

Week 4: 1800 Cal

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TRIM
boot camp
TRIM Boot Camp

Day 1

1777 Cal ● 82.0g Carbs (30.6g Fiber) ● 100.4g Fat ● 158.5g Protein

50 net carbs

Breakfast 452 Cal



Delights, Egg'wich

1 sandwich • 260 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Blueberries

1/2 cup • 42 Cal

Dinner 335 Cal



Butter

1/2 tbsp • 51 Cal



Riced Cauliflower

1/2 cup • 17 Cal



Green beans

1/2 cup • 22 Cal



Chicken thigh

2 thigh, bone and skin removed • 186 Cal



Olive oil

1/2 tbsp • 60 Cal

add olive oil to chicken for added heart healthy fat and add butter to rice cauli

Lunch 645 Cal



Smorol Low Carb Chopped Antipasto Wrap TBC

1 serving • 305 Cal



Beef Sticks, Mild, Original

1 Stick • 100 Cal



Cottage Cheese

1/2 cup • 80 Cal



Pistachios

1/4 cup • 160 Cal

add extra provolone cheese to wrap

Snack 345 Cal



String Cheese

1 piece • 50 Cal



Peanut Butter, Creamy, Natural

1 tbsp • 95 Cal



Triple Zero Strawberry Yogurt

1 cup • 120 Cal



Hardboiled Egg

1 eggs • 80 Cal

Day 2

1737 Cal 59.7g Carbs (19.8g Fiber) 101.0g Fat 158.2g Protein

40 net carbs

Breakfast 431 Cal

 **Delights, Egg'wich**
1 sandwich • 260 Cal

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

 **Blueberries**
1/4 cup • 21 Cal

Dinner 281 Cal

 **Coriander and Lemon Crusted Fish with Asparagus Salad & Poached Egg**
1 serving • 281 Cal

Lunch 430 Cal

 **Butter**
1 1/4 tbsp • 127 Cal (Leftovers)

 **Riced Cauliflower**
1/2 cup • 17 Cal (Leftovers)

 **Green beans**
1 cup • 44 Cal (Leftovers)

 **Chicken thigh**
1 thigh, bone and skin removed • 93 Cal (Leftovers)

 **Olive oil**
1 1/4 tbsp • 149 Cal (Leftovers)


Snack 595 Cal

 **String Cheese**
1 piece • 50 Cal


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

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

 **Beef Bone Broth**
1/2 cup • 23 Cal

 **Beef Sticks, Mild, Original**
1 Stick • 100 Cal

 **Cottage Cheese**
1/2 cup • 80 Cal

 **Parmesan Crisps**
15 crisps • 128 Cal

Day 3

1768 Cal ● 203.9g Carbs (30.2g Fiber) ● 58.7g Fat ● 114.1g Protein

Breakfast 263 Cal



Protein Packed Power Waffles

2 waffles • 230 Cal



Sugar Free Syrup

2 tbsp • 10 Cal



Strawberries

1/2 cup, whole • 23 Cal

Dinner 502 Cal



Smorol Taco Stuffed Shells TBC

1 serving • 409 Cal

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



Salad Kit, Southwest Salad

1 cups • 93 Cal

Lunch 579 Cal



Whole-wheat bread

2 slice • 141 Cal



Chicken breast

1 oz • 34 Cal



Yogurt, Greek, Nonfat, Plain

1/4 cup • 30 Cal



Mayonnaise Dressing with Olive Oil

3/4 tbsp • 45 Cal



Grapes

1/4 cup • 26 Cal



Pecans

3/4 oz (19 halves per oz) • 147 Cal



Cheese Slices, Ultra Thin, Swiss

1 slices • 40 Cal



Wheat Thins

10 pieces • 81 Cal



Clementines

1 fruit • 35 Cal

make chicken salad with greek yogurt, mayo, chicken, diced grapes, and diced pecans

