

Meal Plan
Nutrition Client

Prepared By: Personalized Nutrition
Created: 11-22-2015
Date Range: 2015-11-23 - 2015-11-30

Personalized Nutrition Plan

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Day 1

Day 1 - 11/23/2015						
Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	280 161	FRITTATA USING LEFTOVERS (TOTALS) (1 Servings) 1/2 avocado AVOCADO, RAW			
Notes:						
Meal Totals:		Calories: 441	Carbs: 22g (19%)	Protein: 18g (16%)	Fat: 33g (65%)	Fluid: 3oz
10:00 am	Snack	190	40 grams Kind Bar, Cranberry Almond			
Notes:						
Meal Totals:		Calories: 190	Carbs: 20g (38%)	Protein: 4g (8%)	Fat: 13g (55%)	Fluid: 11oz
12:00 pm	Lunch	96 416	4 tablespoons Guacamole, medium spicy - Wholly TUNA WRAP (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 512	Carbs: 34g (25%)	Protein: 44g (33%)	Fat: 25g (42%)	Fluid: 0oz
03:00 pm	Snack	188 90	2 tablespoons ALMOND BUTTER, JUSTIN'S 1 small BANANA, RAW			
Notes:						
Meal Totals:		Calories: 278	Carbs: 27g (38%)	Protein: 8g (11%)	Fat: 16g (51%)	Fluid: 3oz
07:00 pm	Dinner	173 254	CUCUMBER TOMATO AVOCADO SALAD (TOTALS) (1 Servings) ALMOND-COCONUT CRUSTED CHICKEN DINNER (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 427	Carbs: 15g (14%)	Protein: 32g (29%)	Fat: 28g (57%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1848	118g (24%)	106g (22%)	115g (54%)	17oz

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Day 2

Day 2 - 11/24/2015					
Time	Meal Label	Calories	Meal Items		
07:00 am	Breakfast	280 80	FRITTATA USING LEFTOVERS (TOTALS) (1 Servings) 1/4 avocado AVOCADO, RAW		
Notes:					
Meal Totals:		Calories: 360	Carbs: 17g (19%)	Protein: 17g (19%)	Fat: 25g (62%) Fluid: 2oz
10:00 am	Snack	188 48	2 tablespoons ALMOND BUTTER, JUSTIN'S 3 1/2 oz APPLE, RAW		
Notes:					
Meal Totals:		Calories: 236	Carbs: 15g (26%)	Protein: 7g (12%)	Fat: 16g (62%) Fluid: 4oz
12:00 pm	Lunch	416 96	TUNA WRAP (TOTALS) (1 Servings) 4 tablespoons Guacamole, medium spicy - Wholly		
Notes:					
Meal Totals:		Calories: 512	Carbs: 34g (25%)	Protein: 44g (33%)	Fat: 25g (42%) Fluid: 0oz
03:00 pm	Snack	173	CUCUMBER TOMATO AVOCADO SALAD (TOTALS) (1 Servings)		
Notes:					
Meal Totals:		Calories: 173	Carbs: 11g (24%)	Protein: 2g (4%)	Fat: 15g (72%) Fluid: 0oz
07:00 pm	Dinner	12 106 360 30 17	1/4 cups GREEN PEPPER, SWEET, RAW (BELL) 1/3 avocado AVOCADO, RAW E'S TURKEY & BLACK BEAN SLOPPY JOES. (TOTALS) (1 Servings) 3 cups Organic Baby Spinach Leaves 1/4 cups PEPPER, SWEET, RED, RAW		
Notes: Put completed recipe over a bed of greens and non-starchy vegetables to make a salad.					
Meal Totals:		Calories: 525	Carbs: 50g (36%)	Protein: 34g (25%)	Fat: 24g (39%) Fluid: 6oz
		Calories	Carbs	Protein	Fat Fluid
Day 2 Totals:		1806	127g (27%)	104g (22%)	105g (51%) 12oz

