

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Steel Cut Oats Cooked, Berries, Chia & Yoghurt					
1 cup	Blueberries, raw/frozen	1.07	21.01	0.48	82.65
1 tbsp	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
1 cup	Cereal, gluten-free oats, cooked	5.00	27.00	2.00	150.00
Totals:		23.29	60.06	6.84	385.44
AM Snack - Guacamole With Celery					
½ cup	Avocado - pureed	2.30	8.50	17.60	185.00
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:		2.30	14.50	17.60	215.00
Lunch - Grill Chicken W/ Lrg Salad, Light Feta & Dressing					
10 beans (4" long)	Beans, snap, green, raw	1.00	3.92	0.07	17.05
½ cup, shredded	Cabbage, freshly harvest, raw	0.42	1.88	0.06	8.40
5 medium	Carrots, baby, raw	0.32	4.12	0.07	17.50
½ ounce	Cheese, feta	2.42	0.70	3.62	44.88
6 ounce(s)	Chicken Breast / White Meat	38.50	0.00	4.50	205.00
2 teaspoon	Oil & Vinegar Salad Dressing	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		45.26	29.62	10.61	437.59
PM Snack - Tuna Salad On Crackers					
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, light	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
4 ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
6	Crackers, brown rice	2.00	14.00	0.00	60.00
Totals:		32.90	27.10	2.10	242.00
Dinner - Broil Or Grill Fish, Steam Broccoli					
1 cup	Broccoli, frozen, chopped, steamed, no salt	5.70	9.84	0.22	51.52
6 ounce(s)	Halibut - broiled	45.00	0.00	6.00	240.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - large garden w/tomato, onion	1.30	16.50	1.40	99.00
Totals:		52.10	27.24	8.52	406.52
Evening Snack - Eat Almond Butter With A Spoon					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
Totals:		2.41	3.40	9.46	101.28
Actual Totals for Day:		155.96	147.42	37.53	1572.83
Actual % of Total Calories:		38.41	37.49	17.82	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Mix Avocado, Cucumber And Tomato & Eat With Eggs					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1 cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
2 large	Eggs, organic, hard boiled	12.00	0.00	10.00	140.00
3 slice	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:		44.07	8.66	27.11	469.34
AM Snack - Apple With Nuts					
1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
1 ounce (7)	Nuts, walnuts	4.26	3.84	18.26	183.12
Totals:		4.56	24.84	18.76	264.12
Lunch - Fish, Buckwheat And Asparagus					
8 spears	Asparagus, cooked, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat, cooked	5.63	30.39	1.45	145.78
6 ounce(s)	Fish, halibut, Atlantic and Pacific, cooked, dry heat	34.03	0.00	3.75	178.50
Totals:		43.20	32.69	5.70	345.88
PM Snack - Cottage Cheese With Blackberries					
1 cup	Blackberries, raw/frozen	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		16.00	16.94	1.86	143.92
Dinner - Chicken With Sweet Pot. Add Your Own Spices.					