Snack 423 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



100% Fruit Juice Peach Cup

1 plastic cup • 80 Cal

Day 4

1799 Cal ● 207.0g Carbs (31.7g Fiber) ● 59.7g Fat ● 117.9g Protein

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

Breakfast 263 Cal



Protein Packed Power Waffles

2 waffles • 230 Cal



Sugar Free Syrup

2 tbsp • 10 Cal



Strawberries

1/2 cup, whole • 23 Cal

Dinner 631 Cal



Clementines

1 fruit • 35 Cal



Skinnytaste Slow Cooker Chicken Enchilada Stuffed Sweet Potatoes

1 potato • 410 Cal



Green beans

1 cup solids • 34 Cal



Butter

1 1/2 tbsp • 153 Cal

Lunch 400 Cal



Smorol Taco Stuffed Shells TBC

3/4 serving • 307 Cal (Leftovers)



Salad Kit, Southwest Salad

1 cups • 93 Cal (Leftovers)

Snack 504 Cal



Wheat Thins

10 pieces • 81 Cal



Protein Bar, Chocolate Peanut Butter

1 bar • 193 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



100% Fruit Juice Peach Cup

1 plastic cup • 80 Cal

Day 5

1735 Cal ● 201.4g Carbs (28.7g Fiber) ● 56.9g Fat ● 116.9g Protein

Breakfast 244 Cal



Yogurt, Cherry Flavored, Nonfat

1 container • 90 Cal



Kashi golean crunch!

1/4 cup • 49 Cal



Banana

1 medium • 105 Cal

make a yogurt parfait

Lunch 714 Cal



Turkey Wrap

1 serving • 391 Cal



Gluten Free Pretzels, Pretzel Twists

12 pretzels • 78 Cal



Apples

1 medium • 95 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal

Dinner 460 Cal



Little Ceasars Pepperoni Pizza

1 serving • 230 Cal



Caesar Salad

1 cups • 85 Cal



Smorol Protein Pudding TBC

3/4 serving • 145 Cal

Snack 317 Cal



Protein Bars, Churro, Puff

1 bar • 140 Cal



100% Fruit Juice Peach Cup

1 plastic cup • 80 Cal



Wheat Thins

12 pieces • 97 Cal

Day 6

1762 Cal ● 205.2g Carbs (22.2g Fiber) ● 57.2g Fat ● 120.0g Protein

Breakfast 328 Cal



Yogurt, Cherry Flavored, Nonfat

1 container • 90 Cal



Kashi golean crunch!

1/4 cup • 49 Cal



Banana

1 medium • 105 Cal



Blueberries

1 cup • 84 Cal

Dinner 734 Cal



Caesar Salad

1 1/4 cups • 106 Cal (Leftovers)



Smorol Low Carb Chicken Cordon Bleu Bake TBC

1 serving • 254 Cal



Angelic Pasta

1 serving • 224 Cal



Extra Virgin Olive Oil

1 1/4 tbsp • 150 Cal

Lunch 373 Cal



Apples

1 medium • 95 Cal



Little Ceasars Pepperoni Pizza

1 serving • 230 Cal (Leftovers)



