

Week 3: 1800 Cal

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TRIM
boot camp

TRIM Boot Camp

Day 1

1796 Cal ● 76.0g Carbs (27.2g Fiber) ● 99.1g Fat ● 164.7g Protein

Aim for 50 net carbs

Breakfast 450 Cal



Hardboiled Egg

2 eggs • 160 Cal



Sausage Patties, Turkey

1 patties • 60 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Extra Virgin Olive Oli

2 tsp • 80 Cal

Dinner 504 Cal



Smorol Cobb salad TBC

1 serving • 504 Cal

Lunch 527 Cal



Pistachios

1/4 cup, edible portion • 145 Cal



Parmesan Crisps

20 crisps • 170 Cal



Cheese Slices, Ultra Thin, Swiss

2 slices • 80 Cal



High Fiber Tortilla Wraps

1 tortilla • 50 Cal



Deli cut turkey

2 slice • 22 Cal



Mayonnaise Dressing with Olive Oil

1 tbsp • 60 Cal

Snack 315 Cal



Beef Sticks, Mild, Original

1 Stick • 100 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal



Oikos Triple Zero

1 container • 120 Cal

Day 2

1750 Cal ● 67.5g Carbs (26.1g Fiber) ● 99.1g Fat ● 161.9g Protein

Aim for 40 net carbs

Breakfast 530 Cal

 **Hardboiled Egg**
1 eggs • 80 Cal

 **Sausage Patties, Turkey**
1 patties • 60 Cal

 **Protein Shake, Chocolate**
1 bottle • 150 Cal

 **Extra Virgin Olive oil**
2 tbsp • 240 Cal

Dinner 295 Cal

 **Smorol Chicken Caprese Stuffed Pepper**
1 serving • 295 Cal

Lunch 600 Cal

 **Smorol Cobb salad TBC**
1 serving • 504 Cal

 **Avocado**
1 1/4 Serving • 75 Cal

 **Blueberries**
1/4 cup • 21 Cal

Snack 325 Cal

 **Peanut Butter, Creamy, Natural**
2 tbsp • 190 Cal

 **Bar, Chicken Sriracha**
1 bar • 100 Cal

 **Keto Bread**
1 slice • 35 Cal

Day 3

1766 Cal ● 205.7g Carbs (37.4g Fiber) ● 58.1g Fat ● 118.6g Protein

Breakfast 538 Cal

 **Banana oatmeal smoothie**
3/4 shake • 538 Cal

Dinner 486 Cal


 **Tomato Spinach Shrimp Pasta**
1 serving • 396 Cal
(Prepare a total of 1 3/4 serving, save 3/4 serving for leftovers)

 **Caesar Salad**
1/2 cup • 90 Cal

Lunch 432 Cal

 **Chicken Tortilla Soup**
1 serving • 432 Cal

Snack 311 Cal

 **Strawberries**
1/2 cup • 23 Cal

 **Triple Zero Strawberry Yogurt**
1 cup • 120 Cal

 **Go Lean Crunch**
1/4 cup • 73 Cal

 **Peanut Butter, Creamy, Natural**
1 tbsp • 95 Cal

Day 4

1793 Cal ● 204.9g Carbs (27.9g Fiber) ● 59.6g Fat ● 117.7g Protein

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

Breakfast 580 Cal



Banana oatmeal smoothie

3/4 shake • 538 Cal



Blueberries

1/2 cup • 42 Cal

Dinner 587 Cal



Chipotle Chicken Burrito Bowl

1 serving • 425 Cal



Brown rice

3/4 cup • 162 Cal

Lunch 387 Cal



Tomato Spinach Shrimp Pasta

3/4 serving • 297 Cal (Leftovers)



Caesar Salad

1/2 cup • 90 Cal (Leftovers)

Snack 239 Cal



Strawberries

1 cup • 46 Cal



Triple Zero Strawberry Yogurt

1 cup • 120 Cal



Go Lean Crunch

1/4 cup • 73 Cal

Day 5

1727 Cal ● 204.7g Carbs (37.1g Fiber) ● 58.5g Fat ● 114.2g Protein

Breakfast 373 Cal



Peanut Butter & Banana Oatmeal

1 serving • 304 Cal



Clementines

2 fruit • 70 Cal

Dinner 764 Cal



Smorol Quick Sheetpan Dinner TBC

3/4 serving • 376 Cal

(Prepare a total of 1 1/2 serving, save 3/4 serving for leftovers)