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Day 3

Day 3 - 11/25/2015					
Time	Meal Label	Calories	Meal Items		
07:00 am	Breakfast	280 161	FRITTATA USING LEFTOVERS (TOTALS) (1 Servings) 1/2 avocado AVOCADO, RAW		
Notes:					
Meal Totals:		Calories: 441	Carbs: 22g (19%)	Protein: 18g (16%)	Fat: 33g (65%) Fluid: 3oz
10:00 am	Snack	24 180	10 small-stalk CELERY, RAW TRADITIONAL HUMMUS (TOTALS) (1 Servings)		
Notes:					
Meal Totals:		Calories: 204	Carbs: 17g (32%)	Protein: 7g (13%)	Fat: 13g (55%) Fluid: 6oz
12:00 pm	Lunch	360 161 12 17 30	E'S TURKEY & BLACK BEAN SLOPPY JOES. (TOTALS) (1 Servings) 1/2 avocado AVOCADO, RAW 1/4 cups GREEN PEPPER, SWEET, RAW (BELL) 1/4 cups PEPPER, SWEET, RED, RAW 3 cups Organic Baby Spinach Leaves		
Notes:					
Meal Totals:		Calories: 580	Carbs: 53g (35%)	Protein: 35g (23%)	Fat: 29g (43%) Fluid: 7oz
03:00 pm	Snack	188 48	2 tablespoons ALMOND BUTTER, JUSTIN'S 3 1/2 oz APPLE, RAW		
Notes:					
Meal Totals:		Calories: 236	Carbs: 15g (26%)	Protein: 7g (12%)	Fat: 16g (62%) Fluid: 4oz
07:00 pm	Dinner	371	CHICKEN FAJITA STIR FRY (TOTALS) (1 Servings)		
Notes:					
Meal Totals:		Calories: 371	Carbs: 34g (35%)	Protein: 31g (32%)	Fat: 14g (33%) Fluid: 0oz
		Calories	Carbs	Protein	Fat Fluid
Day 3 Totals:		1832	141g (30%)	98g (21%)	105g (50%) 20oz

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Day 4

Day 4 - 11/26/2015						
Time	Meal Label	Calories	Meal Items			
08:00 am	Breakfast	161 329	1/2 avocado AVOCADO, RAW BREAKFAST BURRITO (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 490	Carbs: 25g (20%)	Protein: 22g (17%)	Fat: 35g (63%)	Fluid: 3oz
10:00 am	Snack	190	40 grams Kind Bar, Cranberry Almond			
Notes:						
Meal Totals:		Calories: 190	Carbs: 20g (38%)	Protein: 4g (8%)	Fat: 13g (55%)	Fluid: 11oz
12:00 pm	Lunch	496	ZAZA SALAD WITH CHICKEN (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 496	Carbs: 35g (26%)	Protein: 39g (29%)	Fat: 26g (44%)	Fluid: 0oz
03:00 pm	Snack	190	40 grams Kind Bar, Cranberry Almond			
Notes:						
Meal Totals:		Calories: 190	Carbs: 20g (38%)	Protein: 4g (8%)	Fat: 13g (55%)	Fluid: 11oz
07:00 pm	Dinner	469	BLACKENED SALMON WITH MANGO-AVOCADO SALSA (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 469	Carbs: 17g (14%)	Protein: 45g (38%)	Fat: 25g (48%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 4 Totals:		1835	117g (24%)	114g (24%)	112g (52%)	25oz

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Day 5

Day 5 - 11/27/2015						
Time	Meal Label	Calories	Meal Items			
08:00 am	Breakfast	161 329	1/2 avocado AVOCADO, RAW BREAKFAST BURRITO (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 490	Carbs: 25g (20%)	Protein: 22g (17%)	Fat: 35g (63%)	Fluid: 3oz
10:00 am	Snack	170	1 oz ALMONDS			
Notes:						
Meal Totals:		Calories: 170	Carbs: 6g (13%)	Protein: 7g (16%)	Fat: 14g (71%)	Fluid: 0oz
12:00 pm	Lunch	496	ZAZA SALAD WITH CHICKEN (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 496	Carbs: 35g (26%)	Protein: 39g (29%)	Fat: 26g (44%)	Fluid: 0oz
03:00 pm	Snack	24 180	10 small-stalk CELERY, RAW TRADITIONAL HUMMUS (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 204	Carbs: 17g (32%)	Protein: 7g (13%)	Fat: 13g (55%)	Fluid: 6oz
07:00 pm	Dinner	161 185 108 10	1/2 avocado AVOCADO, RAW 6 oz Chicken Breast Fillet 1/2 cups BROWN RICE, LONG GRAIN, COOKED 1 cups Organic Baby Spinach Leaves			
Notes:						
Meal Totals:		Calories: 464	Carbs: 33g (27%)	Protein: 46g (38%)	Fat: 19g (35%)	Fluid: 6oz
		Calories	Carbs	Protein	Fat	Fluid
Day 5 Totals:		1824	116g (24%)	121g (25%)	107g (50%)	15oz

