

# Low Carb Diet Summary for Kevin McKinney

**Client Age:** 48                      **Days in Plan:** 7  
**Client Gender:** Male              **Client Id:** 1  
**Client Weight:** 194 Pounds        **Client Height:** 68 Inches  
**Start Date:** 5/23/2021

## Daily Plan Averages

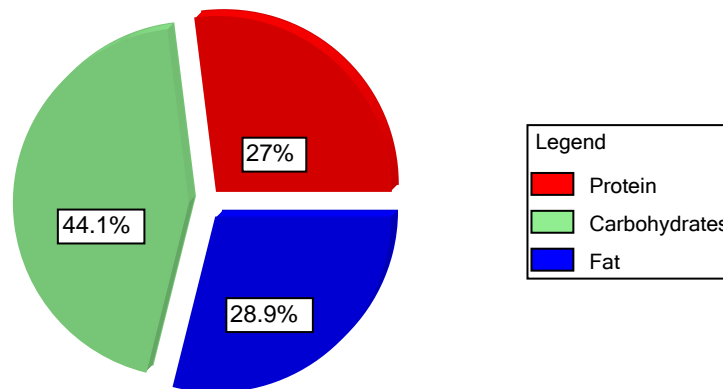
**Calories:** 1815 kCal  
**Protein:** 27%  
**Carbohydrates:** 44.1%  
**Fat:** 28.9%

**Fat:** 60 grams  
**Carbohydrates:** 206 (183)\* grams  
**Protein:** 126 grams  
**Saturated Fat:** 18 g  
**Cholesterol:** 276 mg  
**Fiber:** 33 (38)\* g  
**Sodium:** 2976 (2300)\* mg

First Number is daily amount

\*-Number in () is recommended daily amount

## Recommended Nutritional Breakdown for Client



This plan is moderate in carbohydrate and balanced between lean protein and healthy fats. Incorporating this type of balance into your daily meal plan will increase satisfaction and reduce hunger between meals. Since there is an emphasis on fresh produce and low fat dairy choices, overall calcium and fiber requirements are met. This plan may be used in the maintenance phase of many low carbohydrate diets. Use this menu as a guide, swapping low sodium items for those listed when available. As always, you should consult with your doctor or a registered dietitian if you have specific health concerns.

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## Day 1:

<b>Breakfast (7:30 AM):</b>	
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 oz
Granny Smith Apple	1 raw, with skin
+Egg Omelet	1 serving(s)
<b>Snack (10:00 AM):</b>	
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	3 tbsp(s)
Peppers, sweet, red, raw	1 1/4 cup(s), chopped
Broccoli, raw	1 1/4 cup(s), chopped
Carrots, baby, raw	1 oz
<b>Lunch (12:00 PM):</b>	
Avocado (Avocados, raw, all commercial varieties)	1/2 cup(s), sliced
Spinach, raw	1/2 cup(s)
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 1/2 oz
Boars Head Turkey Breast Ovengold Roast	3 serving(s) (2 oz per serving)
La Tortilla Tortillas Carb Cutting, Original	2 tortilla(s)
<b>Snack (3:00 PM):</b>	
GeniSoy Trail Mix Mountain Medley	3 1/2 oz
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)
<b>Dinner (6:00 PM):</b>	
+Seasoned Pork Chops	1 serving(s)
+Sauteed Squash	1 1/2 serving(s)
Rice, brown, medium-grain, cooked	1/2 cup(s)

+ Indicates Item has Recipe

<b>Calories:</b> 1778 kCal	<b>Saturated Fat:</b> 15 g
<b>Fat:</b> 62 (61)* grams (30%)	<b>Cholesterol:</b> 402 (300)* mg
<b>Carbohydrates:</b> 180 grams (40%)	<b>Fiber:</b> 41 g
<b>Protein:</b> 145 (138)* grams (30.1%)	<b>Sodium:</b> 3304 (2300)* mg
First Number is daily amount	
*-Number in ( ) is recommended daily amount	
% shows breakdown of Fat, Carbohydrates, and Protein for Day	

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## Day 2:

<b>Breakfast (7:30 AM):</b>	
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 cup(s)
Nuts, almonds unsalted (Nuts, almonds)	7 almond(s)
Strawberries, raw	1 cup(s), halves
<b>Snack (10:00 AM):</b>	
Kangaroo Whole Wheat Pita Pockets	1 pocket(s)
Hummus, commercial	3 tbsp(s)
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)
<b>Lunch (12:00 PM):</b>	
+Chef Salad	2 serving(s)
Crackers, whole-wheat	5 cracker(s)
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)
<b>Snack (3:00 PM):</b>	
Boars Head Lower Sodium Ham	1/2 serving(s) (2 oz per serving)
Cheese, mozzarella, part skim milk, low moisture	1 oz
Granny Smith Apple	1 raw, with skin
<b>Dinner (6:00 PM):</b>	
Crackers, whole-wheat	3 cracker(s)
+Spinach and Mandarin Salad	2 serving(s)
+Garlic Salmon Fillets	1 1/2 serving(s)

