach Oatmeal

1 serving • 202 Cal



Turkey bacon

1 1/2 oz • 160 Cal



Banana

1/2 medium • 53 Cal

Dinner 458 Cal



Deli cut turkey

3 slice • 34 Cal



Thin Cheese Slices, Natural, Swiss

2 slices • 80 Cal



Wheat Thins

12 pieces • 97 Cal



Blueberries

1/2 cup • 42 Cal



Mayonnaise Dressing With Extra Virgin Olive Oil

1 tbs • 64 Cal



Whole-wheat bread

2 slice • 141 Cal

Lunch 457 Cal



Romaine Leaf

1/2 cups shredded • 4 Cal

1744 Cal • 206.7g Carbs (25.6g Fiber) • 59.8g Fat • 110.7g Protein



Strawberries

1 cup, whole • 46 Cal



Classic Romaine Salad

1 1/2 cups • 20 Cal (Leftovers)



Light Ranch

2 tbsp • 60 Cal (Leftovers)



Croutons

1/4 cup • 47 Cal (Leftovers)



Organic Wood Fired Sicilian Style Pizza

1/3 pizza • 280 Cal (Leftovers)

Snack 264 Cal



Yogurt, Nonfat, Salted Caramel Flavored

1 container • 90 Cal



Baking Chips, Dark Chocolate

20 chips • 17 Cal



Go Lean Crunch

1/4 cup • 73 Cal



String Cheese

1 piece • 50 Cal



Clementines

1 fruit • 35 Cal

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

Breakfast 511 Cal



Ham and Egg Scramble

1 serving • 291 Cal



Sourdough

1 slice • 100 Cal



Blueberries

1/2 cup • 42 Cal



Butter

1/4 tbsp • 25 Cal



Banana

1/2 medium • 53 Cal

Dinner 509 Cal



Smorol Pork Meatloaf TBC

1 serving • 331 Cal



Sweet potato

1/2 medium • 51 Cal



Grilled Vegetables

1 Serving • 127 Cal

grilled veggies can also be roasted in the oven if easier!

Lunch 368 Cal



Whole-wheat bread

2 slice • 141 Cal



Deli cut turkey

2 slice • 22 Cal



Cheese Slices, Natural, Swiss

1 slices • 40 Cal



Clementines

1 fruit • 35 Cal



Gluten Free Pretzels, Pretzel Twists

20 pretzels • 130 Cal

Snack 409 Cal



Triple Zero Strawberry Yogurt

1 cup • 120 Cal



Go Lean Crunch

1/4 cup • 73 Cal



Strawberries

1/2 cup, whole • 23 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal

Recipes



TRIM Boot Camp

Baked Blueberry Peach Oatmeal 🥏



1/3 medium Peaches (50 g)



Prep 1 serving for Breakfast on Day 3, Prep 1 serving for Breakfast on Day 4, Prep 1 serving for Breakfast on Day 5, Prep 1 serving for Breakfast on Day 6

Scaled to 1 serving

1 1/3 tbsp Blueberries (12 g) 1/4 cup Lowfat milk (61 g) **2 3/4 tbsp** Plain yogurt (41 g) **3/16** large Egg (8.3 g) 1/16 cup unpacked Brown sugar (6 g) **1/3 cup** Rolled oats (27 g) **1/16 tsp** Baking powder (0.4 g) **1/16 tsp** Baking soda (0.2 g) 1/16 tsp Salt (0.2 g) **1/16 tsp** Ginger (0.1 g)

1/16 tsp Cinnamon (0.1 q)

Per 1 serving:

202 Cal • 38.3g Carbs (4.3g Fiber) • 2.9g Fat • 8.8g Protein

Directions are for original recipe of 6 serving

- 1 Preheat the oven to 350 degrees. F Clean the peaches and cut them into chunks. Place the peaches and blueberries in the bottom of an 8×8 baking dish coated with non-stick spray.
- 2 In one bowl, whisk together the wet ingredients (milk, yogurt, egg, sugar). In a separate bowl, stir together the dry ingredients (oats, baking powder, baking soda, salt, ginger, cinnamon). Combine the two bowls and stir until evenly mixed. Pour the mixture over the fruit in the baking dish.
- **3** Cover the dish with foil (to keep the moisture in and steam the oats) and place in the preheated oven. Cook for 20 minutes. Remove the foil at 20 minutes and continue to bake until the top is golden brown (about 25 minutes more).
- 4 Serve warm with cold milk, whipped cream, vanilla yogurt or just plain. Enjoy!