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Day 6

Day 6 - 11/28/2015						
Time	Meal Label	Calories	Meal Items			
08:00 am	Breakfast	351	GRANOLA BOWL W/ FRUIT (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 351	Carbs: 31g (34%)	Protein: 21g (23%)	Fat: 17g (42%)	Fluid: 0oz
10:00 am	Snack	292	CHEERY ALMOND SMOOTHIE (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 292	Carbs: 23g (30%)	Protein: 9g (12%)	Fat: 20g (58%)	Fluid: 0oz
12:00 pm	Lunch	370 30	ALMOND CHICKEN SALAD (LACTOSE FREE) (TOTALS) (1 Servings) 3 cups Organic Baby Spinach Leaves			
Notes:						
Meal Totals:		Calories: 400	Carbs: 19g (18%)	Protein: 32g (30%)	Fat: 24g (51%)	Fluid: 0oz
03:00 pm	Snack	190 188	40 grams Kind Bar, Cranberry Almond 2 tablespoons ALMOND BUTTER, JUSTIN'S			
Notes:						
Meal Totals:		Calories: 378	Carbs: 24g (24%)	Protein: 11g (11%)	Fat: 29g (65%)	Fluid: 11oz
07:00 pm	Dinner	395	JUCY STEAK FILET AND VEGGIES (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 395	Carbs: 19g (19%)	Protein: 32g (32%)	Fat: 22g (49%)	Fluid: 0oz
		Calories	Carbs	Protein	Fat	Fluid
Day 6 Totals:		1816	116g (25%)	105g (22%)	112g (53%)	11oz

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Day 7

Day 7 - 11/29/2015						
Time	Meal Label	Calories	Meal Items			
08:00 am	Breakfast	351	GRANOLA BOWL W/ FRUIT (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 351	Carbs: 31g (34%)	Protein: 21g (23%)	Fat: 17g (42%)	Fluid: 0oz
10:00 am	Snack	292	CHEERY ALMOND SMOOTHIE (TOTALS) (1 Servings)			
Notes:						
Meal Totals:		Calories: 292	Carbs: 23g (30%)	Protein: 9g (12%)	Fat: 20g (58%)	Fluid: 0oz
12:00 pm	Lunch	370	ALMOND CHICKEN SALAD (LACTOSE FREE) (TOTALS) (1 Servings)			
		30	3 cups Organic Baby Spinach Leaves			
Notes:						
Meal Totals:		Calories: 400	Carbs: 19g (18%)	Protein: 32g (30%)	Fat: 24g (51%)	Fluid: 0oz
03:00 pm	Snack	190	40 grams Kind Bar, Cranberry Almond			
		94	1 tablespoons ALMOND BUTTER, JUSTIN'S			
Notes:						
Meal Totals:		Calories: 284	Carbs: 22g (28%)	Protein: 8g (10%)	Fat: 21g (61%)	Fluid: 11oz
07:00 pm	Dinner	129	3V ROASTED ROOT VEGGIES (TOTALS) (1 Servings)			
		206	SIMPLE SALMON W DILL (TOTALS) (1 Servings)			
		161	1/2 avocado AVOCADO, RAW			
Notes:						
Meal Totals:		Calories: 496	Carbs: 25g (19%)	Protein: 28g (22%)	Fat: 34g (59%)	Fluid: 3oz
		Calories	Carbs	Protein	Fat	Fluid
Day 7 Totals:		1823	120g (25%)	98g (20%)	116g (54%)	14oz

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Day 8

Day 8 - 11/30/2015						
Time	Meal Label	Calories	Meal Items			
		Calories	Carbs	Protein	Fat	Fluid
Day 8 Totals:		0	0g (0%)	0g (0%)	0g (0%)	0oz

Recipes

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Frittata using Leftovers (totals) (serves 4)

Ingredients

1 cups Cheddar Cheese, Sharp, Finely Shredded
6 egg Egg, Chicken, Brown
1/2 teaspoons Rosemary
2 1/2 cups Vegetables, Mixed, No Salt Added
1 tablespoons Bariani Olive Oil-extra Virgin

Instructions

Makes 8 slices, 1 serving is 2 slices.

INGREDIENTS from exact recipe:

1 - 2 tablespoons olive oil
Roughly 2 1/2 cups chopped leftover vegetables like carrot and celery sticks, peppers, green onions, broccoli, cauliflower, mushrooms, etc. (I'd recommend skipping the cucumbers, radishes, and anything else that generally doesn't cook up that well, unless you're more daring.)
1/2 teaspoon dried rosemary (optional)
6 large eggs
1 cup shredded cheese like cheddar or monterey jack - or whatever else floats your boat
1/2 teaspoon salt
Fresh ground pepper to taste

DIRECTIONS:

Heat the oven to 350 degrees Fahrenheit.
Cut the veggies into small pieces. You want 2 1/2 cups or so of diced vegetables.
In a 8- or 10-inch cast iron skillet, heat the olive oil over medium heat.
Add the veggies, and saute over medium heat until they're tender, about 10 minutes.
Stir in the rosemary, if using, and cook for another minute or so more.
Remove from heat.
Crack the eggs into a medium bowl, and whisk together.
Stir in the salt, pepper, and cheese.
Pour the egg and cheese mixture into the cast iron skillet, and stir, mixing the vegetables with the egg mixture.
Move the skillet to the oven and bake for about 15 minutes, until the middle is set (it doesn't jiggle when you shake the pan a little).
Cut into slices and serve plain or with salsa. Or double-decker with some cheese in the middle. Yum.

