

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Steel Cut Oats Cooked, Berries, Chia &amp; Yoghurt</b>					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ cup	Cereal, gluten-free oats, steel cut, cooked	2.50	13.50	1.00	75.00
<b>Totals:</b>		<b>20.25</b>	<b>36.05</b>	<b>5.60</b>	<b>269.12</b>

#### AM Snack - Guacamole With Celery

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
<b>Totals:</b>		<b>1.15</b>	<b>10.25</b>	<b>8.80</b>	<b>122.50</b>

#### 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 cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4 teaspoon	Oil & Vinegar	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>		<b>32.76</b>	<b>29.62</b>	<b>10.21</b>	<b>356.59</b>

#### PM Snack - Tuna Salad On Crackers

1 cup	Cucumber - slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1 tablespoon	Relish	0.10	5.30	0.10	20.00
3 ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
6	Crackers, brown rice	2.00	14.00	0.00	60.00
<b>Totals:</b>		<b>25.40</b>	<b>28.60</b>	<b>1.60</b>	<b>207.00</b>

#### Dinner - Broil Or Grill Fish, Steam Broccoli

½ cup	Broccoli, frozen, chopped, steamed, no salt	2.85	4.92	0.11	25.76
4 ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1 tablespoon	Oil & Balsamic 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
<b>Totals:</b>		<b>34.25</b>	<b>22.32</b>	<b>6.41</b>	<b>300.76</b>

#### 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
<b>Totals:</b>		<b>2.41</b>	<b>3.40</b>	<b>9.46</b>	<b>101.28</b>