Brown rice

1/2 cup • 108 Cal

smorol Protein Microwave Brownie

1 serving • 280 Cal

(Prepare a total of 1 3/4 serving, save 3/4 serving for leftovers)



Lunch 238 Cal



Tuna Spinach Salad

1 bowl • 144 Cal



Apples

1 medium • 95 Cal

Snack 351 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Grapes

1/2 cup • 52 Cal



String Cheese

1 piece • 50 Cal



Deli cut turkey

3 slice • 34 Cal



Beef Bone Broth

1/2 cup • 23 Cal

Day 6

1740 Cal ● 200.7g Carbs (36.9g Fiber) ● 61.7g Fat ● 112.2g Protein

Breakfast 339 Cal



Peanut Butter & Banana Oatmeal

1 serving • 304 Cal



Clementines

1 fruit • 35 Cal

Dinner 523 Cal



Grapes

3/4 cup • 78 Cal



smorol Protein Microwave Brownie

3/4 serving • 210 Cal (Leftovers)



Chef Salad

1 Plate • 235 Cal

Lunch 484 Cal



Smorol Quick Sheetpan Dinner TBC

3/4 serving • 376 Cal (Leftovers)



Brown rice

1/2 cup • 108 Cal (Leftovers)

Snack 394 Cal



Apples

1 medium • 95 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



String Cheese

1 piece • 50 Cal



Deli cut turkey

1 slice • 11 Cal



Beef Bone Broth

1 cup • 45 Cal

Day 7

1772 Cal ● 207.7g Carbs (31.0g Fiber) ● 58.5g Fat ● 114.1g Protein

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

Breakfast 314 Cal



Power Waffles, Blueberry

2 waffles • 230 Cal



Sugar Free Syrup

2 tbsp • 10 Cal



Strawberries

1/2 cup, whole • 23 Cal



Butter

1/2 tbsp • 51 Cal

Dinner 609 Cal



Chicken Kabobs

1 serving • 285 Cal



Brown rice

3/4 cup • 164 Cal



Easy Grilled Peppers

1 serving • 101 Cal



Olive oil

1/2 tbsp • 60 Cal

Lunch 508 Cal



Chicken caesar salad

1 serving • 295 Cal



Easy Vegetable Soup

1 serving • 213 Cal

add bone broth to your soup for added protein

Snack 340 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Triple Zero Greek Yogurt, Peach

1 cup • 90 Cal



Blueberries

1/4 cup • 21 Cal



Go Lean Crunch

1/8 cup • 36 Cal

Recipes

TRIM
boot camp

TRIM Boot Camp

Banana oatmeal smoothie [🔗](#)



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

Scaled to 3/4 shake

- 3/8 medium** Banana (44 g)
- 1 1/8 cup** Reduced fat milk (274 g)
- 3/4 cup** Oatmeal (60 g)
- 3/4 tbsp** Peanut butter (12 g)
- 3/4 scoop** Whey protein powder (22 g)

Per 1 shake (1 serving):

717 Cal ● 95.6g Carbs (12.3g Fiber) ● 18.7g Fat ● 50.7g Protein

Directions are for original recipe of 2 shake

- 1 Throw everything in a blender and blend. Add some ice cubes if you want it to be colder and less thick.

Chef Salad [🔗](#)



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

Scaled to 1 Plate

- 1 large** Egg (50 g)
- 1/2 package, 2.5 oz 1 NLEA serving** Sliced ham (36 g)
- 1/2 oz** Turkey ham (14 g)
- 1 1/2 cup** Spinach (45 g)
- 1/2 tbsp** Honey mustard dressing (7.5 g)
- 1/4 fruit** Avocados (34 g)
- 1/4 oz** Swiss cheese (7.1 g)

Per 1 Plate (1 serving):

235 Cal ● 8.1g Carbs (3.4g Fiber) ● 14.8g Fat ● 18.7g Protein

Directions are for original recipe of 4 Plate

- 1 Hard Boil eggs: Place the eggs in a saucepan. Cover the eggs with lukewarm water. Add a pinch of salt. Bring to a full boil over medium heat; boil for 2 minutes (start timing after the water reaches a full boil). Remove from heat cover with a tight lid. Allow the eggs to stand for 11 minutes. Drain the eggs a couple times under very cold water. Cover the eggs with cold water then add in some ice. Allow the eggs to sit in ice water for about 3 minutes. Drain and peel.
- 2 Chop meats and cheese into small chunks. Spread on top of spinach. Once eggs are cool, take off the shell, rinse with water and cut into small slices. Spread onto salad and mix all together. Put honey mustard dressing in a bowl on the side to put on salad.