Recipes

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Tuna Wrap (totals) (serves 1)

Ingredients

53 grams Flat Out Flatbread
3 teaspoons Mustard, Prepared, Deli
88 grams Roma Tomato (medium)
5/8 leaves Basil, Fresh
1/4 teaspoons Black Pepper, Ground
1/4 teaspoons Kosher Salt
1 egg Egg, Chicken, Whole, Hard, Boiled
3 grams Garlic Clove, 1 Fresh
1/3 cups Onion, Raw
2 oz Olives, Sliced
4 oz Albacore Tuna In Water, Chunk White, Canned

Instructions

Combine all ingredients in a medium bowl. Spoon tuna mixture into wrap and roll up. Please note you can use any mustard of choice. I like trader Joe's Sweet and hot

Recipes

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Cucumber Tomato Avocado Salad (totals) (serves 6)

Ingredients

1/4 cups Coriander, Raw (chinese Parsley, Cilantro)
2 tablespoons Lemon Juice
2 tablespoons Bariani Olive Oil-extra Virgin
2 avocado Avocado, Raw
1/8 cups Red Onions
1 cucumber Cucumber W/peel, Raw
1 pounds Tomato, Roma, Baby

Instructions

Makes 6 servings!

Ingredient Clarification:

1 lb Roma tomatoes
1 English cucumber
1/2 medium red onion, sliced
2 avocados, diced
2 Tbsp extra virgin olive oil or sunflower oil
Juice of 1 medium lemon (about 2 Tbsp)
1/4 cup (1/2 bunch) cilantro, chopped*
1 tsp sea salt or 3/4 tsp table salt
1/8 tsp black pepper
*****Note: if you aren't keen on cilantro, fresh dill is a good substitute

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and ? tsp black pepper.

Recipes

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Almond-Coconut Crusted Chicken Dinner (totals) (serves 4)

Ingredients

16 oz Chicken Breast, Boneless, Raw, Meat Only
1 egg Egg, Chicken W/omega-3
1/2 cups Unsweetned Organic Coconut Flakes,
1/4 cups Almond Meal/flour

Instructions

1. In medium-sized bowl combine almond meal and shredded coconut.
2. In a separate medium-sized bowl, whisk egg.
3. Heat coconut oil over medium heat in a large sauce pan.
4. Dip each chicken breast in egg mixture then almond meal/coconut mixture before placing in hot oil.
5. Cook in hot oil, turning each breast once, until chicken is cooked through.

Recipes

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E's Turkey & Black Bean Sloppy Joes. (totals) (serves 4)

Ingredients

- 1 tablespoons Mozzarella Cheese, Part Skim, Shredded
- 1 teaspoons Grilling Blend, Mrs. Dash
- 14 fl oz 10 Oz Can Rotel Diced Tomatoes And Green Chilies
- 2 teaspoons Chili Powder
- 1 teaspoons Paprika, Ground
- 1 tablespoons Olive Oil
- 1 1/2 cups Tomato Juice, Low Sodium
- 6 oz Tomato Paste
- 1 tablespoons Garlic Salt
- 14 oz Black Bean, Lower Sodium
- 3/4 cups Onion
- 16 fl oz Poultry Product, Turkey, Ground, Raw

Instructions

In a large skillet, brown the ground turkey over medium-high heat, then drain any fat. Add remaining ingredients and cook until it reaches your thickness you desire. Serve on whole wheat hamburger buns.

Recipes

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Traditional Hummus (totals) (serves 10)

Ingredients

1/4 teaspoons Black Pepper, Ground
3/4 teaspoons Salt, Sea
3 tablespoons California Olive Ranch Extra Virgin Olive Oil
3 tablespoons Lemon Juice
2 tablespoons Sesame Butter, Tahini
1/2 cups Water, Drinking Water, Purified
6 grams Garlic Clove, 1 Fresh
3 cups Hummus, Commercial (seasoned Mashed Chickpeas)

Instructions

Traditional Hummus

Yield: 3 1/3 cups (1/3 cup is a serving)

Ingredients (clarification):

2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained
2 garlic cloves, crushed
1/2 cup water
1/4 cup tahini (sesame seed paste)
3 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
3/4 teaspoon salt
1/4 teaspoon black pepper

Directions:

Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.