<b>Actual Totals for Day</b>	<b>116.23</b>	<b>128.24</b>	<b>42.08</b>	<b>1357.25</b>
<b>Actual % of Total Calories:</b>	<b>34.25</b>	<b>37.79</b>	<b>21.70</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Mix Avocado, Cucumber, Tomato &amp; Eat With Eggs</b>					
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
2 large	Eggs, organic, hard-boiled	2.00	0.00	10.00	140.00
3 slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
<b>Totals:</b>		<b>13.95</b>	<b>7.05</b>	<b>18.80</b>	<b>258.50</b>
<b>AM Snack - Apple With Nuts</b>					
1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
<b>Totals:</b>		<b>2.43</b>	<b>22.92</b>	<b>9.63</b>	<b>172.56</b>
<b>Lunch - Fish, Buckwheat And Asparagus</b>					
8 spears	Asparagus, frozen, broiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
3 ounces	Fish, halibut, cooked, dry heat	22.69	0.00	2.50	119.00
<b>Totals:</b>		<b>31.86</b>	<b>32.69</b>	<b>4.45</b>	<b>286.38</b>
<b>PM Snack- Cottage Cheese And Blackberries</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<b>Totals:</b>		<b>16.00</b>	<b>16.94</b>	<b>1.86</b>	<b>143.92</b>
<b>Dinner - Chicken With Sweet Pot. Add Your Own Spices.</b>					
½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4 ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 large	Salad - sm. 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
<b>Totals:</b>		<b>28.26</b>	<b>41.80</b>	<b>2.72</b>	<b>345.30</b>
<b>Evening Snack - Brazil Nuts</b>					
1 ounce (6-8 kernels)	Nuts, brazil nuts, raw	4.06	3.48	18.83	185.98
<b>Totals:</b>		<b>4.06</b>	<b>3.48</b>	<b>18.83</b>	<b>185.98</b>
<b>Actual Totals for Day</b>		<b>96.56</b>	<b>124.88</b>	<b>56.29</b>	<b>1392.63</b>
<b>Actual % of Total Calories:</b>		<b>28.39</b>	<b>35.00</b>	<b>36.60</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Yoghurt Parfait</b>					
¼ cup	Amaranth Cereal	3.00	23.00	0.81	100.00
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
<b>Totals:</b>		<b>24.23</b>	<b>47.89</b>	<b>5.62</b>	<b>316.1</b>
<b>AM Snack - Hard-Boiled Egg With Peppers</b>					
1 large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
1 whole	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
<b>Totals:</b>		<b>7.20</b>	<b>9.20</b>	<b>5.20</b>	<b>108.00</b>
<b>Lunch – Chicken, Bean And Spinach Salad</b>					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
¼ cup	Beans, adzuki, mature seeds, boiled, no salt	4.32	14.24	0.06	73.60
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
4 ounce(s)	Chicken Breast / White Meat	31.50	0.00	3.10	164.00
1 tablespoon	Oil & Vinegar	0.00	1.00	2.00	22.50
¼ cup	Tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>		<b>39.55</b>	<b>24.76</b>	<b>14.31</b>	<b>382.80</b>
<b>PM Snack - Apple And Cottage Cheese</b>					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<b>Totals:</b>		<b>14.14</b>	<b>10.42</b>	<b>1.24</b>	<b>109.56</b>
<b>Dinner - Bake Or Grill Chicken Top With Cheese &amp; Salsa</b>					
1 cup	Broccoli, frozen, chopped, steamed, drained, 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, light	8.00	1.00	5.00	80.00
4 ounce(s)	Chicken Breast / White Meat	31.50	0.00	3.10	164.00
3 tablespoon(s)	Salsa	0.00	0.00	0.00	4.00
<b>Totals:</b>		<b>34.67</b>	<b>25.75</b>	<b>6.78</b>	<b>298.12</b>
<b>Evening Snack - Almond Butter On A Cracker</b>					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
2	Crackers, brown rice	1.00	7.00	0.00	30.00
<b>Totals:</b>		<b>3.41</b>	<b>10.40</b>	<b>9.46</b>	<b>131.28</b>
<b>Actual Totals for Day:</b>		<b>135.19</b>	<b>128.42</b>	<b>44.11</b>	<b>1416.86</b>
<b>Actual % of Total Calories:</b>		<b>38.16</b>	<b>36.25</b>	<b>21.99</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Eggs On Toast</b>					
1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
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
<b>Totals:</b>		<b>22.88</b>	<b>33.13</b>	<b>17.76</b>	<b>349.92</b>
<b>AM Snack - Blackberries And Raw Pumpkin Seeds</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ ounce (85 seeds)	Seeds, pumpkin and squash seeds, whole, roasted, no salt	2.63	7.62	2.75	63.22
<b>Totals:</b>		<b>4.63</b>	<b>21.46</b>	<b>3.46</b>	<b>125.14</b>
<b>Lunch - Tuna Salad With Lentils And Veggies</b>					
6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3 each	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
4 ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<b>Totals:</b>		<b>40.91</b>	<b>41.17</b>	<b>2.55</b>	<b>333.84</b>
<b>PM Snack - Apple And Cottage Cheese</b>					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<b>Totals:</b>		<b>14.14</b>	<b>10.42</b>	<b>1.24</b>	<b>109.56</b>
<b>Dinner - Beef, Sweet Potato And Salad</b>					
3 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	23.00	0.00	7.00	164.90
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
<b>Totals:</b>		<b>25.61</b>	<b>29.83</b>	<b>9.39</b>	<b>298.8</b>
<b>Evening Snack - Walnuts</b>					
½ ounce	Nuts, walnuts, English	2.13	1.92	9.13	91.56
<b>Totals:</b>		<b>2.13</b>	<b>1.92</b>	<b>9.13</b>	<b>91.56</b>
<b>Actual Totals for Day:</b>		<b>111.30</b>	<b>134.93</b>	<b>42.03</b>	<b>1343.92</b>
<b>Actual % of Total Calories:</b>		<b>33.12</b>	<b>40.16</b>	<b>21.89</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Scrambled Eggs, Spinach, Mushrooms &amp; Crackers</b>					
1/4 cup	Cheese, mild shredded	3.50	0.50	4.50	55.00
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
½ cup	Egg, white, raw	13.24	0.89	0.21	63.18
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
2	Crackers, brown rice	2.00	14.00	0.00	60.00
<b>Totals:</b>		<b>27.38</b>	<b>18.92</b>	<b>12.24</b>	<b>292.78</b>

#### 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
<b>Totals:</b>		<b>15.87</b>	<b>16.07</b>	<b>0.30</b>	<b>123.14</b>

#### Lunch - Beef With Spaghetti Squash

1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 cup	Squash, winter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1 cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
3 ounces	Beef, extra-lean, browned	25.00	0.00	7.00	200.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>		<b>30.08</b>	<b>28.37</b>	<b>8.17</b>	<b>332.89</b>

#### PM Snack - Fruit And Nuts

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
<b>Totals:</b>		<b>4.13</b>	<b>15.81</b>	<b>5.77</b>	<b>119.72</b>