Chicken Kabobs [🔗](#)



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

Scaled to 1 serving

- 1/2 full breast** Chicken breast (118 g)
- 1/4 large** Green bell pepper (41 g)
- 1/4 large** Onions (38 g)
- 1/4 large** Red bell pepper (41 g)
- 1/4 cup** Barbecue sauce (62 g)

Per 1 serving :

285 Cal ● 33.3g Carbs (2.8g Fiber) ● 3.7g Fat ● 28.3g Protein

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.

Chicken Tortilla Soup [🔗](#)



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

Scaled to 1 serving

3/4 breast fillet Chicken breast (88 g)

1/2 cup Salsa (130 g)

1/4 can yields Corn, canned (53 g)

1/2 cup Canned black beans (130 g)

1 cup Chicken broth, canned (240 g)

1/2 oz Cheddar cheese (14 g)

1 tbsp Sour cream (12 g)

1/4 bag, single serving Tortilla chips (7 g)

Per 1 serving :

432 Cal ● 44.2g Carbs (12.9g Fiber) ● 12.4g Fat ● 38.4g Protein

Directions are for original recipe of 4 serving

- 1 Add chicken to a stock pot and cover completely with water.
- 2 Boil chicken breasts until cooked through and no longer pink, about 15 minutes.
- 3 Remove chicken from stock pot. Reserve boiled water, shred chicken and place back in stock pot with water.
- 4 Pour salsa, corn, and beans into pot.
- 5 Add enough chicken broth until soup reaches your desired consistency.
- 6 Bring to a boil then turn burner to low until you're ready to serve.
- 7 Top with shredded cheese and sour cream. Serve with chips.

Chicken caesar salad [🔗](#)



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

Scaled to 1 serving

2 cup shredded Lettuce (94 g)

1 tbsp Caesar salad dressing (15 g)

2 tsp Olive oil (9 g)

1 breast fillet Chicken breast (118 g)

2 tbsp Parmesan cheese (10 g)

Per 1 serving :

295 Cal ● 6.2g Carbs (2.0g Fiber) ● 15.8g Fat ● 31.5g Protein

Directions are for original recipe of 1 serving

- 1 Slice the raw chicken breast into strips and fry in a pan with olive oil.
- 2 Mix the roasted chicken, lettuce, dressing, and cheese in a bowl.
- 3 Eat it

Easy Grilled Peppers [🔗](#)



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

Scaled to 1 serving

3/4 large Red bell pepper (123 g)

1/2 tbsp Olive oil (6.8 g)

1/8 tsp Salt (0.8 g)

1/16 tsp Pepper (0.1 g) (Coarsely)

2 tbsp Parsley (7.5 g)

Per 1 serving :

101 Cal ● 8.0g Carbs (2.9g Fiber) ● 7.2g Fat ● 1.5g Protein

Directions are for original recipe of 4 serving

- 1 Prepare outdoor grill for covered direct grilling on medium.
- 2 Cut each pepper lengthwise into quarters; discard stems and seeds. In medium bowl, toss peppers with oil, 1/2 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper.
- 3 Place peppers, skin side up, on hot grill rack. Cover grill and cook peppers 4 to 5 minutes or until beginning to soften. Turn peppers over; cover and cook 3 to 4 minutes longer or until slightly charred. As peppers are done, return to same bowl. Add parsley and toss to coat.

Easy Vegetable Soup [🔗](#)



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

Scaled to 1 serving

1/3 can, 15 oz Tomato sauce (142 g)

1 cup Water (237 g)

1/3 cup Mixed vegetables, cooked (61 g)

1 1/3 oz Whole wheat pasta (38 g)

Per 1 serving :

213 Cal ● 46.4g Carbs (4.7g Fiber) ● 1.2g Fat ● 9.1g Protein

Directions are for original recipe of 6 serving

- 1 Place the tomato sauce and water in a large pot over medium high heat. Bring just to a boil, reduce heat to medium low and add the mixed vegetables.
- 2 Add the pasta, if desired, and let simmer until heated through or until pasta is done, about 15 minutes.