+ Indicates Item has Recipe

<b>Calories:</b> 1810 kCal	<b>Saturated Fat:</b> 14 g
<b>Fat:</b> 63 (61)* grams (30%)	<b>Cholesterol:</b> 164 mg
<b>Carbohydrates:</b> 211 (183)* grams (40%)	<b>Fiber:</b> 55 g
<b>Protein:</b> 132 grams (30.1%)	<b>Sodium:</b> 3750 (2300)* mg
First Number is daily amount	
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## Day 3:

<b>Breakfast (7:30 AM):</b>	
+Protein Shake	1 serving(s)
<b>Snack (10:00 AM):</b>	
Blueberries, raw	1 cup(s)
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	5 twists
<b>Lunch (12:00 PM):</b>	
Tomato Sauce - Canned (Tomato products, canned, sauce)	1/3 cup(s)
Chicken Breast (Roasted, Skinless) (Chicken, broilers or fryers, breast, meat only, cooked, roasted)	5 oz
Cheese, mozzarella, part skim milk, low moisture	1 oz
Kangaroo Whole Wheat Pita Pockets	2 pocket(s)
<b>Snack (3:00 PM):</b>	
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)
Boars Head Lower Sodium Ham	2 serving(s) (2 oz per serving)
<b>Dinner (6:00 PM):</b>	
+Beef and Veggie Stir-Fry	1 1/4 serving(s)
Rice, brown, medium-grain, cooked	1/2 cup(s)

+ Indicates Item has Recipe

<b>Calories:</b> 1825 kCal	<b>Saturated Fat:</b> 23 g
<b>Fat:</b> 55 (55)* grams (30%)	<b>Cholesterol:</b> 305 (300)* mg
<b>Carbohydrates:</b> 188 (183)* grams (40%)	<b>Fiber:</b> 21 (38)* g
<b>Protein:</b> 142 (138)* grams (30.1%)	<b>Sodium:</b> 2665 (2300)* mg
First Number is daily amount	
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## Day 4:

<b>Breakfast (7:30 AM):</b>	
Mrs Butterworths Sugar Free Syrup (Mrs Butterworths Sugar Free Syrup)	1/4 cup(s)
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)
Smart Balance Light Buttery Spread	1/2 tbsp(s)
+Blueberry Protein Pancakes	1 serving(s)
<b>Snack (10:00 AM):</b>	
Cheese, mozzarella, part skim milk, low moisture	1 oz
Granny Smith Apple	1 raw, with skin
<b>Lunch (12:00 PM):</b>	
Wheat Bread (Bread, whole-wheat, commercially prepared)	2 slice(s)
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)
Spinach, raw	5 leaf(s)
+Tangy Salad	1 1/2 serving(s)
+Egg-Tofu Salad	2 serving(s)
<b>Snack (3:00 PM):</b>	
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)
GeniSoy Trail Mix Mountain Medley	3 1/2 oz
<b>Dinner (6:00 PM):</b>	
+Garlic Chicken Breast	1 serving(s)
+Glazed Carrots	1 serving(s)
Rice, brown, medium-grain, cooked	1/2 cup(s)
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks	1 serving(s)
Chocolate, ready-to-eat	

+ Indicates Item has Recipe

<b>Calories:</b> 1830 (1829)* kCal	<b>Saturated Fat:</b> 11 g
<b>Fat:</b> 47 (55)* grams (30%)	<b>Cholesterol:</b> 194 mg
<b>Carbohydrates:</b> 234 (183)* grams (40%)	<b>Fiber:</b> 28 (38)* g
<b>Protein:</b> 114 (124)* grams (30.1%)	<b>Sodium:</b> 2543 (2300)* mg
First Number is daily amount	
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## Day 5:

<b>Breakfast (7:30 AM):</b>	
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)
+Breakfast Taco	1 serving(s)
<b>Snack (10:00 AM):</b>	
Celery, raw	6 strip(s) (4 long each)
Peanut butter, smooth style, without salt	2 tbsp(s)
<b>Lunch (12:00 PM):</b>	
Granny Smith Apple	1 raw, with skin
Snacks, potato chips, reduced fat	1/2 oz
+Tuna Salad Sandwich	1 serving(s)
<b>Snack (3:00 PM):</b>	
Nuts, almonds unsalted (Nuts, almonds)	10 almond(s)
Strawberries, raw	1 cup(s), halves
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)
<b>Dinner (6:00 PM):</b>	
+Turkey Burgers	1 serving(s)
+Homemade Tortilla Chips	2 serving(s)
+Cole Slaw	2 serving(s)
+Avocado Tomatillo Dressing or Dip	1 serving(s)
Cheese, swiss	1/2 oz