Recipes

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chicken fajita stir fry (totals) (serves 4)

Ingredients

1/2 fruit Lime, Raw
90 grams Avocado (1 Medium)
1/2 cups Cream, Sour, Cultured, 14% Bf
1 tablespoons Fajita Seasoning Mix (simply Organic)
4 cups Dole Spinach Salad Blend
2 fruit Mango, Raw
3 cups Bell Peppers
1 pounds Chicken, Breast W/o Skin, Raw
1 tablespoons Bariani Olive Oil-extra Virgin

Instructions

3 bell peppers of different color thinly sliced
2 mango's peeled and thinly sliced
1/2 of an avocado

Instructions:

Heat a wok or large skillet over medium-high heat. Add oil, swirl to coat and place chicken strips into wok. Cook for five minutes, or until chicken is cooked through. Remove chicken from wok, drain any excess juices and add peppers to pan; cook for two minutes or until just tender crisp. Return chicken to wok along with mango, spinach and spice mixture; heat one minute.

place sour cream, avocado, lime juice and a couple pinches of salt in a blender container and blend until smooth. Serve fajita mixture topped with avocado sauce.

Recipes

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Breakfast burrito (totals) (serves 1)

Ingredients

2 eggs Breakfast, Egg, Scrambled
20 grams Cheddar Cheese, Mild, Reduced Fat
40 grams Salsa
25 grams Corn Tortilla

Instructions

Scramble the eggs until done to your liking. Once done, simply assemble by adding the egg to the tortilla and topping with cheddar cheese and salsa. In terms of the wrap (tortilla), get any GF variety you prefer that fits roughly within the nutritional guidelines.

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ZaZa Salad with Chicken (totals) (serves 1)

Ingredients

1/2 cups Strawberry, Raw
1/3 cups Blueberry, Raw
10 halves Pecan, Dried
4 oz Organic Boneless Chicken Breast
1 oz Cheese, Goat, Soft
2 cups Lettuce, Cos Or Romaine, Raw
2 cups Spinach, Baby

Instructions

This is a Salad. Sub out fruit for fruit of your choice. Add as many non-starchy vegetables as you want!

Recipes

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Blackened Salmon with Mango-Avocado Salsa (totals) (serves 4)

Ingredients

- 1 teaspoons Lime Juice, Raw
- 2 tablespoons Red Onions
- 1/4 cups Tomato, Cherry, Red, Ripe, Raw
- 1 avocado Avocado, Raw
- 1 fruit Mango, Raw
- 1/4 teaspoons Cayenne Pepper
- 1/4 teaspoons Thyme, Dried
- 1/2 teaspoons Black Pepper, Ground
- 1/2 teaspoons Chili Powder
- 1/2 teaspoons Cumin, Ground
- 1/2 teaspoons Oregano, Dried
- 1/2 teaspoons Onion Powder
- 1 1/2 teaspoons Salt, Sea
- 1 1/2 teaspoons Paprika
- 3 grams Garlic Clove, 1 Fresh
- 3 teaspoons Butter
- 24 oz Salmon, Atlantic, Wild, Cooked

Instructions

* If you do not want to use all these spices, then don't! Simple cook how you like your salmon and have the Mango Salsa with it.*

MAKES 4 servings

Ingredient Clarification:

- 1 1/2 wild salmon fillets, boneless (or just buy 4 6oz filets)
- 3 teaspoons melted butter
- 1 garlic clove, crushed
- 1 1/2 tsp paprika
- 1 tsp sea salt
- 1/2 tsp onion powder
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp cracked pepper
- 1/4 tsp thyme
- 1/4 tsp cayenne

Mango Salsa

- 1 large ripe mango, seeded, peeled and diced
- 1 large avocado, seeded and diced
- 1/4 cup diced grape tomatoes

Continued on next page...

Recipes

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Blackened Salmon with Mango-Avocado Salsa (totals) (serves 4)

- 2 tablespoons diced red onion
- 1 teaspoon fresh lime juice
- ½ teaspoon sea salt

Instructions:

2. Combine the butter and all of the spices in a bowl. Rub all over both sides of the salmon. Leave at room temperature while the grill heats.

3. Preheat a grill to medium-high heat.

4. Meanwhile, combine the salsa ingredients together in a bowl and store in the refrigerator while the fish cooks.

5. Sear the salmon, skinless side down first. Close the grill lid. Cook 1-3 minutes on the first side, depending on how thick the fillets are. (Try not to move them until you are going to flip them over to help keep them in one piece.)

6. Using tongs and a metal spatula in the other hand, carefully turn the fish over, so that the skin side is down, and reduce the heat to medium. For charcoal grills, finish cooking over indirect heat furthest from the coals.