Smorol Protein Pudding TBC

1/4 serving • 48 Cal

Snack 327 Cal



100% Fruit Juice Peach Cup

1 plastic cup • 80 Cal



Protein Shake, Chocolate

1 bottle • 150 Cal



Wheat Thins

12 pieces • 97 Cal

Day 7

1740 Cal ● 202.2g Carbs (31.4g Fiber) ● 60.0g Fat ● 118.1g Protein

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

Breakfast 280 Cal



Apple Oatmeal

1 serving • 209 Cal



Peanut Butter, Natural, Creamy

3/4 tbsp • 71 Cal

Dinner 686 Cal



Smorol Shrimp Burrito TBC

1 serving • 574 Cal



Grilled Asparagus

1 serving • 53 Cal



Extra Virgin Olive Oil

1/2 tbsp • 60 Cal

Lunch 570 Cal



Slow Cooker Ranch Chicken Tacos

1 servings • 250 Cal



Tortillas, Street Taco

2 tortillas • 60 Cal



Mexican Rice

1/2 cup dry mix • 230 Cal



Cherry tomatoes

1 cup cherry tomatoes • 27 Cal



Shredded Lettuce

1/2 cups • 3 Cal

Snack 203 Cal



Hardboiled Eggs

1 ea • 75 Cal



String Cheese

1 piece • 50 Cal



Grapes

3/4 cup • 78 Cal

Recipes

Angelic Pasta [🔗](#)



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

Scaled to 1 serving

- 3/16 dash** Pepper (0 g)
- 1/2 medium whole** Tomatoes (62 g)
- 3/16 dash** Salt (0.1 g)
- 1/2 tsp** Garlic (1.4 g)
- 1/2 tsp** Olive oil (2.2 g)
- 2/3 oz** Mozzarella cheese (19 g)
- 2 leaf, whole** Basil (1 g)
- 1/3 medium** Zucchini (65 g)
- 1 1/3 oz** Whole wheat pasta (38 g)

Per 1 serving :

224 Cal ● 33.8g Carbs (1.4g Fiber) ● 6.1g Fat ● 11.6g Protein

Directions are for original recipe of 6 serving

- 1** Chop tomatoes. Slice zucchini. Shred mozzarella. Crush garlic.
- 2** Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- 3** Meanwhile, heat a medium skillet over medium heat. Pour in oil and saute garlic until golden. Stir in zucchini, salt and pepper. Saute 2 minutes, then mix in tomato and cook a few minutes more. Chop basil and add to vegetables right before mixing with pasta.
- 4** Combine pasta and vegetables. Serve topped with mozzarella.

Apple Oatmeal [🔗](#)



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

Scaled to 1 serving

- 1/2 cup** Water (118 g)
- 1/3 cup** Oatmeal (27 g)
- 3/4 cup** Nonfat milk, nonfat (184 g)
- 3/4 tsp** Cinnamon (1.9 g)
- 1/2 medium** Apples (91 g) (Grated)

Per 1 serving :

209 Cal ● 42.7g Carbs (6.4g Fiber) ● 1.4g Fat ● 10.3g Protein

Directions are for original recipe of 1 serving

- 1** Bring the water, oats, and half the milk to boil
- 2** Continue to boil, while stirring, for 5 minutes; add cinnamon and grated apple and stir once more.
- 3** Add further milk to cool. Serve and enjoy!

Coriander and Lemon Crusted Fish with Asparagus Salad & Poached Egg

Per 1 serving :

281 Cal ● 6.6g Carbs (3.1g Fiber) ● 14.5g Fat ● 32.7g Protein



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

Scaled to 1 Directions are for original recipe of 4 serving

serving

11/16 tsp

Coriander seed

(1.2 g)

1/4 tsp

Lemon zest

(0.5 g)

3/16 tsp

Salt

(1.1 g)

1/4 tsp

Crushed red pepper flakes

(0.1 g)

1/4 lb

Tilapia

(113 g)

1/4 lb

Asparagus

(113 g)

1/2 tbsp

Olive oil

(6.8 g)

3/4 tsp

Lemon juice

(3.8 g)

3/4 tsp

Spearmint

(1.4 g)

1/4 tbsp,

leaves

Tarragon, dried

(0.5 g)

1/16 tsp,

ground

Pepper

(0.1 g)

2 cup

Water

(473 g)

3/4 tsp

Vinegar

(3.7 g)

1 extra

large Egg

(56 g)

1 Position a rack in upper third of oven; preheat broiler to high. Coat a rimmed baking sheet with cooking spray.

2 Toast coriander in a small skillet over medium heat, shaking the pan frequently, until fragrant, about 3 minutes. Pulse the coriander, lemon zest, 1/2 teaspoon salt, and crushed red pepper in a spice grinder until finely ground. Coat the salmon flesh with the spice mixture (about 1 1/2 teaspoons per portion) and place the salmon on the prepared baking sheet.