Basic Baked Chicken 🤣





Prep 1 serving for Lunch on Day 3, Prep 0.75 serving for Dinner on Day 4

Scaled to 3/4 serving

(88 g)

1/4 tsp Olive oil (1 g)

1/16 medium Onions (8.2 g) (Finely chopped)

1/8 tsp Garlic powder (0.5 g)

7/16 tsp Honey (3.1 g)

1/16 tsp Cayenne pepper (0.1 g)

1/16 tsp Paprika (0.2 g)

1/16 tsp Crushed red pepper flakes (0 g)

1/16 tsp Cinnamon (0.1 g)

1/16 tsp, leaves Thyme, dried (0g)

1/8 dash Salt (0.1 g)

1/8 dash Pepper (0 g)

Per 1 serving:

175 Cal • 5.4g Carbs (0.5g Fiber) • 4.5g Fat • 26.9g Protein

Directions are for original recipe of 5 serving

- 3/4 breast fillet Chicken breast 1 Preheat oven to 375°F (190°C). Wash chicken breasts in cold water and pat dry.
 - 2 In a bowl, combine the olive oil, chopped onions, garlic powder, honey, cayenne pepper, paprika, crushed red pepper flakes, cinnamon, thyme, salt, and pepper.
 - **3** Add the chicken to the bowl with the spice mixture, ensuring the chicken is evenly coated.
 - 4 Marinate the chicken in the refrigerator for at least 30 minutes, or overnight for a more intense flavor.
 - **5** Lightly coat a baking sheet with cooking spray and arrange the marinated chicken on it. Sprinkle any remaining spices over the chicken.
 - 6 Bake uncovered for 45-50 minutes.

Grilled Vegetables 🤣



Prep 1 Serving for Dinner on Day 7

Scaled to 1 Serving

3/16 clove Garlic (0.5 g) (1 whole bulb)

1/2 cup cherry tomatoes Cherry tomatoes (74 g)

3/16 medium Onions (18 g) (Cubed)

3/16 medium Zucchini (33 g) (Cubed)

3/16 medium Squash (33 g) (Cubed)

2 2/3 tbsp, chopped Mushrooms (12 g) (1 cup)

2/3 tbsp Olive oil (9 g)

1/2 tsp Salt (3 g)

1/2 tsp Pepper (1.1 g)

1/2 tbsp Balsamic vinegar (8 g)

1/16 tbsp, leaves Basil, dried (0.1 g)

1/16 tbsp, leaves Oregano, dried (0.1 g)

1/8 tsp Rosemary, dried (0.1 g)

1/16 tbsp, leaves Thyme, dried (0.1 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 7

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!

Microwaved sweet potato \oslash





Prep 1 potato for Lunch on Day 3

Scaled to 1 potato

1 sweetpotato, 5" long Sweet potato (130 g)

Per 1 potato (1 serving):

112 Cal • 26.2g Carbs (3.9g Fiber) • 0.1g Fat • 2.0g Protein

Directions are for original recipe of 1 potato

- **1** Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).
- 2 If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

Smorol Cheese Burgers in Lettuce Wraps 🔗



Prep 1 serving for Dinner on Day 1, Prep 1 serving for Lunch on Day 2

Scaled to 1 serving

Seasoning (6 g)

6 oz 93/7 Ground Beef (170 g) **1 1/2 tsp** Montreal Steak

1 slice Cheddar cheese (28 g)

1 tbsp Mayonnaise (14 g)

1/2 tbsp Ketchup (7.5 g)

1/4 tbsp Mustard (3.8 g)

2 slice Pickles (14 g)

2 leaf, large Lettuce (30 g)

Per 1 serving :

496 Cal • 3.8g Carbs (0.7g Fiber) • 33.7g Fat • 42.4g Protein

Directions are for original recipe of 2 serving

- **1** Divide Ground sirloin into 4x 3oz patties, season with Montreal Seasoning on both sides
- **2** Combine Mayo, Ketchup, mustard and diced pickles in a bowl, mix well and set aside
- **3** Cook Burger patties in a cast iron pan over MedHigh heat 3 minutes per side, pressing flat until crispy edges formed
- 4 Top burger patties with 1/2 slice of cheese each
- **5** Assemble one cheese burger per lettuce leaf and top with ~1tbsp of sauce each

Smorol Penne with Ground Turkey ragu 🔗



Prep 2 serving for Dinner on Day 3

Scaled to 2 serving

6 oz Penne Pasta (170 g)