+ Indicates Item has Recipe

<b>Calories:</b> 1801 kCal	<b>Saturated Fat:</b> 16 g
<b>Fat:</b> 69 (61)* grams (30%)	<b>Cholesterol:</b> 343 (300)* mg
<b>Carbohydrates:</b> 206 (183)* grams (40%)	<b>Fiber:</b> 26 (38)* g
<b>Protein:</b> 99 (124)* grams (30.1%)	<b>Sodium:</b> 1913 mg
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## Day 6:

<b>Breakfast (7:30 AM):</b>	
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)
+Egg and Cheese Sandwich	1 serving(s)
<b>Snack (10:00 AM):</b>	
Peppers, sweet, red, raw	1 cup(s), chopped
+Avocado Tomatillo Dressing or Dip	1 serving(s)
+Homemade Tortilla Chips	2 serving(s)
<b>Lunch (12:00 PM):</b>	
+Mini Canadian Bacon Pizza	5 serving(s)
Melons, cantaloupe, raw	1 wedge(s), medium (1/8 of medium melon each wedge)
<b>Snack (3:00 PM):</b>	
Strawberries, raw	1 cup(s), halves
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)
<b>Dinner (6:00 PM):</b>	
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)
+Filet Mignon	1 serving(s)
+Baby Greens Salad	1 serving(s)

+ Indicates Item has Recipe

<b>Calories:</b> 1829 kCal	<b>Saturated Fat:</b> 35 g
<b>Fat:</b> 87 (61)* grams (30%)	<b>Cholesterol:</b> 280 mg
<b>Carbohydrates:</b> 138 (165)* grams (40%)	<b>Fiber:</b> 18 (38)* g
<b>Protein:</b> 124 (124)* grams (30.1%)	<b>Sodium:</b> 3316 (2300)* mg
First Number is daily amount	
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## Day 7:

<b>Breakfast (7:30 AM):</b>	
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 1/4 cup(s)
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)
<b>Snack (10:00 AM):</b>	
Carrots, baby, raw	1/2 oz
Red Tomatoes (Tomatoes, red, ripe, raw, year round average)	1 cup(s) cherry tomatoes
Cheese, swiss	1 oz
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	2 tbsp(s)
<b>Lunch (12:00 PM):</b>	
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	4 twists
+Turkey Sandwich	1 serving(s)
Granny Smith Apple	1 raw, with skin
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks	1 serving(s)
Chocolate, ready-to-eat	
<b>Snack (3:00 PM):</b>	
GeniSoy Trail Mix Mountain Medley	3 1/2 oz
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)
<b>Dinner (6:00 PM):</b>	
Romaine Lettuce (Lettuce, cos or romaine, raw)	2 cup(s), shredded
Caesar Light Salad Dressing	1 tbsp(s)
Cheese, parmesan, shredded	1 tbsp(s)
+Roasted Chicken	1 serving(s)

+ Indicates Item has Recipe

<b>Calories:</b> 1831 (1829)* kCal	<b>Saturated Fat:</b> 11 g
<b>Fat:</b> 38 (55)* grams (30%)	<b>Cholesterol:</b> 244 mg
<b>Carbohydrates:</b> 282 (183)* grams (40%)	<b>Fiber:</b> 44 g
<b>Protein:</b> 123 (124)* grams (30.1%)	<b>Sodium:</b> 3339 (2300)* mg
First Number is daily amount	
*-Number in () is recommended daily amount	
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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 1:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)	83.3	0.2	12.2	8.3	0.1	4.9	0	102.9	
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 oz	49	2	0.5	6.9	1.2	6	0	173.5	
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0	
+Egg Omelet	1 serving(s)	103.4	5.1	0.9	13.5	1.6	211.5	0	179.6	
<b>Meal Total:</b>		<b>348</b>	<b>8</b>	<b>43</b>	<b>29</b>	<b>3</b>	<b>222</b>	<b>5</b>	<b>456</b>	
<b>Snack (10:00 AM):</b>										
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	3 tbsp(s)	115.2	10.3	4.7	0.5	0.9	12.6	0.2	454	
Peppers, sweet, red, raw	1 1/4 cup(s), chopped	57.7	0.6	11.2	1.8	0.1	0	3.9	7.4	
Broccoli, raw	1 1/4 cup(s), chopped	37.4	0.4	7.3	3.1	0	0	2.9	36.3	
Carrots, baby, raw	1 oz	9.9	0	2.3	0.2	0	0	0.8	22.1	
<b>Meal Total:</b>		<b>220</b>	<b>11</b>	<b>26</b>	<b>6</b>	<b>1</b>	<b>13</b>	<b>8</b>	<b>520</b>	
<b>Lunch (12:00 PM):</b>										
Avocado (Avocados, raw, all commercial varieties)	1/2 cup(s), sliced	116.8	10.7	6.2	1.5	1.6	0	4.9	5.1	
Spinach, raw	1/2 cup(s)	3.4	0.1	0.5	0.4	0	0	0.3	11.9	
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 1/2 oz	73.6	3	0.8	10.4	1.8	8.9	0	260.3	
Boars Head Turkey Breast Ovengold Roast	3 serving(s) (2 oz per serving)	180	3	0	39.6	0	60	0	1068	
La Tortilla Tortillas Carb Cutting, Original	2 tortilla(s)	120	3	22	10	0	0	14	300	
<b>Meal Total:</b>		<b>494</b>	<b>20</b>	<b>30</b>	<b>62</b>	<b>3</b>	<b>69</b>	<b>19</b>	<b>1645</b>	
<b>Snack (3:00 PM):</b>										
GeniSoy Trail Mix Mountain Medley	3 1/2 oz	91	4.2	11.2	2.8	0.7	0	1.4	84	
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	124.8	0.5	22.5	7.7	0.2	11.4	0	102.2	
<b>Meal Total:</b>		<b>216</b>	<b>5</b>	<b>34</b>	<b>11</b>	<b>1</b>	<b>11</b>	<b>1</b>	<b>186</b>	