½ cup, chopped	Broccoli, steamed, no salt	1.86	5.60	0.32	27.30
6 ounce(s)	Chicken breast, organic	30.00	0.00	2.50	174.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
½ cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
Totals:		34.26	41.8	5.22	395.30
Evening Snack - Brazil Nuts					
1 ounce (6-8 kernels)	Nuts, Brazil nuts, raw	4.06	3.48	18.83	185.98
Totals:		4.06	3.48	18.83	185.98
Actual Totals for Day:		146.15	128.40	77.48	1804.53
Actual % of Total Calories:		32.39	28.46	17.17	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Yoghurt Parfaits					
1 cup	Amaranth Cereal, hot or cold	4.80	48.60	1.62	118.20
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw/frozen	1.02	11.67	0.46	48.64
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		26.03	73.49	6.43	336.30
AM Snack - Hard-Boiled Egg With Peppers					
1 large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
1 cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:		7.20	9.20	5.20	108.00
Lunch - Turkey And Spinach Salad					
½ cup	Avocado - pureed	2.30	8.50	17.60	185.00
½ cup	Beans, adzuki, mature seeds, boiled, no salt	8.65	28.49	0.12	147.20
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
5 ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
1 tablespoon	Oil & Vinegar	0.00	1.00	2.00	22.50
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		56.02	43.25	21.07	574.90
PM Snack - Apple And Cottage Cheese					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
1 cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:		28.14	13.52	2.39	191.56
Dinner - Bake Or Grill Chicken Top With Cheese & Salsa					
1 cup	Broccoli, steamed, no salt	5.70	9.84	0.22	51.52
1/3 cup	Brown Rice - cooked	1.47	14.91	0.36	69.60
1 ounce(s)	Cheddar, mild shredded, low-fat	8.00	1.00	5.00	80.00
6 ounce(s)	Chicken Breast / White Meat	38.50	0.00	4.50	205.00
2 tablespoon	Salsa	0.00	0.00	0.00	4.00
Totals:		53.67	25.75	9.08	410.12
Evening Snack - Almond Butter On A Cracker					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
2 each	Crackers, gluten-free	2.00	14.00	0.00	60.00
Totals:		4.41	17.40	9.46	161.28
Actual Totals for Day:		175.48	182.61	54.53	1782.16
Actual % of Total Calories:		39.36	40.98	21.41	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs Scramble					
1	Banana, small	4.00	15.00	0.50	80.00
1 cup	Egg, white, raw	26.49	1.77	0.41	126.36
2 large	Egg, whole, scrambled	13.53	2.68	14.90	202.52
1 cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:		47.57	43.8	16.18	501.28
AM Snack - Blackberries And Raw Pumpkin Seeds					
1 cup	Blackberries, raw/frozen	2.00	13.84	0.71	61.92
1 ounce (85 seeds)	Seeds, pumpkin and squash seeds, whole, raw	5.26	15.24	5.50	126.44
Totals:		7.26	29.08	6.21	188.36
Lunch - Tuna Salad With Lentils And Veggies					
6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
½ cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1 tablespoon	Mayonnaise, light	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
1 tin	Tuna Solid light, in water	37.50	2.50	2.50	175.00
Totals:		48.41	41.67	3.05	368.84
PM Snack - Apple And Cottage Cheese					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
1 cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:		28.14	13.52	2.39	191.56
Dinner - Beef, Sweet Potato And Salad					
5 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	38.33	0.00	11.67	274.83
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		40.94	29.83	14.06	443.83
Evening Snack - Walnuts					
½ ounce	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
Totals:		2.13	1.92	9.13	91.56
Actual Totals for Day:		177.25	147.92	51.51	1785.43
Actual % of Total Calories:		39.71	33.13	20.19	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Scrambled Eggs, Spinach, Mushrooms & Crackers					
1/4 cup	Cheese, mild shredded	7.00	1.00	9.00	110.00
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1 cup	Egg, white, raw	26.49	1.77	0.41	126.36
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
4 each	Crackers, brown rice	1.5	22	1	60
Totals:		43.63	28.31	17.95	410.96
AM Snack - Greek Yoghurt, Peaches And Cinnamon					
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 small	Peaches, raw	0.72	7.54	0.20	30.81
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
Totals:		15.87	16.07	0.30	123.14
Lunch - Beef With Spaghetti Squash					
1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 tablespoon	Parmesan Cheese	2.00	0.00	1.00	22.80