7. Close the grill lid and finish cooking for another 5 minutes, depending on the thickness of the fillets.

8. Salmon should be just barely opaque and will start to flake along the center of the fillet when done.

9. Serve hot with the mango-avocado salsa spooned over it.

Recipes

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Granola Bowl w/ fruit (totals) (serves 1)

Ingredients

- 1/2 oz Almonds, Slivered
- 1/3 cups Blueberry, Raw
- 1 cups Almond Milk, Unsweeted Original
- 1/2 cups Chobani Greek Yogurt Plain
- 1/4 cups Bare Naked Granola

Instructions

Granola Bowl. If you do not want to add almond milk, just consume separately. If you do not like almond milk, sub for cow's milk or eliminate all together.

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Cheery Almond Smoothie (totals) (serves 4)

Ingredients

- 1/2 oz Almonds, Whole
- 10 oz Cherry, Sour, Red, Frozen, Unsweetened
- 2 tablespoons Honey
- 1/2 cups Justin's Almonds Butter
- 2 cups Almond Milk, Unsweeted Original

Instructions

Ingredients for 4 servings

- 2 cups unsweetened almond milk
- 1/2 cup creamy almond butter
- 2 tablespoons raw honey
- 1 (10-ounce) package frozen cherries
- 1/2 oz almonds in smoothie or on side

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Almond Chicken Salad (Lactose Free) (totals) (serves 2)

Ingredients

- 1 tablespoons Sesame Oil
- 6 oz Chicken, Breast W/o Skin, Raw
- 1 teaspoons Mustard Flour, Ground
- 1 tablespoons Vinegar, White, Distilled
- 1 cups Sugar Snap Pea, Frozen
- 1/2 cups Red Bell Pepper, Medium
- 1/2 carrot Carrot, Raw
- 2 stalk Green Onion, Young, Tops Only
- 1/4 cups Almonds, Slivered

Instructions

1. Bake, broil or roast chicken breast thoroughly
2. . In a large bowl, mix together the onions, carrot (shredded), red pepper, peas, chicken, and almonds. Set aside.
2. In a small bowl, whisk together the vinegar, sesame oil, and dry mustard until smooth. Pour over salad mixture and toss until coated. Serve in pita pockets or on a bed of lettuce.

Recipes

Nutrition Client

Prepared By: Personalized Nutrition

Created: 11-22-2015

Date Range: 2015-11-23 - 2015-11-30

Juicy Steak Filet and Veggies (totals) (serves 4)

Ingredients

1/2 cups Organic Girl 50/50 Mixed Greens
2 tablespoons White Wine Vinegar
2 cups Tomato, Cherry, Red, Ripe, Raw
1 cups Mushroom, Enoki, Raw
1 cups Mushroom, Brown, Italian (crimini) Raw
1 cups Mushroom, Shiitake, Cooked, No Salt
1 teaspoon Thyme, Dried
3 teaspoons Minced Garlic McCormick
1 tablespoons Bariani Olive Oil-extra Virgin
4 steak Beef Tenderloin, Broiled, Slf (filet Mignon)

Instructions

Please follow ingredients below. The above ingredients are modified to account for losses in cooking. Use whatever mushrooms you want. If you do not like mushrooms, roast any non-starchy vegetable you want!

Ingredients

4 Filet Mignons
1 tablespoon olive oil
3 teaspoons minced garlic, divided
1 teaspoon chopped fresh thyme
3 cups assorted wild mushrooms (such as cremini, oyster, shiitake, enoki and morel)
2 cups red and/or yellow cherry tomatoes, cut in half
2 tablespoons champagne or white wine vinaigrette
Salt and pepper
1/2 cup mixed baby salad greens

Preparation

Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 teaspoon garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove to medium bowl; cool slightly.

Meanwhile, combine remaining 2 teaspoons garlic and thyme. Press evenly onto beef steaks. Place steaks in same skillet over medium heat; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter.

Add tomatoes, salad greens and vinaigrette to mushrooms; toss lightly to coat.

Season steaks with salt and pepper, as desired. Serve with salad.

Recipes

Nutrition Client

Prepared By: Personalized Nutrition

Created: 11-22-2015

Date Range: 2015-11-23 - 2015-11-30

3V Roasted Root Veggies (totals) (serves 6)

Ingredients

- 1 teaspoons Black Pepper
- 1 teaspoons Salt, Table
- 3 tablespoons Extra Virgin Olive Oil
- 2 beet Beet, Raw
- 3 parsnip Parsnip, Raw
- 305 grams Carrot Medium

Instructions

Peel beet. Trim other veggies. Slice into French Fry shapes. Toss in olive oil. Sprinkle with S&P. Roast on 400F for 20 min.