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N/A = Nutritional Information Not Available

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 1:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
<b>Dinner (6:00 PM):</b>										
+Seasoned Pork Chops	1 serving(s)	329.3	15.9	13.7	31.3	5.8	87	2	477.5	
+Sauteed Squash	1 1/2 serving(s)	61.7	1.2	11.5	4.3	0.2	0	3.7	18.3	
Rice, brown, medium-grain, cooked	1/2 cup(s)	109.2	0.8	22.9	2.3	0.2	0	1.8	1	
<b>Meal Total:</b>		<b>500</b>	<b>18</b>	<b>48</b>	<b>38</b>	<b>6</b>	<b>87</b>	<b>7</b>	<b>497</b>	
<b>Total Nutritional Values:</b>		<b>1778</b>	<b>62</b>	<b>180</b>	<b>145</b>	<b>15</b>	<b>402</b>	<b>41</b>	<b>3304</b>	

+ Indicates Item has Recipe

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 2:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Breakfast (7:30 AM):</b>									
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)	83.3	0.2	12.2	8.3	0.1	4.9	0	102.9
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 cup(s)	168.7	2.1	48.9	7.7	N/A	0	21.6	560.3
Nuts, almonds unsalted (Nuts, almonds)	7 almond(s)	48.3	4.2	1.8	1.8	0.3	0	1	0.1
Strawberries, raw	1 cup(s), halves	48.6	0.5	11.7	1	0	0	3	1.5
<b>Meal Total:</b>		<b>349</b>	<b>7</b>	<b>75</b>	<b>19</b>	<b>0</b>	<b>5</b>	<b>26</b>	<b>665</b>
<b>Snack (10:00 AM):</b>									
Kangaroo Whole Wheat Pita Pockets	1 pocket(s)	80	0	16	3	0	0	4	140
Hummus, commercial	3 tbsp(s)	69.7	4	6	3.3	0.6	0	2.5	159.2
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)	46.9	0.3	11.3	1.2	0.1	0	1.2	22.1
<b>Meal Total:</b>		<b>197</b>	<b>4</b>	<b>33</b>	<b>7</b>	<b>1</b>	<b>0</b>	<b>8</b>	<b>321</b>
<b>Lunch (12:00 PM):</b>									
+Chef Salad	2 serving(s)	363.6	10.4	12.6	56.1	5	63.8	4.3	1460.3
Crackers, whole-wheat	5 cracker(s)	85.4	2.8	13.9	2.1	0.4	0	2.1	120.8
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)	52.7	4.5	2.5	0.3	0.4	0.3	0.4	228.2
<b>Meal Total:</b>		<b>502</b>	<b>18</b>	<b>29</b>	<b>59</b>	<b>6</b>	<b>64</b>	<b>7</b>	<b>1809</b>
<b>Snack (3:00 PM):</b>									
Boars Head Lower Sodium Ham	1/2 serving(s) (2 oz per serving)	30	0.5	1	5.1	0	13	0	233
Cheese, mozzarella, part skim milk, low moisture	1 oz	85.6	5.7	1.1	7.4	3.1	15.3	0	149.7
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
<b>Meal Total:</b>		<b>227</b>	<b>7</b>	<b>31</b>	<b>13</b>	<b>3</b>	<b>28</b>	<b>5</b>	<b>383</b>

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N/A = Nutritional Information Not Available