3 Cut off asparagus tips and very thinly slice stalks on the diagonal. Toss the tips and slices with oil, lemon juice, mint, tarragon, pepper, and the remaining 1/4 teaspoon salt. Let stand while you cook the salmon and eggs.

4 Bring water and vinegar to a boil in a large saucepan.

5 Meanwhile, broil the salmon until just cooked through, 3 to 6 minutes, depending on thickness. Tent with foil to keep warm.

6 Reduce the boiling water to a bare simmer. Gently stir in a circle so the water is swirling around the pot. Crack eggs, one at a time, into the water. Cook until the whites are set but the yolks are still runny, 3 to 4 minutes.

7 To serve, divide the asparagus salad and salmon among 4 plates. Make a nest in each salad and top with poached egg.

8 Recipe inspired by:

http://www.eatingwell.com/recipes/coriander_lemon_crusted_salmon_asparagus_salad_poached_egg.html?socsrc=ewfb0601166

Grilled Asparagus [↗](#)



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

Scaled to 1 serving

- 1/4 lb** Asparagus (113 g)
- 3/4 tsp** Olive oil (3.4 g)
- 1/4 dash** Salt (0.1 g)
- 1/4 dash** Pepper (0 g)

Per 1 serving :

53 Cal ● 4.4g Carbs (2.4g Fiber) ● 3.5g Fat ● 2.5g Protein

Directions are for original recipe of 4 serving

- 1 Heat grill to medium.
- 2 Coat asparagus with olive oil and season with salt and pepper
- 3 Grill for 2 to 3 min or until tender. Enjoy!

Slow Cooker Ranch Chicken Tacos [↗](#)



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

Scaled to 1 servings

- 1/8 serving** Chicken Taco Seasoning Mix (1 g)
- 1/8 serving** Ranch Seasoning (0.1 g)
- 5/16 lb** Chicken breast (130 g)
- 5/16 cup** Pico de gallo (73 g)
- 9/16 tbsp** Olive oil (7.7 g)
- 9/16 tbsp** Water (8.5 g)

Per 1 servings (1 serving):

250 Cal ● 7.4g Carbs (0g Fiber) ● 11.1g Fat ● 29.2g Protein

Directions are for original recipe of 7 servings

- 1 Sprinkle the taco and ranch seasoning packets in the the slow cooker.
- 2 Place the chicken in next and then spoon in the pico and pour the olive oil and water.
- 3 Cook on low for 6-8 hours.
- 4 (source: <https://whoneedsacape.com/2014/04/slow-cooker-ranch-chicken-tacos/>)

Smorol Low Carb Chicken Cordon Bleu Bake TBC [↗](#)



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

Scaled to 1 serving

- 1 1/2 oz** Ham Steak (42 g)
- 2 oz** Rotisserie Chicken Breast (57 g)
- 1/2 cup** Low Fat Cottage Cheese (113 g)
- 1/4 large** Egg (12 g)
- 3/4 tsp** Lemon juice (3.8 g)
- 1/4 fl oz** White wine (7.3 g)
- 1/4 clove** Garlic (0.8 g)
- 1/4 tsp** Salt (1.5 g)
- 1/8 tsp** Pepper (0.3 g)
- 1/8 cup** Cheese, Mozzarella, Low-Moisture, Reduced Fat (14 g)

Per 1 serving :

254 Cal ● 8.8g Carbs (0.1g Fiber) ● 7.1g Fat ● 36.8g Protein

Directions are for original recipe of 4 serving

- 1 in a blender add cottage cheese, egg, salt, pepper, lemon juice, wine (optional), garlic. blend until smooth. think with a splash of milk if needed
- 2 cube the ham steak and rotisserie chicken breast
- 3 add the meats, cheese into a mixing bowl, combine well with the blended sauce
- 4 transfer to a medium baking dish, bake 20-30min at 350