1 cup, chopped or sliced Tomatoes (180 g)

1 1/2 clove Garlic (4.5 g)

1/4 medium Onions (28 g)

1/2 lb Ground turkey (227 g)

1 tbsp Tomato paste (16 g)

1/2 tbsp Olive oil (6.8 g)

1/2 tsp Italian Seasoning (2 g)

1 tbsp Salt (18 g)

1 cup Water (237 g)

1 1/2 tbsp Parmesan cheese (7.5 g)

Per 1 serving:

549 Cal • 69.5g Carbs (4.7g Fiber) • 14.8g Fat • 35.8g Protein

Directions are for original recipe of 4 serving

- **1** Over Med high heat brown ground turkey in 1 tbsp EVOO, chopping up fine as your go with spatula
- **2** add 1 tbsp EVO and lightly cook onion until just browned on edges, add garlic x 60 sec.
- **3** stir in tomato paste, cook 1-2min until evenly distributed. add chopped tomatoes, salt and italian herbs and cook until tomatoes break up 3-5 min
- **4** add 2 cups of water and simmer covered until liquid reduced by 1/2
- **5** cook pasta per package, reserve 1 cup of pasta water before straining
- **6** add pasta to ragu pan with 1/2 cup reserves pasta water and incorporate well. Thin with more pasta water if needed. finish with parmesan cheese

Smorol Pork Meatloaf TBC 🔗

Per 1 serving : 331 Cal • 21.1g Carbs (3.7g Fiber) • 12.9g Fat • 33.1g Protein



Prep 1 serving for Dinner on Day 7

Scaled to 1 serving

4 oz Ground pork (113 g)

1/8 medium Onions (14 g)

1/4 large Carrots (18 g)

1/4 average eggplant Japanese Eggplant (105 g)

3/4 clove Garlic (2.2 g)

2 tbsp Greek yogurt, whole (30 g)

1/2 oz Cheddar cheese (14 g)

1 tbsp Bread crumbs (6.8 g)

3/4 tsp Poultry seasoning (1.1 g)

1/4 tsp Italian Seasoning (1 g)

3/4 tsp Salt (4.5 g)

1 tbsp Ketchup (15 g)

1/4 tsp Soy sauce (4 g)

Directions are for original recipe of 4 serving

1 Sautee Veggies til soft, set aside to cool mix ground pork, seasonings, and cooked veg Bake 375deg x 40 min, mix ketchup and soy sauce glaze the meatloaf with ketchup/soy, bake addition 5-10 min internal temp 160deg

Spinach Strawberry Salad 🥏





Prep 2 serving for Dinner on Day 3

Scaled to 2 serving

1/2 tbsp Olive oil (6.8 g)

1 1/2 tbsp Vinegar (22 g)

1/2 tsp Stevia Sweetener (0.5 g)

3/4 tbsp chopped Onions (7.5 g)

1/2 cloves, minced Garlic (1.5 g)

1/2 tsp Ginger root (1 g)

1 tsp Allspice (2 g)

1/2 tsp Paprika (1.1 g)

1/2 tsp Onion powder (1.2 g)

1/2 tsp Garlic powder (1.6 g)

1 tsp Sesame seeds, dried (3 g)

3/8 cup, sliced Strawberries (62 g)

4 cup Spinach (120 g)

1/8 cup, chopped Walnuts, dried (16 g)

1/8 cup, crumbled Feta cheese (19 g)

Per 1 serving:

150 Cal ● 9.0g Carbs (3.3g Fiber) ● 11.3g Fat ● 5.9g Protein

Directions are for original recipe of 4 serving

- 1 Mix olive oil, cider vinegar, and stevia together. Mix in minced onion, minced garlic, and minced ginger, then add allspice, paprika, onion powder, garlic powder, and sesame seeds and mix together until dressing is uniform. Refrigerate if desired to allow flavor to set.
- 2 Slice strawberries. Prepare a bed of 1 cup spinach in a bowl, top with strawberries, and drizzle with dressing.
- 3 Top with walnuts and crumbled feta cheese. Enjoy!

Steamed Broccoli 🔗



Prep 1 serving for Lunch on Day 3, Prep 1 serving for Dinner on Day 4

Scaled to 1 serving

3/8 lb Broccoli (170 g) **3/4 tbsp** Butter (11 g) **1/8 tsp** Lemon juice (0.6 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.