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 2:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Dinner (6:00 PM):</b>									
Crackers, whole-wheat	3 cracker(s)	51.2	1.7	8.3	1.3	0.2	0	1.2	72.5
+Spinach and Mandarin Salad	2 serving(s)	185.1	13.9	14	4	1.9	0	2.9	375.4
+Garlic Salmon Fillets	1 1/2 serving(s)	299.5	11.6	21.2	29.1	1.7	66.3	5.1	123.7
<b>Meal Total:</b>		<b>536</b>	<b>27</b>	<b>44</b>	<b>34</b>	<b>4</b>	<b>66</b>	<b>9</b>	<b>572</b>
<b>Total Nutritional Values:</b>		<b>1810</b>	<b>63</b>	<b>211</b>	<b>132</b>	<b>14</b>	<b>164</b>	<b>55</b>	<b>3750</b>

+ Indicates Item has Recipe

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## Day 3:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Breakfast (7:30 AM):</b>										
+Protein Shake	1	servicing(s)	447.9	16.4	51.5	24.2	9.5	50.8	1.1	348.4
<b>Meal Total:</b>			<b>448</b>	<b>16</b>	<b>51</b>	<b>24</b>	<b>9</b>	<b>51</b>	<b>1</b>	<b>348</b>
<b>Snack (10:00 AM):</b>										
Blueberries, raw	1	cup(s)	82.6	0.5	21	1.1	0	0	3.5	1.4
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	5	twists	114.3	1	23.8	2.7	0.2	0	0.8	86.7
<b>Meal Total:</b>			<b>197</b>	<b>2</b>	<b>45</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>88</b>
<b>Lunch (12:00 PM):</b>										
Tomato Sauce - Canned (Tomato products, canned, sauce)	1/3	cup(s)	19.4	0.1	4.3	1.1	0	0	1.2	423.7
Chicken Breast (Roasted, Skinless) (Chicken, broilers or fryers, breast, meat only, cooked, roasted)	5	oz	233.9	5.1	0	44	1.4	120.5	0	104.9
Cheese, mozzarella, part skim milk, low moisture	1	oz	85.6	5.7	1.1	7.4	3.1	15.3	0	149.7
Kangaroo Whole Wheat Pita Pockets	2	pocket(s)	160	0	32	6	0	0	8	280
<b>Meal Total:</b>			<b>499</b>	<b>11</b>	<b>37</b>	<b>58</b>	<b>5</b>	<b>136</b>	<b>9</b>	<b>958</b>
<b>Snack (3:00 PM):</b>										
Melons, cantaloupe, raw	2	wedge(s), medium (1/8 of medium melon each wedge)	46.9	0.3	11.3	1.2	0.1	0	1.2	22.1
Boars Head Lower Sodium Ham	2	servicing(s) (2 oz per serving)	120	2	4	20.4	0	52	0	932
<b>Meal Total:</b>			<b>167</b>	<b>2</b>	<b>15</b>	<b>22</b>	<b>0</b>	<b>52</b>	<b>1</b>	<b>954</b>
<b>Dinner (6:00 PM):</b>										
+Beef and Veggie Stir-Fry	1 1/4	servicing(s)	405	23.4	16.6	31.9	8	66.6	3.6	314.7
Rice, brown, medium-grain, cooked	1/2	cup(s)	109.2	0.8	22.9	2.3	0.2	0	1.8	1
<b>Meal Total:</b>			<b>514</b>	<b>24</b>	<b>40</b>	<b>34</b>	<b>8</b>	<b>67</b>	<b>5</b>	<b>316</b>
<b>Total Nutritional Values:</b>			<b>1825</b>	<b>55</b>	<b>188</b>	<b>142</b>	<b>23</b>	<b>305</b>	<b>21</b>	<b>2665</b>

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 4:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
<b>Breakfast (7:30 AM):</b>										
Mrs Butterworths Sugar Free Syrup (Mrs Butterworths Sugar Free Syrup)	1/4 cup(s)	36	0	0	0	0	0	0	100	
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)	100.9	0.6	13.7	9.7	0.4	4.9	0	145.1	
Smart Balance Light Buttery Spread	1/2 tbsp(s)	22.5	2.5	0	0	0.7	0	0	45	
+Blueberry Protein Pancakes	1 serving(s)	200.2	2.1	37.3	10.6	0.6	3.1	5	452.4	
<b>Meal Total:</b>		<b>360</b>	<b>5</b>	<b>51</b>	<b>20</b>	<b>2</b>	<b>8</b>	<b>5</b>	<b>743</b>	
<b>Snack (10:00 AM):</b>										
Cheese, mozzarella, part skim milk, low moisture	1 oz	85.6	5.7	1.1	7.4	3.1	15.3	0	149.7	
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0	
<b>Meal Total:</b>		<b>197</b>	<b>6</b>	<b>30</b>	<b>8</b>	<b>3</b>	<b>15</b>	<b>5</b>	<b>150</b>	
<b>Lunch (12:00 PM):</b>										
Wheat Bread (Bread, whole-wheat, commercially prepared)	2 slice(s)	138.3	1.9	23.1	7.3	0.4	0	3.8	264.3	
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)	46.9	0.3	11.3	1.2	0.1	0	1.2	22.1	
Spinach, raw	5 leaf(s)	11.5	0.2	1.8	1.4	0	0	1.1	39.5	
+Tangy Salad	1 1/2 serving(s)	150.8	11	12	1.9	1.5	0	3.3	66	
+Egg-Tofu Salad	2 serving(s)	155.8	8.5	10.6	7.7	1.2	5.5	0.8	492.2	
<b>Meal Total:</b>		<b>503</b>	<b>22</b>	<b>59</b>	<b>19</b>	<b>3</b>	<b>6</b>	<b>10</b>	<b>884</b>	
<b>Snack (3:00 PM):</b>										
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	124.8	0.5	22.5	7.7	0.2	11.4	0	102.2	
GeniSoy Trail Mix Mountain Medley	3 1/2 oz	91	4.2	11.2	2.8	0.7	0	1.4	84	
<b>Meal Total:</b>		<b>216</b>	<b>5</b>	<b>34</b>	<b>11</b>	<b>1</b>	<b>11</b>	<b>1</b>	<b>186</b>	