Smorol Low Carb Chopped Antipasto Wrap TBC [🔗](#)



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

Scaled to 1 serving

- 2/3 oz** Deli cut turkey (19 g)
- 2/3 oz** Hard Salami (19 g)
- 2/3 oz** Ham, Deli Shaved (19 g)
- 1/3 oz** Pepperoni (9.3 g)
- 2/3 oz** Rotisserie Chicken Breast (19 g)
- 1/3 oz** Sliced Provolone (9.4 g)
- 1/3 oz** Banana Peppers
- 3/16 oz** Roasted Red Peppers (4.5 g)
- 1 tsp** Light mayonnaise (5 g)
- 3/16 tbsp** Mustard (2.5 g)
- 3/16 cup shredded** Romaine Lettuce (7.8 g)
- 3/16 medium whole** Tomatoes (20 g)
- 1/2 tsp** Pepper (1.1 g)
- 1/4 tsp** Salt (1.5 g)
- 1 tortilla** High Fiber Keto Friendly Tortilla Wraps (45 g)
- 1/16 medium** Onions (4.6 g)

Per 1 serving :

305 Cal ● 20.7g Carbs (11.9g Fiber) ● 19.0g Fat ● 24.1g Protein

Directions are for original recipe of 6 serving

- 1** place all ingredients on cutting board and chop with a chefs knife until well combined
- 2** place on your favorite low carb high fiber wrap

Smorol Protein Pudding TBC [🔗](#)



Prep 0.75 serving for Dinner on [Day 5](#), Prep 0.25 serving for Lunch on [Day 6](#)

Scaled to 1/4 serving

- 3/8 large** Egg, hard-boiled, cooked (19 g)
- 5/8 tbsp** Cocoa (3.4 g)
- 3/4 tsp** Stevia
- 1/16 tsp** Vanilla extract (0.3 g)
- 1/8 scoops** 100% Whey Protein Powder (2.4 g)
- 3/8 tbsp** Almond milk (5.6 g)

Per 1 serving :

193 Cal ● 10.0g Carbs (5.2g Fiber) ● 10.6g Fat ● 19.7g Protein

Directions are for original recipe of 2 serving

- 1** place all ingredients in a blender. thin as needed with milk until thick puree
 - 2** place in ramekins and into fridge for 2 hr
-

Smorol Shrimp Burrito TBC [🔗](#)



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

Scaled to 1 serving

8 oz Shrimp (227 g)
1/2 serving Fajitas Seasoning Mix (2 g)
1/2 serving Ground Cumin Spice (0.5 g)
5/8 tsp Garlic Powder (2.5 g)
1/2 cloves, raw Garlic (1.5 g)
1/4 medium Onions (28 g)
1/4 large Cucumber (70 g)
2 tbsp Sour cream (30 g)
2 1/16 tbsp Plain yogurt (31 g)
1/8 cup Fresh cilantro (2 g)
1 tortilla Burrito Flour Tortillas (70 g)
1 serving Cheddar Cheese (28 g)
2 tbsp Lime juice (30 g)

Per 1 serving :

574 Cal ● 52.2g Carbs (2.3g Fiber) ● 20.0g Fat ● 47.8g Protein

Directions are for original recipe of 2 serving

- 1 marinate the shrimp in fajita seasoning and 1/3 lime juice for fifteen min
- 2 mix sour cream, yogurt, 1/3 lime juice, cumin, garlic powder, 1/2 cilantro
- 3 dice onion, cucumber, garlic and add to the remaining 1/3 lime juice
- 4 over medium high heat cook shrimp in large sautee pain 2 min per side until just turning opaque, take off heat
- 5 on large tortilla spread cheese, half the sour cream, half the onion/cucumber, 8 oz of the shrimp
- 6 roll tight into burrito, sautee seam side down x2 min, flip and brown on the other side