Peanut Butter & Banana Oatmeal [🔗](#)



Prep 1 serving for Breakfast on [Day 5](#), Prep 1 serving for Breakfast on [Day 6](#)

Scaled to 1 serving

1/2 cup Oatmeal (40 g)

1/2 cup Water (118 g)

1/2 medium Banana (59 g)

1 1/4 tbsp Peanut butter (20 g)

Per 1 serving :

304 Cal ● 46.9g Carbs (7.9g Fiber) ● 11.3g Fat ● 10.5g Protein

Directions are for original recipe of 1 serving

- 1 Pour oats and water into a bowl or Tupperware. Adjust water amount for desired consistency.
- 2 Cut the banana into thin slices, and add to the bowl.
- 3 Microwave for 1-2 minutes at 800W. Adjust time if more water is used.
- 4 Mix well and top with peanut butter.

Smorol Chicken Caprese Stuffed Pepper [🔗](#)



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

Scaled to 1 serving

3/4 tsp Salt (4.5 g)

3/4 tsp Pepper (1.6 g)

3/4 tsp Olive oil (3.4 g)

1/4 lb Chicken breast (113 g)

1/2 medium Green bell pepper (60 g)

1/8 cup Ricotta cheese (31 g)

1/4 cup Mozzarella (28 g)

3/4 tsp Italian Seasoning (3 g)

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

1/8 cup leaves, whole Basil (3 g)

Per 1 serving :

295 Cal ● 9.7g Carbs (2.3g Fiber) ● 10.7g Fat ● 39.4g Protein

Directions are for original recipe of 4 serving

- 1 season chicken with salt and pepper and heat olive oil in sautee pan over medium heat. cook chicken breast 6min each side until 165deg internal temp. set aside to cool
- 2 combine basil, ricotta, 3/4c mozzarella, Italian seasoning, halved cherry tomatoes, and diced garlic in a bowl
- 3 when cooled dice chicken up and combine into the cheese mixture
- 4 halve the bell peppers, taking seeds and pith (white part) out
- 5 stuff each half pepper with the chicken and cheese mixture , topping with remaining shredded cheese
- 6 put in a baking dish with 1/2c water, cover with foil and bake 45min @350deg until pepper is soft
- 7 broil 3-5 min until cheese is browned

Smorol Cobb salad TBC [🔗](#)



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

Scaled to 1 serving

- 2 cups** Salad Mix (113 g)
- 1 large** Egg, hard-boiled, cooked (50 g)
- 1/8 cup pieces** Turkey bacon (10 g)
- 1/2 oz** Cheddar cheese (14 g)
- 1/2 cup chopped** Broccoli (46 g)
- 1/2 cup chopped raw** Grape Tomatoes (75 g)
- 1/2 cup** Plain yogurt (123 g)
- 1 tbsp** Salt (18 g)
- 1 tsp** Pepper (2.1 g)
- 1 clove** Garlic (3 g)
- 1/2 tbsp** Italian Seasoning (2.7 g)
- 1 tsp** Parmesan Cheese (2.5 g)
- 1 tbsp** Lowfat milk (15 g)
- 3/4 cup, chopped or diced** Turkey, meat only, cooked (105 g)
- 1 tsp** Lemon juice (5.1 g)

Per 1 serving :

504 Cal ● 24.7g Carbs (5.1g Fiber) ● 20.0g Fat ● 55.5g Protein

Directions are for original recipe of 1 serving

- 1** in a bowl mix the yogurt, milk, salt, pepper, minced garlic, Italian seasoning, lemon juice to make dressing
- 2** toss the greens into the dressing and place in center of a large plate
- 3** arrange the remaining ingredients (diced) on the greens in pie-slice distribution

Smorol Quick Sheetpan Dinner TBC [🔗](#)



Prep 1.5 serving for Dinner on [Day 5](#)

Scaled to 1 1/2 serving

- 3/4 Potato medium** Potato (160 g)
- 3/8 large** Zucchini (121 g)
- 3/8 medium** Onions (41 g)
- 3/8 eggplant, unpeeled** Eggplant (206 g)
- 3/8 tbsp** Olive oil (5.1 g)
- 3/8 tbsp** Salt (6.8 g)
- 3/8 tbsp** Pepper (2.4 g)
- 3/8 tbsp** Italian Seasoning (2 g)
- 1 1/8 tsp** Garlic Powder (3.5 g)
- 1 1/8 tsp.** Lemon Juice (5.6 g)
- 2 1/4 link** Chicken Sausage (230 g)