Organic Wood Fired Sicilian Style Pizza 🥏







Eat 0.5 pizza for Dinner on Day 5, Eat 0.33 pizza for Lunch on Day 6

Protein Bar, Chocolate Peanut Butter 🥏





Per 1 bar (57 g) :

193 Cal • 25.0g Carbs (7.0g Fiber) • 5.0g Fat • 11.0g Protein

Eat 1 bar for Snack on Day 4, Eat 1 bar for Snack on Day 7

Protein Shake, Chocolate 🥏

Fairlife



150 Cal • 4g Carbs (1g Fiber) • 2.5g Fat • 30g Protein



Eat 1 bottle for Snack on Day 1, Eat 1 bottle for Snack on Day 2, Eat 1 bottle for Breakfast on Day 3, Eat 1 bottle for Breakfast on Day 5, Eat 1 bottle for Breakfast on Day 6

TBC Low Carb Turkey and Hummus Wrap



8 Deli Slices / 1TBSP Hummus / Mission Carb Balance Tortilla / 2 slices of Pepper jack cheese Per 1 serving:

376 Cal • 29g Carbs (16g Fiber) • 16g Fat • 29g Protein



Eat 1 serving for Lunch on Day 1, Eat 1 serving for Dinner on Day 2

Grocery List



Dairy Products



Butter

2 3/4 tbsp (39 g), Unsalted



Cheddar cheese

2 1/2 oz (71 g),



Cheese Slices, Natural, Swiss

4 slices (43 g), Sargento



Egg

3 2/3 large (183 g), Whole, fresh eggs



Egg, hard-boiled

4 large (200 g), Whole, cooked



Feta cheese

2/3 oz (19 g),



Greek yogurt

1/4 cup (60 g), Plain, whole fat



Lowfat milk

1 cup (244 g), Fluid, 1% milkfat, with added vitamin a and vitamin d



Oikos Triple Zero

2 container (300 g), Dannon



Parmesan cheese

2 1/2 tbsp (12 g), Shredded



Plain yogurt

2/3 cup (163 g), Low fat, 12 grams protein per 8 ounce



String Cheese

2 piece (48 g), Member's Mark



Triple Zero Strawberry Yogurt

1 cup (150 g), Dannon Oikos



Yogurt, Nonfat, Salted Caramel Flavored

2 container (300 g), Oikos Triple Zero

Spices and Herbs



Allspice

1/3 tbsp (2 g), Spices, ground



Balsamic vinegar

1/4 cup (64 g),



Basil

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



Cayenne pepper

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



Cinnamor

1/4 tbsp (1.95 g), Spices, ground



Crushed red pepper flakes

1/4 tbsp (0.24 g),



Garlic powder

1/3 tbsp (3.23 g), Spices



Ginger

1/4 tbsp (1.35 g), Spices, ground



Italian Seasoning

3/4 tsp (3 g), Shoppers Value



Montreal Steak Seasoning

3 tsp (12 g), McCormick



Mustard

1/2 tbsp (7.5 g), Prepared, yellow



Onion powder

1/4 tbsp (1.73 g), Spices



Oregano

1/4 tbsp, leaves (0.75 g), Spices, dried



Paprika

1/4 tbsp (1.73 g), Spices



Pepper

1/4 tbsp (1.6 g), Spices, black



Poultry seasoning

1/4 tbsp (1.1 g), Spices



Rosemary

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



Salt

1 1/2 tbsp (27 g), Table



Stevia Sweetener

1/2 tsp (0.5 g), Tesco



Thyme

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



Turmeric

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



Vinegar

1/4 cup (60 g), Cider

Fats and Oils



Mayonnaise

2 tbsp (28 g), Regular, with salt



Olive oil

2 tbsp (27 g), Salad or cooking



Pam cooking spray

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

Poultry Products



Chicken breast

1 3/4 breast fillet (206 g), Broilers or fryers, meat only, raw



Ground turkey

8 oz (228 g), Poultry food products, raw



Hardboiled Egg

2 eggs (100 g), Sodexo Food Services



Mayonnaise Dressing With Extra Virgin Olive Oil

2 tbs (30 g), With Olive Oil - Hellmann's



Turkey bacon

4 3/4 oz (133 g), Cooked

Soups and Sauces



Beef Bone Broth

3 cup, Trader Joe's



Light Ranch

4 tbsp , Hidden Valley