Smorol Taco Stuffed Shells TBC [🔗](#)



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

Scaled to 1 3/4 serving

2 5/8 oz Jumbo Shells (74 g)
3 1/2 oz Rotisserie Chicken Breast (99 g)
7/16 cup Black Beans (107 g)
7/16 cup Cottage cheese (99 g)
1 5/16 tbsp Low Fat Sour Cream
2 5/8 tsp dry mix Taco Seasoning (7.9 g)
2/3 cup Salsa (170 g)
1/8 cup Shredded Cheddar Cheese (12 g)
7/16 serving, raw Cilantro (22 g)

Per 1 serving :

409 Cal ● 55.4g Carbs (6.5g Fiber) ● 5.4g Fat ● 32.8g Protein

Directions are for original recipe of 4 serving

- 1 cooks the shells per package, drain
- 2 while shells are cooking mix the diced chicken, 1 can of drained black beans, cottage cheese, sour cream, 1 packet of taco seasoning and the cilantro into a bowl, mix well
- 3 pour 1/2 jar of salsa on bottom of a baking dish
- 4 using a spoon fill the shells with the filling and place into the salsa lined baking dish
- 5 pour the remaining half jar of salsa over the shells, sprinkle with the cheese
- 6 bake at 350 deg for 20 min cover, uncovered for 15

Turkey Wrap [🔗](#)



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

Scaled to 1 serving

1 tortilla Tortillas (24 g)
2 slice rectangle Sliced turkey (58 g)
2 leaf outer Lettuce (56 g)
1/2 fruit Avocados (68 g)
1/2 medium whole Tomatoes (62 g) (Sliced)
2 slice sliced cheese (38 g)
1 tbsp Hummus (15 g)

Per 1 serving :

391 Cal ● 29.2g Carbs (8.7g Fiber) ● 22.1g Fat ● 20.2g Protein

Directions are for original recipe of 1 serving

- 1 Slather hummus onto tortilla.
- 2 Layer with turkey, lettuce, avocado, tomato, and cheese.
- 3 Roll up and enjoy!

Grocery List

TRIM
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TRIM Boot Camp

Vegetables



Roasted Red Peppers

1/3 oz (7.5 g), Freshdirect



Romaine Lettuce

1/4 cup shredded (12 g), Freshdirect



Tomatoes

1 1/4 medium whole (154 g), Red, ripe, raw, year round average



Onions

1/3 medium (37 g), Raw



Asparagus

14 1/4 spear, medium (228 g), Raw



Lettuce

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



Garlic

3/4 clove (2.25 g), Raw



Zucchini

1/3 medium (65 g), Summer squash, includes skin, raw



Cherry tomatoes

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



Garlic

1/2 cloves, raw (1.5 g), 2 cloves raw - Whole Foods Market



Cucumber

1/4 large (70 g), Peeled, raw



Fresh cilantro

2 tbsp (2 g), Coriander leaves, raw



Green beans

9 oz (255 g), Snap beans, raw

Fruits and Fruit Juices



Blueberries

1 3/4 cup (259 g), Raw



Lemon juice

1/2 tbsp (7.5 g), Raw



Strawberries

1 cup, whole (144 g), Raw



Grapes

1 cup (151 g), Red or green, raw (european type, such as thompson seedless)



Clementines

2 fruit (148 g), Raw



Banana

2 medium (236 g), Raw



Avocados

1/2 fruit, without skin and seed (68 g), California, raw



Apples

2 1/2 medium (455 g), With skin



Lime juice

1/4 cup (60 g), Raw

Dairy Products



Cottage Cheese

1 cup (220 g), Good Culture



Butter

3 1/4 tbsp (46 g), Unsalted



Egg

1 1/2 large (75 g), Whole, fresh eggs



Yogurt, Greek, Nonfat, Plain

1/4 cup (57 g), Chobani



Cottage cheese

1/2 cup (113 g), Lowfat, 1% milkfat



sliced cheese

2 slice (38 g), american - Kraft Foods, Inc.