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 4:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
<b>Dinner (6:00 PM):</b>										
+Garlic Chicken Breast	1 serving(s)	271.1	6.1	0.5	50.2	1.3	151	0	274	
+Glazed Carrots	1 serving(s)	72	1.7	14.3	1.1	0.3	0	3.2	113.8	
Rice, brown, medium-grain, cooked	1/2 cup(s)	109.2	0.8	22.9	2.3	0.2	0	1.8	1	
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat	1 serving(s)	101.7	0.5	22.7	2.8	0.3	2.3	0.9	192.1	
<b>Meal Total:</b>		<b>554</b>	<b>9</b>	<b>60</b>	<b>56</b>	<b>2</b>	<b>153</b>	<b>6</b>	<b>581</b>	
<b>Total Nutritional Values:</b>		<b>1830</b>	<b>47</b>	<b>234</b>	<b>114</b>	<b>11</b>	<b>194</b>	<b>28</b>	<b>2543</b>	

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 5:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Breakfast (7:30 AM):</b>									
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)	100.9	0.6	13.7	9.7	0.4	4.9	0	145.1
+Breakfast Taco	1 serving(s)	240.1	12.4	19.2	11.9	3.7	221.7	1.1	470.1
<b>Meal Total:</b>		<b>341</b>	<b>13</b>	<b>33</b>	<b>22</b>	<b>4</b>	<b>227</b>	<b>1</b>	<b>615</b>
<b>Snack (10:00 AM):</b>									
Celery, raw	6 strip(s) (4 long each)	3.8	0	0.7	0.2	0	0	0.4	19.2
Peanut butter, smooth style, without salt	2 tbsp(s)	188.2	16.1	6.3	8	3.3	0	1.9	5.4
<b>Meal Total:</b>		<b>192</b>	<b>16</b>	<b>7</b>	<b>8</b>	<b>3</b>	<b>0</b>	<b>2</b>	<b>25</b>
<b>Lunch (12:00 PM):</b>									
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Snacks, potato chips, reduced fat	1/2 oz	66.8	2.9	9.5	1	0.6	0	0.8	69.7
+Tuna Salad Sandwich	1 serving(s)	311.2	7.6	30.6	29.3	1.4	30.8	4.3	552.2
<b>Meal Total:</b>		<b>490</b>	<b>11</b>	<b>69</b>	<b>31</b>	<b>2</b>	<b>31</b>	<b>10</b>	<b>622</b>
<b>Snack (3:00 PM):</b>									
Nuts, almonds unsalted (Nuts, almonds)	10 almond(s)	69	5.9	2.6	2.5	0.4	0	1.5	0.1
Strawberries, raw	1 cup(s), halves	48.6	0.5	11.7	1	0	0	3	1.5
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	124.8	0.5	22.5	7.7	0.2	11.4	0	102.2
<b>Meal Total:</b>		<b>242</b>	<b>7</b>	<b>37</b>	<b>11</b>	<b>1</b>	<b>11</b>	<b>5</b>	<b>104</b>
<b>Dinner (6:00 PM):</b>									
+Turkey Burgers	1 serving(s)	236	8.7	21.5	17	2.3	59.7	1.3	293
+Homemade Tortilla Chips	2 serving(s)	130.8	1.7	26.8	3.4	0.3	0	3.8	27
+Cole Slaw	2 serving(s)	78.7	5.6	7.5	1.1	0.8	0	2.1	137.7
+Avocado Tomatillo Dressing or Dip	1 serving(s)	36.5	1.9	4.2	1.5	0.4	1.1	1.2	62.8
Cheese, swiss	1/2 oz	53.9	3.9	0.8	3.8	2.5	13	0	27.2
<b>Meal Total:</b>		<b>536</b>	<b>22</b>	<b>61</b>	<b>27</b>	<b>6</b>	<b>74</b>	<b>8</b>	<b>548</b>
<b>Total Nutritional Values:</b>		<b>1801</b>	<b>69</b>	<b>206</b>	<b>99</b>	<b>16</b>	<b>343</b>	<b>26</b>	<b>1913</b>

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 6:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)	100.9	0.6	13.7	9.7	0.4	4.9	0	145.1	
+Egg and Cheese Sandwich	1 serving(s)	261.1	12.3	20.2	18.7	6.5	29.3	2.9	309.6	
<b>Meal Total:</b>		<b>362</b>	<b>13</b>	<b>34</b>	<b>28</b>	<b>7</b>	<b>34</b>	<b>3</b>	<b>455</b>	
<b>Snack (10:00 AM):</b>										
Peppers, sweet, red, raw	1 cup(s), chopped	46.2	0.4	9	1.5	0	0	3.1	6	
+Avocado Tomatillo Dressing or Dip	1 serving(s)	36.5	1.9	4.2	1.5	0.4	1.1	1.2	62.8	
+Homemade Tortilla Chips	2 serving(s)	130.8	1.7	26.8	3.4	0.3	0	3.8	27	
<b>Meal Total:</b>		<b>214</b>	<b>4</b>	<b>40</b>	<b>6</b>	<b>1</b>	<b>1</b>	<b>8</b>	<b>96</b>	
<b>Lunch (12:00 PM):</b>										
+Mini Canadian Bacon Pizza	5 serving(s)	478.9	23	17.6	47.6	10.6	112.6	1.6	2242	
Melons, cantaloupe, raw	1 wedge(s), medium (1/8 of medium melon each wedge)	23.5	0.1	5.6	0.6	0	0	0.6	11	
<b>Meal Total:</b>		<b>502</b>	<b>23</b>	<b>23</b>	<b>48</b>	<b>11</b>	<b>113</b>	<b>2</b>	<b>2253</b>	
<b>Snack (3:00 PM):</b>										
Strawberries, raw	1 cup(s), halves	48.6	0.5	11.7	1	0	0	3	1.5	
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	124.8	0.5	22.5	7.7	0.2	11.4	0	102.2	
<b>Meal Total:</b>		<b>173</b>	<b>1</b>	<b>34</b>	<b>9</b>	<b>0</b>	<b>11</b>	<b>3</b>	<b>104</b>	
<b>Dinner (6:00 PM):</b>										
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)	52.7	4.5	2.5	0.3	0.4	0.3	0.4	228.2	
+Filet Mignon	1 serving(s)	515.3	41.5	2.6	31	16.2	120.8	0.7	173.3	
+Baby Greens Salad	1 serving(s)	9.8	0.1	1.9	0.8	0	0	1.1	7.2	
<b>Meal Total:</b>		<b>578</b>	<b>46</b>	<b>7</b>	<b>32</b>	<b>17</b>	<b>121</b>	<b>2</b>	<b>409</b>	
<b>Total Nutritional Values:</b>		<b>1829</b>	<b>87</b>	<b>138</b>	<b>124</b>	<b>35</b>	<b>280</b>	<b>18</b>	<b>3316</b>	

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 7:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1	cup(s)	100.9	0.6	13.7	9.7	0.4	4.9	0	145.1
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 1/4	cup(s)	210.9	2.7	61.2	9.7	N/A	0	27	700.3
Melons, cantaloupe, raw	2	wedge(s), medium (1/8 of medium melon each wedge)	46.9	0.3	11.3	1.2	0.1	0	1.2	22.1
<b>Meal Total:</b>			<b>359</b>	<b>4</b>	<b>86</b>	<b>21</b>	<b>0</b>	<b>5</b>	<b>28</b>	<b>868</b>
<b>Snack (10:00 AM):</b>										
Carrots, baby, raw	1/2	oz	5	0	1.2	0.1	0	0	0.4	11.1
Red Tomatoes (Tomatoes, red, ripe, raw, year round average)	1	cup(s) cherry tomatoes	26.8	0.3	5.8	1.3	0	0	1.8	7.4
Cheese, swiss	1	oz	107.7	7.9	1.5	7.6	5	26.1	0	54.4
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	2	tbsp(s)	76.8	6.8	3.2	0.4	0.6	8.4	0.2	302.7
<b>Meal Total:</b>			<b>216</b>	<b>15</b>	<b>12</b>	<b>9</b>	<b>6</b>	<b>34</b>	<b>2</b>	<b>376</b>
<b>Lunch (12:00 PM):</b>										
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	4	twists	91.4	0.8	19	2.2	0.2	0	0.7	69.4
+Turkey Sandwich	1	serving(s)	208.7	3.9	20.5	22.6	1	35.7	3.1	637.1
Granny Smith Apple	1	raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat	1	serving(s)	101.7	0.5	22.7	2.8	0.3	2.3	0.9	192.1
<b>Meal Total:</b>			<b>514</b>	<b>6</b>	<b>91</b>	<b>28</b>	<b>2</b>	<b>38</b>	<b>10</b>	<b>899</b>
<b>Snack (3:00 PM):</b>										
GeniSoy Trail Mix Mountain Medley	3 1/2	oz	91	4.2	11.2	2.8	0.7	0	1.4	84
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1	container (8 oz)	124.8	0.5	22.5	7.7	0.2	11.4	0	102.2
<b>Meal Total:</b>			<b>216</b>	<b>5</b>	<b>34</b>	<b>11</b>	<b>1</b>	<b>11</b>	<b>1</b>	<b>186</b>