Sausage and Lunch Meat



Deli cut turkey

7 slice (70 g), White, rotisserie



Honey ham

2 oz (57 g), Smoked, cooked

Breakfast Cereals



Go Lean Crunch

3/4 cup (56 g), Kashi



Rolled oats

1 1/3 cup (107 g), Plain, dry oatmeal

Fruits and Fruit Juices



Apples

1/2 medium (91 g), With skin



Banana

1 1/2 medium (177 g), Raw



Blueberries

2 1/3 cup (345 g), Raw



Clementines

3 fruit (222 g), Raw



Lemon juice

1/4 tbsp (3.75 g), Raw



Peaches

1 1/3 medium (200 g), Raw



Strawberries

4 1/4 cup, whole (612 g), Raw

Pork Products



Ground pork

4 oz (113 g), 96% lean / 4% fat, raw

Vegetables



Broccoli

3 3/4 cup chopped (341 g), Raw



Carrots

1/4 large (18 g), Raw



Cherry tomatoes

1/2 cup cherry tomatoes (74 g), Red, ripe, raw, year round average



Classic Romaine Salad

🌠 3 cups (170 g), Dole



Garlic

3 clove (9 g), Raw



Ginger root

1/4 tbsp (1.5 g), Raw



Japanese Eggplant

1/4 average eggplant (105 g), Asian Items - Melissa's



Ketchup

1/4 cup (60 g),



Lettuce

1 1/4 cup, chopped (1/2" pieces, loosely packe (71 g), lceberg (includes crisphead types), raw



Mushrooms

2/3 mushroom (13 g), Shiitake, raw



Onions

1 medium (110 g), Raw



Pickles

1/4 cup (about 23 slices) (39 g), Cucumber, dill or kosher



Romaine Leaf

1 cups shredded (47 g), Kroger Brand



Spinach

4 cup (120 g), Raw



Squash

1/4 medium (49 g), Summer, all varieties, raw



Sweet potato

1 sweetpotato, 5" long (130 g), Raw, unprepared



Sweet potato

1/2 medium (57 g), Cooked, baked in skin, without salt



Tomato paste

1/4 cup (66 g), Canned, without salt added



Tomatoes

1 1/2 medium whole (184 g), Red, ripe, raw, year round average



Zucchini

1/4 medium (49 g), Summer squash, includes skin, raw

Nut and Seed Products



Natural Peanut Butter

2 1/2 tbsp (40 g), Smucker's



Pistachios

1/2 oz (14 g), Pistachio Land



Sesame seeds

1/3 tbsp (3 g), Seeds, whole, dried



Walnuts

1/4 cup, chopped (31 g), Nuts, black, dried

Beef Products



93/7 Ground Beef

3 1/4 serving (364 g), Walmart

Beverages



Protein Shake, Chocolate

5 bottle, Fairlife



Water

1 cup (237 g), Plain, clean water

Soy & Legumes



Soy sauce

1/4 tbsp (4 g), Regular sodium, Shoyu

Baked Products



Baking powder

1/4 tbsp (3.45 g), Leavening agents, double-acting, sodium aluminum sulfate



Baking soda

1/4 tbsp (3.45 g), Leavening agents



Bread crumbs

1/4 cup (27 g), Dry, grated, plain



Croutons

1/2 cup (20 g), Seasoned



Sourdough

1 slice (40 g), Great Value



Whole-wheat bread

6 slice (168 g), Commercially prepared



Whole-wheat bread

1/2 slice (12 g), Commercially prepared, toasted

Sweets



Baking Chips, Dark Chocolate

40 chips (9.3 g), Lily's



Brown sugar

1/4 cup unpacked (36 g),



Honey

1/2 tbsp (10 g),

Grains and Pasta



Brown rice

1/2 cup (98 g), Long-grain, cooked



Penne Pasta

2 1/2 cup (182 g), Ragu

Meals / Entrees



Organic Wood Fired Sicilian Style Pizza

1 pizza (355 g), Frozen - Trader Joe's

Snacks



Gluten Free Pretzels, Pretzel Twists

20 pretzels (30 g), Great Value



Parmesan Crisps

15 crisps (22 g), Member's Mark



Protein Bar, Chocolate Peanut Butter

2 bar (114 g), Grab The Gold



Wheat Thins

40 pieces (72 g), Nabisco Wheat Thins

Uncategorized



TBC Low Carb Turkey and Hummus Wrap

2 serving , 8 Deli Slices / 1TBSP Hummus / Mission Carb Balance Tortilla / 2 slices of Pepper jack cheese