Egg, hard-boiled

1 1/2 large (75 g), Whole, cooked



Mozzarella cheese

2/3 oz (19 g), Part skim milk



Nonfat milk

3/4 cup (184 g), Fluid, with added nonfat milk solids, vitamin a and vitamin d (fat free or skim)



Sour cream

1/4 cup (60 g), Reduced fat, cultured



Plain yogurt

1/4 cup (61 g), Low fat, 12 grams protein per 8 ounce



Cheddar Cheese

1 serving (28 g), Kirkland Signature

Beverages



Water

2 2/3 cup (631 g), Plain, clean water



White wine

1/4 serving 5 fl oz (37 g), Alcoholic beverage, table, sauvignon blanc

Poultry Products



Rotisserie Chicken Breast

6 3/4 oz (191 g), Without Skin - Costco



Chicken thigh

3 thigh, bone and skin removed (156 g), Broilers or fryers, meat only, cooked, roasted



Chicken breast

1 1/2 breast fillet (177 g), Broilers or fryers, meat only, raw

Pork Products



Hard Salami

3 slices (21 g), Sliced - Kroger

Sausage and Lunch Meat



Deli cut turkey

2 slice (20 g), White, rotisserie



Sliced turkey

2 1/4 slice oval (58 g), Light meat

Seafood



Tilapia

4 oz (113 g), Fish, raw



Shrimp

8 oz (227 g), Crustaceans, mixed species, raw

Spices and Herbs



Mustard

1/4 tbsp (3.75 g), Prepared, yellow



Pepper

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



Salt

1/4 tbsp (4.5 g), Table



Coriander seed

1/4 tbsp (1.25 g), Spices



Lemon zest

1/4 tsp (0.5 g),



Crushed red pepper flakes

1/4 tbsp (0.24 g),



Spearmint

28 1/2 leaf, whole (1.43 g), Fresh



Tarragon

1/4 tbsp, leaves (0.45 g), Spices, dried



Vinegar

1/4 cup (60 g), Distilled



Cilantro

1/2 serving, raw (25 g), Raw - Whole Foods Market



Vanilla extract

1/4 tbsp (3.25 g),



Basil

2 leaf, whole (1 g), Fresh



Cinnamon

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



Ranch Seasoning

1/4 serving (0.2 g), Kernel Season's



Ground Cumin Spice

1/2 serving (0.5 g), Cain's - Walmart



Garlic Powder

5/8 tsp (2.5 g), Great Value

Soups and Sauces



Salsa

2/3 cup (173 g), Sauce, ready-to-serve



Pico de gallo

4 2/3 tbsp (75 g), Campbell soup company, pace

Soy & Legumes



Hummus

1 tbsp (15 g), Home prepared

Nut and Seed Products



Pecans

1/4 cup, halves (25 g), Nuts



Almond milk

1/4 cup (60 g), Plain



Peanut Butter, Natural, Creamy

1 tbsp (16 g), Smucker's

Breakfast Cereals



Kashi golean crunch!