Recipes

Nutrition Client

Prepared By: Personalized Nutrition

Created: 11-22-2015

Date Range: 2015-11-23 - 2015-11-30

Simple Salmon w Dill (totals) (serves 2)

Ingredients

1/4 teaspoons Black Pepper, Ground
1/4 teaspoons Real Salt Sea Salt
1/2 teaspoons Dill Seed
2 wedge-yield Lemon Juice, Raw
8 oz Salmon

Instructions

Preheat oven to 350. Place salmon in foil, skin side down. Squeeze lemon juice and sprinkle, dill, salt and pepper. Wrap in foil and bake for 30 min, until done.

Meal Plan Shopping List

Category	Quantity	Item
Cereal and Grain Products	1/2 cups	Brown Rice, Long Grain, Cooked
Fats and Oils	8 tablespoons	Guacamole, Medium Spicy - Wholly
Fruits	1 small	Banana, Raw
	7 oz	Apple, Raw
Nuts and Seeds	1 oz	Almonds Fisher
	9 tablespoons	Almond Butter, Justin's
Poultry	6 oz	Chicken Breast Fillet
Sport and Diet Nutritionals	200 grams	Kind Bar, Cranberry Almond
Vegetables	1/2 cups	Green Pepper, Sweet, Raw (bell)
	1/2 cups	Pepper, Sweet, Red, Raw
	13 cups	Organic Baby Spinach Leaves
	20 small-stalk	Celery, Raw

Recipe Shopping List

Category	Quantity	Item
Accompaniments	6 teaspoons	Mustard, Prepared, Deli Grey Poupon
	80 grams	Salsa
Beef	4 steak	Beef Tenderloin, Broiled, Slf (filet Mignon)
Beverages	1/2 cups	Water, Drinking Water, Purified
	1 teaspoons	Lime Juice, Raw
	2 wedge-yield	Lemon Juice, Raw
	1 1/2 cups	Tomato Juice, Low Sodium Campbell's
	3 cups	Almond Milk, Unsweeted Original
	5 tablespoons	Lemon Juice
Bread	50 grams	Corn Tortilla
	106 grams	Flat Out Flatbread
Cereal and Grain Products	1/4 cups	Almond Meal/flour Bob's Red Mill
	1/2 cups	Bare Naked Granola
Dairy Products	1/2 cups	Cream, Sour, Cultured, 14% Bf
	1 cups	Chobani Greek Yogurt Plain
	1 egg	Egg, Chicken W/omega-3 Land O' Lakes
	2 egg	Egg, Chicken, Whole, Hard, Boiled
	2 oz	Cheese, Goat, Soft
	1 tablespoons	Mozzarella Cheese, Part Skim, Shredded
	1 cups	Cheddar Cheese, Sharp, Finely Shredded Kraft
	3 teaspoons	Butter
	6 egg	Egg, Chicken, Brown Land O' Lakes
	40 grams	Cheddar Cheese, Mild, Reduced Fat Kraft
Fats and Oils	1 tablespoons	Olive Oil
	1 tablespoons	Sesame Oil
	3 tablespoons	Extra Virgin Olive Oil
	3 tablespoons	California Olive Ranch Extra Virgin Olive Oil
	4 1/2 tablespoons	Bariani Olive Oil-extra Virgin
Finfish and Shellfish Products	8 oz	Albacore Tuna In Water, Chunk White, Canned Starkist
	8 oz	Salmon
	24 oz	Salmon, Atlantic, Wild, Cooked
Fruits	1/2 fruit	Lime, Raw
	1 cups	Strawberry, Raw
	1 1/3 cups	Blueberry, Raw
	3 fruit	Mango, Raw