1 cup	Squash, winter, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
¾ cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
5 ounce(s)	Beef, extra-lean, browned	38.33	0.00	11.67	274.83
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		32.87	42.89	12.29	428.26
PM Snack - Fruit And Nuts					
1 cup	Blackberries, raw/frozen	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
12 almonds	Nuts, almonds, raw	2.55	2.37	6.08	69.36
Totals:		18.55	19.31	7.93	213.28
Dinner - Chicken With Beans And Yam					
1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, steamed	2.01	8.71	0.23	37.80
6 ounce(s)	Chicken Breast / White Meat	38.50	0.00	4.50	205.00
1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
2 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
1 cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
Totals:		43.43	53.63	8.04	466.60
Evening Snack - Popcorn And Almonds					
4 cup	Popcorn – air popped	3.00	17.00	7.00	0.00
12 almonds	Almonds, nuts, raw	0.00	0.00	0.00	69.36
Totals:		3.00	17.00	7.00	69.36
Actual Totals for Day:		172.68	167.21	56.18	1736.43
Actual % of Total Calories:		39.77	38.51	22.64	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast – Peanut Butter Yoghurt W/ Fruit And Flax					
1 cup	Blackberries, raw/frozen	2.00	13.84	0.71	61.92
1	Banana, medium	4.00	15.00	0.50	80.00
1 tablespoon	Peanut Butter - all natural smooth style	4.00	3.00	8.00	105.00
1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		29.83	41.73	13.43	400.32
AM Snack - Apple					
1 small	Apple	0.15	10.50	0.25	40.50
12 almonds	Almonds, nuts, raw	0.00	0.00	0.00	69.36
Totals:		0.15	10.50	0.25	109.86
Lunch - Add Egg & Bean Salad Toss W/Oil & Vinegar					
½ cup	Beans, adzuki, mature seed, boiled, with salt	8.65	28.49	0.12	147.20
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
Large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
4 ounce(s)	Turkey Breast slices, Organic, Nitrate Free	28.00	0.00	0.00	100.00
Totals:		45.74	51.85	8.02	454.70
PM Snack - Peppers And Nuts					
1 ounce (7)	Nuts, walnuts, raw	4.26	3.84	18.26	183.12
1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:		5.74	12.82	18.71	221.86
Dinner - Broil Or Grill Fish, Top Potato W/Salsa					
6 ounce	Fish, salmon, wild, cooked, dry heat	32.44	0.00	10.37	232.05
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
3 ounce(s)	Yam	2.10	20.55	0.09	90.00
1 large	Salad - lrg garden w/tomato, onion	1.30	15.50	1.40	99.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
Totals:		36.98	42.39	12.90	463.05
Evening Snack - Ice Cream					
½ cup	Ice cream, No Sugar Added, Vanilla	2.54	15.12	4.28	98.67
Totals:		2.54	15.12	4.28	98.67
Actual Totals for Day:		120.98	173.41	57.59	1748.10
Actual % of Total Calories:		28.82	41.31	24.00	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Top English Muffin W/Almond Butter					
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ muffin	English muffin, gluten free, toasted	0.5	12.00	2.5	50.00
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
1 each	Orange - medium	1.10	17.40	0.30	69.00
Totals:		10.30	33.36	17.56	279.78
AM Snack - Yogurt With Flax And Cinnamon					
1/3 teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		19.37	10.64	3.01	142.78
Lunch - Top Potato W/Broccoli And Salsa					
1 cup	Broccoli, steamed, no salt	5.70	9.84	0.22	51.52
3 ounce	Fish, salmon, wild, cooked, dry heat	16.22	0.00	5.18	116.25
3 ounce(s)	Yam	2.10	20.55	0.09	90.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
1 cup	Vegetable Lentil soup – (recipe)	2.00	9.00	2.00	60.00
Totals:		26.02	39.39	7.49	323.77
PM Snack - Peanut Butter On Crackers					
1 tablespoon	Peanut Butter - all natural smooth style	4.00	3.00	8.00	105.00
4 each	Crackers, brown rice	1.50	22.00	1.00	60.00
Totals:		5.50	25.00	9.00	165.00
Dinner - Top Chicken W/Sauce And Cheese & Pasta					
1 cup	Angel hair - buckwheat	7.00	42.00	1.00	210.00
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
6 ounce(s)	Chicken Breast / White Meat	38.50	0.00	4.50	205.00
½ cup	Marinara sauce	4.00	10.00	6.00	110.00
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 large	Salad - large garden w/tomato, onion	1.95	17.25	0.60	94.00
Totals:		46.61	73.15	14.62	661.77
Evening Snack - Popcorn					
4 cups	Popcorn – Air popped plain	2.68	10.68	4.00	92.00
Totals:		2.68	10.68	4.00	92.00
Actual Totals for Day:		110.48	192.22	55.68	1665.1
Actual % of Total Calories:		26.54	46.17	23.4	