Per 1 serving :

501 Cal ● 38.2g Carbs (8.9g Fiber) ● 25.1g Fat ● 32.4g Protein

Directions are for original recipe of 4 serving

- 1** Slice all vegetables into 1/8" slices and put into a bowl. add olive oil, mix well. then add all seasonings including lemon juice. toss well, place in single layer on parchment covered sheet tray
- 2** poke holes in sausage links with fork. evenly place on top of veggies
- 3** bake at 400deg 15 min, flip sausages and return to oven for 10min
- 4** of note: use whatever vegetable you have in the fridge. peppers, broccoli, sweet potatoes will all give similar macros. substitute chicken breast tenders or pork chops for lower fat option, remove potatoes on low carb days

Strawberries [🔗](#)



Prep 0.5 cup for Snack on [Day 3](#), Prep 1 cup for Snack on [Day 4](#)

Scaled to 1/2 cup

1/2 cup, whole Strawberries
(72 g)

Per 1 cup (1 serving):

46 Cal ● 11.1g Carbs (2.9g Fiber) ● 0.4g Fat ● 1.0g Protein

Directions are for original recipe of 1 cup

1 Wash and eat.

Tomato Spinach Shrimp Pasta [🔗](#)



Prep 1.75 serving for Dinner on [Day 3](#)

Scaled to 1 3/4 serving

1 3/4 tbsp Olive oil (24 g)

3 1/2 oz Shrimp (99 g)
(Peeled and deveined)

1/8 tsp Crushed red pepper flakes (0 g)

7/16 tsp Paprika (0.9 g)

7/16 dash Salt (0.2 g)
(To taste)

7/16 dash Pepper (0 g)
(To taste)

7/16 tsp Italian Seasoning (0.5 g)

1 3/4 plum tomato Tomatoes (108 g)
(Chopped)

7/8 tbsp, chopped Basil (2.3 g)

2 5/8 cup Spinach (79 g)

7/8 cloves, minced Garlic (2.6 g)

3 1/2 oz Spaghetti (99 g)

Per 1 serving :

396 Cal ● 47.8g Carbs (3.8g Fiber) ● 15.3g Fat ● 17.2g Protein

Directions are for original recipe of 4 serving

- 1** Heat half of the olive oil in a large skillet over medium-low heat. Add shrimp, red pepper flakes, paprika, Italian seasoning, and salt.
- 2** Cook on medium heat until shrimp are cooked through, about 5 minutes. Remove shrimp from the skillet and set aside.
- 3** In the same skillet, add chopped tomatoes, basil, spinach, and garlic. Cook on medium heat for 3-5 minutes until the spinach wilts slightly and tomatoes release some juice. Remove from heat and adjust seasoning if needed. Cover with a lid.
- 4** Add the cooked shrimp back into the skillet with the pasta and vegetables. Drizzle with remaining olive oil just before serving. Serve immediately and enjoy!

Tuna Spinach Salad [🔗](#)



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

Scaled to 1 bowl

1 oz Tuna, canned in water (28 g)

1 cup Spinach (30 g)

1/2 medium whole Tomatoes (62 g)

1 oz Edam cheese (28 g)

1 dash Salt (0.4 g)

1 dash Pepper (0.1 g)

Per 1 bowl (1 serving):

144 Cal ● 3.9g Carbs (1.4g Fiber) ● 8.4g Fat ● 14.0g Protein

Directions are for original recipe of 1 bowl

- 1** Chop all ingredients and drain the tuna can.
- 2** Place all ingredients in bowl.
- 3** Season with salt and pepper as desired. Enjoy!

smorol Protein Microwave Brownie [🔗](#)



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Prep 1.75 serving for Dinner on
[Day 5](#)

Scaled to 1 3/4 serving

7/8 container Yogurt, Vanilla
(131 g)

1 3/4 egg white Egg white
(70 g)

2 5/8 tbsp Cocoa (14 g)

1 5/16 tbsp Peanut Butter (20 g)

7/8 tbsp Wheat flour (6.6 g)

7/8 scoop Whey Protein (41 g)

Per 1 serving :

280 Cal ● 17.9g Carbs (4.6g Fiber) ● 10.0g Fat ● 34.5g Protein

Directions are for original recipe of 2 serving

1 mix everything. separate into two ramekins. microwave x 4-5 min until set

Grocery List

Vegetables



Broccoli

1 cup chopped (91 g), Raw



Grape Tomatoes

1 cup chopped raw (150 g), Freshdirect



Garlic

3 clove (9 g), Raw



Green bell pepper

1 medium (119 g), Sweet, green, raw



Cherry tomatoes

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



Corn

1/3 cup (55 g), Sweet, yellow, canned, whole kernel, drained solids



Tomatoes

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



Spinach

5 1/4 cup (158 g), Raw



Potato

1/2 potato, large (184 g), Flesh and skin, raw



Zucchini

2/3 medium (131 g), Summer squash, includes skin, raw



Onions

3/4 medium (82 g), Raw



Eggplant

1/2 eggplant, unpeeled (approx 1-1/4 lb) (274 g), Raw



Lettuce

2 cup shredded (94 g), Romaine or cos, raw



Tomato sauce

2/3 cup (163 g), Canned, with tomato tidbits



Mixed vegetables

1/3 cup (61 g), Frozen, cooked, boiled, drained, with salt



Red bell pepper

1 1/2 medium (178 g), Sweet, raw



Parsley

2 tbsp (7.6 g), Raw

Fruits and Fruit Juices



Lemon juice

3/4 tbsp (11 g), Raw



Avocado

1 1/4 Serving (125 g), Wegmans



Blueberries

1 cup (148 g), Raw



Banana

1 3/4 medium (206 g), Raw



Strawberries

2 cup, whole (288 g), Raw



Clementines

3 fruit (222 g), Raw



Apples

2 medium (364 g), With skin



Grapes

1 1/4 cup (189 g), Red or green, raw (european type, such as thompson seedless)



Avocados

1/4 fruit, without skin and seed (34 g), California, raw

Dairy Products



Egg, hard-boiled

2 large (100 g), Whole, cooked



Cheddar cheese

1 1/2 oz (43 g),



Plain yogurt

1 cup (245 g), Low fat, 12 grams protein per 8 ounce



Parmesan Cheese

2 tsp (5 g), 100% Grated - H-E-B



Lowfat milk

1/4 cup (61 g), Fluid, 1% milkfat, with added vitamin a and vitamin d

**Ricotta cheese**

1/8 cup (31 g), Whole milk

**Mozzarella**

1/4 cup (28 g), Shredded Fat Free - Kraft Foods, Inc.

**Reduced fat milk**

2 1/4 cup (549 g), Fluid, 2% milkfat, with added vitamin a and vitamin d

**Whey protein powder**

1 1/2 scoop (30g) (45 g), Gold Standard, Any flavor, 100% whey protein

**Sour cream**

1/4 cup (58 g), Cultured

**Edam cheese**

1 oz (28 g),

**Egg white**

1 3/4 egg white (separated from yolk) (70 g), Raw, fresh eggs

**Egg**

1 large (50 g), Whole, fresh eggs

**Swiss cheese**

1/4 oz (7.1 g),

**Butter**

1/2 tbsp (7.1 g), Unsalted

**Parmesan cheese**

2 tbsp (10 g), Shredded

Beverages

**Water**

2 cup (473 g), Plain, clean water

Poultry Products

**Turkey bacon**

3/4 oz (21 g), Cooked

**Turkey, meat only**

1 1/2 cup, chopped or diced (210 g), All classes, cooked, roasted

**Chicken breast**

3 3/4 breast fillet (442 g), Broilers or fryers, meat only, raw

Sausage and Lunch Meat

**Deli cut turkey**

6 slice (60 g), White, rotisserie

**Sliced ham**

1 1/3 slice oval (36 g), Extra lean

**Turkey ham**

1/2 oz (14 g), Cured turkey thigh meat

Seafood

**Shrimp**

3 1/2 oz (99 g), Crustaceans, mixed species, raw

**Tuna**

1 oz (28 g), Fish, light, canned in water, drained solids

Spices and Herbs

**Salt**

2 3/4 tbsp (50 g), Table

**Pepper**

1 1/3 tbsp (8.5 g), Spices, black

**Italian Seasoning**

3/4 tsp (3 g), Shoppers Value

**Basil**

10 2/3 leaf, whole (5.3 g), Fresh

**Crushed red pepper flakes**

1/4 tbsp (0.24 g),

**Paprika**

1/4 tbsp (1.73 g), Spices

Soups and Sauces

**Salsa**

1/2 cup (130 g), Sauce, ready-to-serve

**Chicken broth**

1 cup (240 g), Soup, canned, less/reduced sodium

**Barbecue sauce**

3 2/3 tbsp (64 g),

Soy & Legumes

**Peanut butter**

4 tbsp (64 g), Chunk style, without salt

**Canned black beans**

1/2 cup (130 g), Low sodium, drained

Nut and Seed Products



Peanut Butter

1 1/3 tbsp (20 g), All Natural - Kraft Foods, Inc.

Breakfast Cereals



Oatmeal

2 1/2 cup (200 g), Cereals, Quaker, dry rolled oats

Baked Products



Power Waffles, Blueberry

2 waffles (76 g), Kodiak

Grains and Pasta



Spaghetti

3 1/2 oz (99 g), Dry pasta, enriched



Wheat flour

1/4 cup (30 g), Whole-grain



Whole wheat pasta

1 1/3 oz (38 g), Dry



Brown rice

2 1/2 cup (462 g), Long-grain, raw

Fats and Oils



Extra Virgin Olive oil

2 tbsp (30 g), First Cold Pressed - Kirkland Signature



Olive oil

4 1/4 tbsp (57 g), Salad or cooking



Honey mustard dressing

1/2 tbsp (7.5 g), Salad dressing, reduced calorie



Caesar salad dressing

1/4 cup (60 g), Low calorie

Sweets



Cocoa

1/4 cup (22 g), Dry powder, unsweetened

Snacks



Tortilla chips

1/3 cup (8.7 g), Snacks, unsalted, white corn

Uncategorized



Hardboiled Egg

3 eggs (150 g), Sodexo Food Services



Sausage Patties, Turkey

2 patties (53 g), Turkey, Jimmy Dean



Protein Shake, Chocolate

2 bottle , Fairlife



Extra Virgin Olive Oli

2 tsp , Oro Verde



Pistachios

1/4 cup, edible portion (25 g), Wonderful Pistachios



Parmesan Crisps

20 crisps (30 g), Member's Mark



Cheese Slices, Ultra Thin, Swiss

2 slices (21 g), Sargento



High Fiber Tortilla Wraps

1 tortilla (45 g), Xtreme Wellness



Mayonnaise Dressing with Olive Oil

1 tbsp (15 g), Hellman's



Salad Mix

4 cups (227 g), Giant



Italian Seasoning

1 1/2 tbsp (8.2 g), Kroger



Beef Sticks, Mild, Original

1 Stick (33 g), Chomps



Peanut Butter, Creamy, Natural

4 tbsp (64 g), Smucker's



Oikos Triple Zero

1 container (150 g), Dannon



Bar, Chicken Sriracha

1 bar (37 g), Epic



Keto Bread

1 slice (28 g), Healthy Life



Italian Seasoning

1/2 tsp (0.525 g), McCormick



Caesar Salad

1 cup (100 g), Marketside



Triple Zero Strawberry Yogurt

2 cup (300 g), Dannon Oikos



Go Lean Crunch

2/3 cup (49 g), Kashi

**Chipotle Chicken Burrito Bowl**

1 serving , chicken, sour cream, fajita veggies, cheese, Romaine lettuce

**Garlic Powder**

1 1/4 tsp (3.88 g), McCormick

**Lemon Juice**

1 1/4 tsp. (6.2 g), Lemon, Great Value

**Chicken Sausage**

2 1/4 link (230 g), Jalepeno & Cheese, Lower Fat - Kroger

**Yogurt, Vanilla**

1 container (150 g), Oikos Pro

**Whey Protein**

1 scoop (47 g), Premier Protein

**Protein Bar, Chocolate Peanut Butter**

3 bar (171 g), Grab The Gold

**String Cheese**

2 piece (48 g), Member's Mark

**Beef Bone Broth**

1 1/2 cup , Trader Joe's

**Sugar Free Syrup**

2 tbsp , Sugar Free, Mrs. Butterworth's

**Triple Zero Greek Yogurt, Peach**

1 cup (150 g), Dannon Oikos