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Recipe Shopping List

Category	Quantity	Item
	4 5/8 avocado	Avocado, Raw
	10 oz	Cherry, Sour, Red, Frozen, Unsweetened
Ingredients	1/4 teaspoons	Real Salt Sea Salt
	1/2 teaspoons	Kosher Salt
	1 teaspoons	Salt, Table
	1 1/2 teaspoons	Salt, Sea Hain
	1 tablespoons	Vinegar, White, Distilled
	2 tablespoons	White Wine Vinegar Spectrum
	1 teaspoons	Grilling Blend, Mrs. Dash Mrs. Dash
	4 oz	Olives, Sliced
	2 tablespoons	Honey
	6 oz	Tomato Paste Hunt's
	21 grams	Garlic Clove, 1 Fresh
Legumes	1 cups	Sugar Snap Pea, Frozen Cascadian Farm
	3 cups	Hummus, Commercial (seasoned Mashed Chickpeas)
	14 oz	Black Bean, Lower Sodium S&W
Nuts and Seeds	1/4 cups	Almonds, Slivered Planters
	1/2 cups	Unsweetned Organic Coconut Flakes,
	1/2 cups	Justin's Almonds Butter
	1 oz	Almonds, Slivered Blue Diamond
	1/2 oz	Almonds, Whole Blue Diamond
	2 tablespoons	Sesame Butter, Tahini
	20 halves	Pecan, Dried
Poultry	1 3/4 pounds	Chicken, Breast W/o Skin, Raw
	8 oz	Organic Boneless Chicken Breast
	16 oz	Chicken Breast, Boneless, Raw, Meat Only
	16 fl oz	Poultry Product, Turkey, Ground, Raw
Restaurant Menu Items, Generic	4 eggs	Breakfast, Egg, Scrambled
Side Dishes	4 cups	Dole Spinach Salad Blend
	2 1/2 cups	Vegetables, Mixed, No Salt Added
Spices	1/4 teaspoons	Cayenne Pepper Spice Islands
	1/4 cups	Coriander, Raw (chinese Parsley, Cilantro)
	1/2 teaspoons	Cumin, Ground McCormick/Schilling
	1/2 teaspoons	Dill Seed Spice Islands
	1/2 teaspoons	Onion Powder

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Recipe Shopping List

Category	Quantity	Item
	1/2 teaspoons	Oregano, Dried Spice Islands
	1 1/4 leaves	Basil, Fresh
	1/2 teaspoons	Rosemary Spice Islands
	1 3/4 teaspoons	Black Pepper, Ground Durkee
	1 tablespoons	Fajita Seasoning Mix (simply Organic)
	1 teaspoons	Black Pepper
	1 1/4 teaspoons	Thyme, Dried McCormick/Schilling
	1 1/2 teaspoons	Paprika
	1 tablespoons	Garlic Salt
	1 teaspoons	Mustard Flour, Ground McCormick/Schilling
	1 teaspoons	Paprika, Ground Durkee
	3 teaspoons	Minced Garlic McCormick
	4 1/2 teaspoons	Chili Powder
Vegetables	1/2 cups	Organic Girl 50/50 Mixed Greens
	2/3 cups	Onion, Raw
	1/2 carrot	Carrot, Raw
	1/2 cups	Red Bell Pepper, Medium
	3/4 cups	Onion
	1/4 cups	Red Onions
	1 cups	Mushroom, Brown, Italian (crimini) Raw
	1 cups	Mushroom, Enoki, Raw
	1 cups	Mushroom, Shiitake, Cooked, No Salt
	2 beet	Beet, Raw
	1 cucumber	Cucumber W/peel, Raw
	1 pounds	Tomato, Roma, Baby Frieda's
	2 1/4 cups	Tomato, Cherry, Red, Ripe, Raw
	3 cups	Bell Peppers
	3 parsnip	Parsnip, Raw
	4 cups	Lettuce, Cos Or Romaine, Raw
	4 cups	Spinach, Baby Dole
	2 stalk	Green Onion, Young, Tops Only
	14 fl oz	10 Oz Can Rotel Diced Tomatoes And Green Chilies
	90 grams	Avocado (1 Medium)
	176 grams	Roma Tomato (medium)
	305 grams	Carrot Medium

Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines



Golf Ball
¼ cup
1 oz
2 tbsp



Tennis Ball
1/3 cup



Computer Mouse
½ cup



Baseball
1 cup



Rounded Handful
½ cup
1 oz dried goods



Hockey Puck
3 oz muffin or biscuit



Matchbox
1 oz serving of meat



Deck of Cards
3 oz of chicken, meat, or fish



Thin Paperback Book
8 oz serving of meat



Thumb
1 tsp



Poker Chip
1 tbsp



Shot Glass
1 oz
2 tbsp



CD
1 slice of bread
1 oz lunch meat



3 Dice
1 ½ oz cheese



Kids' School Milk Carton
8 oz drink

Useful Examples



Bread & Grains

1 cup of cereal = 1 baseball
½ cup cooked rice = computer mouse
½ cup cooked paste = computer mouse
1 slice of bread = CD
3 cups of popcorn = 3 baseballs



Fruits & Vegetables

½ cup grapes = about 16 grapes
1 cup of strawberries = about 12 berries
1 cup of salad greens = 1 baseball
1 cup cooked vegetables = 1 baseball
1 baked potato = computer mouse



Meats, Fish & Nuts

3 oz lean meat or poultry = deck of cards
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
¼ cup almonds = about 23 almonds
¼ cup pistachios = about 24 pistachios



Dairy & Cheese

1 ½ oz cheese = stacked dice
1 cup yogurt = baseball
½ cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Sweets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox