

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cinnamon Nuts, Fruit And An Egg					
½ cup, cooked	Cereal, gluten free oats, large flaked	2.71	11.22	1.06	64.35
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ ounce	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
Totals:		11.80	22.24	15.83	266.73

AM Snack - Apple W/ Almond Butter

1	Apple - small with peel	0.15	10.50	0.25	40.50
1 tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
Totals:		1.36	12.20	4.98	91.14

Lunch – Spinach Salad W/ Veg, Beans, Chicken & Dressing

4 ounce(s)	Chicken Breast / White Meat	23.00	0.00	2.50	143.00
¼ cup	Chickpeas	3.63	11.24	1.06	67.24
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
4 large	Olives, ripe, small-medium	0.15	1.10	1.88	20.24
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
3 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals:		36.93	33.56	13.32	415.47

PM Snack - Use Flaxseed To Mix In Yogurt

½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:		15.70	30.66	5.71	229.38

Dinner - Tilapia, Quinoa; Mix Tom, Zucchini And Oil

1 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1 tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1/3 cup	Quinoa, cooked	2.44	11.82	1.07	66.60
3 ounce(s)	Tilapia - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		20.67	20.85	9.00	258.32

Evening Snack - Fresh Kiwi Fruit

1 fruit	Kiwi fruit	0.87	11.14	0.40	46.36
1 oz (7)	Nuts, walnuts	2.13	1.92	9.13	91.56
Totals:		3.00	13.06	9.52	137.92

Actual Totals for Day:	89.45	132.57	58.35	1398.96
Actual % of Total Calories:	25.57	37.90	29.19	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs, Spinach, Tomato And Feta					
1 cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
½ cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
½ cup	Tomatoes, red, ripe, cooked	1.14	4.81	0.13	21.60
Totals:		35.04	19.95	16.53	350.10
AM Snack - Cashews And Strawberries					
½ ounce	Nuts, cashew nuts, raw	2.58	4.28	6.22	78.39
½ cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
Totals:		3.09	10.12	6.44	102.71
Lunch – Fish and Salad					
3 ounce(s)	Tilapia - boiled or steamed	17.76	0.00	0.90	84.00
1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
1 salad	Salad, large	2.99	11.98	1.00	59.99
Totals:		20.75	12.38	9.92	215.83
PM Snack - Mix Seeds And Apple					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
Totals:		3.01	24.37	7.47	162.48
Dinner - Mix Spaghetti W/ Broccoli, Tom, Garlic, Chicken, Oil & Parmesan					
½ cup, chopped	Broccoli, steamed, no salt	1.86	5.60	0.32	27.30
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1/3 table spoon	Garlic powder	0.47	2.03	0.03	9.32
¼ table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
1 medium	Zucchini - baby, raw	0.30	0.30	0.00	2.00
¼ cup	Tomato, diced	0.00	1.00	0.00	4.75
Totals:		33.8	40.63	6.03	378.92
Actual Totals for Day:		95.69	107.45	46.39	1210.04
Actual % of Total Calories:		31.63	35.51	26.83	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Yogurt W/ Flax, Fruit And Nuts					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		19.03	42.71	6.67	275.72
AM Snack - Apple Topped With Peanut Butter					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter, raw	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00
Lunch – Chicken & Noodles (Add Condiments)					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1 medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
2 leaf	Spinach, raw	0.57	0.73	0.08	4.60
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		32.5	51.59	6.78	428
PM Snack - Pear And Almonds					
1 medium	Pear	0.87	11.14	0.40	46.36
8 almonds	Nuts, almonds	1.70	1.58	4.05	46.24
Totals:		2.57	12.72	4.45	92.60
Dinner - Burger, Sweet Potato & Asparagus					
1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
1 patty (yield from 1/4 lb raw meat)	Beef, ground, 95% lean meat / 5% fat, patty, pan-broiled	22.19	0.00	5.11	141.04
1/3 tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
1 small	Yam, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		28	20.03	10.46	282.33
Evening Snack - Use Flaxseed Mixed In Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Actual Totals for Day:		99.19	162.97	40.44	1402.34
Actual % of Total Calories:		28.29	46.48	20.18	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Fruit, Cinnamon & Walnuts					
1 cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 ounce (7)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup	Cereal, gluten free oats, large flaked	2.50	13.50	1.00	75.00
Totals:		5.32	28.62	10.47	216.88
AM Snack - Crackers With Cheese					
1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
1 medium	Pear	0.87	11.14	0.40	46.36
Totals:		7.25	14.25	5.98	135.98
Lunch - Mix W/ Veg, Lentils, Tuna & Oil					
½ cup	Broccoli, frozen, steamed, no salt	2.85	4.92	0.11	25.76
1/2 cup	Lentils, boiled, no salt	4.46*2	9.96	0.19	57.42
½ cup pieces	Mushrooms, raw	0.54	0.57	0.06	3.85
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
¼ cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
2 ounce(s)	Tuna, in water	10.00	0.00	0.67	60.00
Totals:		24.53	22.98	8.432	246.86
PM Snack - Use Flaxseed Mix In Yogurt					
½ cup	Raspberries, raw/frozen	0.74	7.34	0.40	31.98
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:		14.84	26.51	3.34	191.14
Dinner - Chicken, Rice, Eggplant Top W/ Cheese And Oil					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
4 ounce(s)	Chicken Breast / White Meat	19.00	0.00	2.3	112.00
½ cup (1" cubes)	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
Totals:		23.85	26.91	12.72	324.09
Evening Snack - Grapes And Nuts					
15 each	Grapes - American	0.40	8.20	0.20	40.00
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
Totals:		1.46	9.19	2.73	68.90
Actual Totals for Day:		77.25	128.46	47.01	1183.85
Actual % of Total Calories:		24.79	44.60	24.73	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast – Choose From A Breakfast Recipe

AM Snack - Use Ground Flaxseed Mix W/ Yogurt

1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
6 ounce(s)	Yogurt, Greek, plain	18.00	7.00	0.00	100.00
Totals:		19.61	14.57	2.76	156.36

Lunch - Turkey With Vegetables

1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
¼ cup	Hummus, commercial	4.94	8.93	6.00	103.75
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
¼ cup, chopped	Tomatoes, orange, raw	0.46	1.26	0.08	6.32
4 ounce(s)	Turkey Breast slices, Organic	28.00	0.00	0.00	100.00
Totals:		46.26	40.13	8.23	373.39

PM Snack - Orange And Almonds

10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 each	Orange - medium	1.10	17.40	0.30	69.00
Totals:		3.23	19.37	5.36	126.80

Dinner - Mix W/ Chicken, Bean, Pepper, Tomato & Oil

½ cup	Beans, white, boiled, no salt	8.71	22.46	0.31	124.41
4 ounce(s)	Chicken Breast / White Meat	19.00	0.00	3.10	112.00
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
Totals:		31.28	49.28	10.84	427.32

Evening Snack - Sunflower Seeds

1 ounce	Seeds, sunflower seed kernels, raw	5.42	6.74	13.94	162.96
Totals:		5.42	6.74	13.94	162.96

Actual Totals for Day:	106.08	126.73	41.17	1250.36
Actual % of Total Calories:	35.38	43.49	19.92	

3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Granola W/ Yogurt, Fruit And Egg					
½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
¼ cup	Granola, gluten-free, all natural	3.00	19	3.5	120
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:		21.73	37.97	6.44	274.82
AM Snack - Apple Topped W/ Peanut Butter					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.30	22.75	4.58	128.50
Lunch - Salad With Chicken And Sesame Dressing					
1 cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
¼ cup, cubes	Avocados, raw, all varieties	0.75	3.20	5.50	60.00
7 medium	Carrots, baby, raw	0.45	5.77	0.09	24.50
2	Celery - raw stalk, trimmed	1.00	4.00	0.00	20.00
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1 tablespoon	Salad Dressing, from recipes	0.00	2.50	0.50	17.50
Totals:		27.91	18.11	6.32	262.57
PM Snack - Nuts And Fruit					
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1	Pear - medium w/peel	0.70	25.10	0.00	98.00
Totals:		2.83	27.07	5.06	155.80
Dinner - Halibut, Broccoli And Cauliflower W/ Oil & Rice					
½ cup, chopped	Broccoli, steamed, no salt	1.86	5.60	0.32	27.30
½ cup	Cauliflower, steamed, no salt	1.14	2.55	0.28	14.26
3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
Totals:		28.20	30.53	10.98	333.78
Evening Snack - Popcorn					
3 cup	Snacks, popcorn, air popped	2.46	18.99	10.89	178.53
Totals:		2.46	18.99	10.89	178.53
Actual Totals for Day:		86.55	164.96	47.28	1425.13
Actual % of Total Calories:		24.29	46.30	23.22	

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MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cinnamon, Nuts & Fruit					
½ cup, cooked	Cereal, large flaked, gluten free oats	4.07	16.83	1.60	96.53
1/3 teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 cup	Milk or substitute	8.40	11.90	0.40	86.00
½ ounce (7)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
Totals:		15.26	39.19	11.45	307.41
AM Snack - Kiwi					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		3.00	13.11	5.46	104.16
Lunch – Halibut, Rice And Salad W/ Dressing					
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1 tablespoon	Salad dressing, recipes	0.04	0.94	2.80	28.00
Totals:		26.25	27.33	3.18	277.22
PM Snack - Use Chia Seeds Mix With Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
1 tablespoon	Seeds, chia, ground	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Dinner - Shrimp, Mix Spag W/ Cheese, Oil, Tomato & Zucchini					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3 ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		24.93	38.7	10.08	361.45
Evening Snack - Cheese And Pear					
1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
1	Pear - medium w/peel	0.70	25.10	0.00	98.00
Totals:		6.54	7.89	6.21	113.38
Actual Totals for Day:		88.49	153.92	37.5	1306.31
Actual % of Total Calories:		27.09	47.13	20.09	