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



Oatmeal

1/3 cup (27 g), Cereals, Quaker, dry rolled oats

Baked Products



Whole-wheat bread

2 slice (56 g), Commercially prepared



Tortillas

1 tortilla (24 g), Ready-to-bake or -fry, corn

Grains and Pasta



Whole wheat pasta

1 1/3 oz (38 g), Dry

Fats and Oils



Light mayonnaise

1/3 tbsp (5 g), Salad dressing, light



Olive oil

3 1/4 tbsp (44 g), Salad or cooking

Sweets



Cocoa

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

Meals / Entrees



Delights, Egg'wich

2 sandwich (232 g), Jimmy Dean



Mexican Rice

1/2 cup dry mix (63 g), Knorr

Snacks



Wheat Thins

44 pieces (80 g), Nabisco Wheat Thins

Uncategorized



Protein Shake, Chocolate

6 bottle , Fairlife



Ham, Deli Shaved

2/3 oz (19 g), Heritage Farm



Pepperoni

1/3 oz (9.3 g), Margherita



Sliced Provolone

1/2 slice (14 g), Trader Joe's



Banana Peppers

1/3 oz , Pepperjax Grill



High Fiber Keto Friendly Tortilla Wraps

1 tortilla (45 g), Ole Mexican Foods



Beef Sticks, Mild, Original

2 Stick (66 g), Chomps



Pistachios

1/4 cup (28 g), Wonderful Pistachios



Riced Cauliflower

1 cup (113 g), Kroger



String Cheese

3 piece (72 g), Member's Mark



Peanut Butter, Creamy, Natural

2 tbsp (32 g), Smucker's



Triple Zero Strawberry Yogurt

2 cup (300 g), Dannon Oikos



Hardboiled Egg

1 eggs (50 g), Sodexo Food Services



Beef Bone Broth

1/2 cup , Trader Joe's



Parmesan Crisps

15 crisps (22 g), Member's Mark



Protein Packed Power Waffles

4 waffles (152 g), Kodiak Cakes



Sugar Free Syrup

4 tbsp , Sugar Free, Mrs. Butterworth's



Mayonnaise Dressing with Olive Oil

3/4 tbsp (11 g), Hellman's



Cheese Slices, Ultra Thin, Swiss

1 slices (11 g), Sargento



Jumbo Shells

8 shells (76 g), Wegmans



Black Beans

1/2 cup (122 g), Goya

**Low Fat Sour Cream**

1 1/3 tbsp , Great Value

**Taco Seasoning**

2 2/3 tsp dry mix (8 g), Original, Kroger

**Shredded Cheddar Cheese**

1/8 cup (14 g), 2% Milk - My Essentials

**Salad Kit, Southwest Salad**

2 cups (133 g), Dole

**Protein Bar, Chocolate Peanut Butter**

2 bar (114 g), Grab The Gold

**100% Fruit Juice Peach Cup**

4 plastic cup (452 g), Dole

**Skinnytaste Slow Cooker Chicken Enchilada Stuffed Sweet Potatoes**

1 potato , Skinny Taste

**Yogurt, Cherry Flavored, Nonfat**

2 container (300 g), Oikos Triple Zero

**Gluten Free Pretzels, Pretzel Twists**

13 1/3 pretzels (20 g), Great Value

**Little Ceasars Pepperoni Pizza**

2 serving (194 g), Little Caesars

**Caesar Salad**

2 1/2 cups (125 g), Marketside

**Stevia**

3 tsp , Pure Via

**100% Whey Protein Powder**

1/2 scoops (9.8 g), Premier Protein

**Protein Bars, Churro, Puff**

1 bar (40 g), Built

**Ham Steak**

1 1/2 oz (42 g), Sam's Choice

**Low Fat Cottage Cheese**

1/2 cup (113 g), Good & Gather

**Cheese, Mozzarella, Low-Moisture, Reduced Fat**

1/8 cup (14 g), Crystal Farms

**Extra Virgin Olive Oil**

1 3/4 tbsp (175 g), Extra Virgin, Bertolli

**Chicken Taco Seasoning Mix**

1/4 serving (1.75 g), Mexican - Walmart

**Tortillas, Street Taco**

2 tortillas (44 g), La Banderita

**Shredded Lettuce**

1/2 cups (30 g), Packaged Salads, Fresh Favorites - Dole

**Fajitas Seasoning Mix**

1/2 serving (2 g), Mexican - Walmart

**Burrito Flour Tortillas**

1 tortilla (70 g), Mission

**Hardboiled Eggs**

1 ea (50 g), Sodexo