#### Dinner - Chicken With Snap Peas And Yam

1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, drained no salt	2.01	8.71	0.23	37.80
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1 tsp, chopped	Chives, raw	0.03	0.04	0.01	0.30
1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
<b>Totals:</b>		<b>29.49</b>	<b>34.19</b>	<b>4.24</b>	<b>286.35</b>

#### Evening Snack - Almonds

12 almonds	Nuts, organic almonds	0.00	0.00	0.00	69.36
<b>Totals:</b>		<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>69.36</b>

<b>Actual Totals for Day:</b>	<b>101.94</b>	<b>121.37</b>	<b>31.71</b>	<b>1224.24</b>
<b>Actual % of Total Calories:</b>	<b>34.60</b>	<b>41.19</b>	<b>24.22</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
½ tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
<b>Totals:</b>		<b>17.83</b>	<b>39.73</b>	<b>10.92</b>	<b>297.82</b>
<b>AM Snack - Apple</b>					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
<b>Totals:</b>		<b>0.15</b>	<b>10.50</b>	<b>0.25</b>	<b>40.50</b>
<b>Lunch - Add Egg &amp; Bean Salad Toss W/Oil-Vinegar</b>					
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
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>		<b>17.74</b>	<b>51.85</b>	<b>8.02</b>	<b>354.70</b>
<b>PM Snack - Peppers And Nuts</b>					
½ ounce (14 halves)	Nuts, walnuts,	2.13	1.92	9.13	91.56
1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>		<b>3.61</b>	<b>10.90</b>	<b>9.58</b>	<b>130.30</b>
<b>Dinner - Broil Or Grill Fish, Top Potato W/Salsa</b>					
3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
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
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
1 large	Salad - large garden w/tomato, onion	1.30	15.50	1.40	99.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
<b>Totals:</b>		<b>26.16</b>	<b>41.39</b>	<b>9.44</b>	<b>385.70</b>
<b>Evening Snack - Ice Cream</b>					
½ cup	Ice Cream, No Sugar Added, Vanilla	2.54	15.12	4.28	98.67
<b>Totals:</b>		<b>2.54</b>	<b>15.12</b>	<b>4.28</b>	<b>98.67</b>
<b>Actual Totals for Day:</b>		<b>69.03</b>	<b>166.49</b>	<b>40.99</b>	<b>1307.69</b>
<b>Actual % of Total Calories:</b>		<b>21.11</b>	<b>50.92</b>	<b>21.94</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast – Eggs &amp; Fruit</b>					
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
3	Medjool dates, pitted	2.93	13.45	0.70	67.41
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
1 each	Apple	1.10	17.40	0.30	69.00
<b>Totals:</b>		<b>9.1</b>	<b>30.16</b>	<b>10.33</b>	<b>264.55</b>
<b>AM Snack - Yogurt With Flax And Cinnamon</b>					
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
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
<b>Totals:</b>		<b>10.37</b>	<b>7.14</b>	<b>3.01</b>	<b>92.78</b>
<b>Lunch - Top Potato W/Broccoli And Salsa</b>					
1 cup	Broccoli, frozen, steamed, no salt	5.70	9.84	0.22	51.52
3 ounce(s)	Potato – sweet potato	2.10	20.55	0.09	90.00
3 tablespoon	Salsa	0.00	0.00	0.00	6.00
3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.92	154.70
<b>Totals:</b>		<b>29.42</b>	<b>30.39</b>	<b>6.32</b>	<b>302.22</b>
<b>PM Snack - Greek Yogurt</b>					
6 ounce(s)	Yogurt, Greek, non-fat, plain	16.50	6.42	0.00	91.67
<b>Totals:</b>		<b>16.50</b>	<b>6.42</b>	<b>0.00</b>	<b>91.67</b>
<b>Dinner - Top Chicken W/Sauce And Cheese &amp; Pasta</b>					
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
4 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce – Low Sodium	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	15.50	1.60	99.00
<b>Totals:</b>		<b>44.86</b>	<b>61.85</b>	<b>12.87</b>	<b>554.27</b>
<b>Evening Snack - Popcorn</b>					
3 cups	Popcorn – Air popped plain	2.01	8.01	3.00	69.00
<b>Totals:</b>		<b>2.01</b>	<b>8.01</b>	<b>3.00</b>	<b>69.00</b>
<b>Actual Totals for Day:</b>		<b>67.4</b>	<b>84.12</b>	<b>23.66</b>	<b>1344.49</b>
<b>Actual % of Total Calories:</b>		<b>20.22</b>	<b>24.66</b>	<b>11.91</b>	