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# Low Carb Diet with Nutritional Information for Kevin McKinney

## Day 7:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
<b>Dinner (6:00 PM):</b>									
Romaine Lettuce (Lettuce, cos or romaine, raw)	2 cup(s), shredded	19	0.3	3.7	1.4	0	0	2.4	9
Caesar Light Salad Dressing	1 tbsp(s)	15.5	0.6	2.6	0	0.1	0.5	0	153
Cheese, parmesan, shredded	1 tbsp(s)	20.8	1.4	0.2	1.9	0.9	3.6	0	84.8
+Roasted Chicken	1 serving(s)	471.8	6.3	52.9	51.4	1.4	151	0.3	764.8
<b>Meal Total:</b>		<b>527</b>	<b>9</b>	<b>59</b>	<b>55</b>	<b>2</b>	<b>155</b>	<b>3</b>	<b>1012</b>
<b>Total Nutritional Values:</b>		<b>1831</b>	<b>38</b>	<b>282</b>	<b>123</b>	<b>11</b>	<b>244</b>	<b>44</b>	<b>3339</b>

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 1:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)	
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)	12.5	0.1	149.4	1	298.9	7.6	27	382.2	
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 oz	0.1	0.1	17	0.5	117.7	4.1	4.5	18.7	
Granny Smith Apple	1 raw, with skin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
+Egg Omelet	1 serving(s)	0.9	1	70	0.6	31.6	29.1	13.5	175.8	
<b>Meal Total:</b>		<b>13</b>	<b>1</b>	<b>236</b>	<b>2</b>	<b>448</b>	<b>41</b>	<b>45</b>	<b>577</b>	
<b>Snack (10:00 AM):</b>										
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	3 tbsp(s)	1.9	0.1	N/A	N/A	11.7	N/A	N/A	60.3	
Peppers, sweet, red, raw	1 1/4 cup(s), chopped	7.8	0.8	292.4	0.5	13	0.2	22.3	393	
Broccoli, raw	1 1/4 cup(s), chopped	1.9	0.8	34.1	0.5	51.7	2.8	23.1	347.6	
Carrots, baby, raw	1 oz	1.3	0.3	195.6	0	9.1	0.3	2.8	67.2	
<b>Meal Total:</b>		<b>13</b>	<b>2</b>	<b>522</b>	<b>1</b>	<b>86</b>	<b>3</b>	<b>48</b>	<b>868</b>	
<b>Lunch (12:00 PM):</b>										
Avocado (Avocados, raw, all commercial varieties)	1/2 cup(s), sliced	0.5	0.4	5.1	0.5	8.8	0.3	21.2	354	
Spinach, raw	1/2 cup(s)	0.1	0.4	70.4	0.1	14.8	0.2	11.9	83.7	
Low Fat Cheddar or Colby Cheese (Cheese, low fat, cheddar or colby)	1 1/2 oz	0.2	0.2	25.5	0.8	176.5	6.2	6.8	28.1	
Boars Head Turkey Breast Ovengold Roast	3 serving(s) (2 oz per serving)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
La Tortilla Tortillas Carb Cutting, Original	2 tortilla(s)	N/A	N/A	N/A	N/A	80	N/A	N/A	N/A	
<b>Meal Total:</b>		<b>1</b>	<b>1</b>	<b>101</b>	<b>1</b>	<b>280</b>	<b>7</b>	<b>40</b>	<b>466</b>	
<b>Snack (3:00 PM):</b>										
GeniSoy Trail Mix Mountain Medley	3 1/2 oz	2.8	N/A	N/A	N/A	N/A	N/A	N/A	182	
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	17.5	0.2	N/A	N/A	215.6	N/A	N/A	331.4	
<b>Meal Total:</b>		<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>216</b>	<b>0</b>	<b>0</b>	<b>513</b>	

Provided By: Kevin McKinney

N/A = Nutritional Information Not Available

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 1:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Dinner (6:00 PM):</b>									
+Seasoned Pork Chops	1 serving(s)	2.2	1.6	69.5	2.5	170.9	55.7	46	518.7
+Sauteed Squash	1 1/2 serving(s)	8.5	1.3	35.6	1.1	55.2	0.7	62.3	929.6
Rice, brown, medium-grain, cooked	1/2 cup(s)	N/A	0.5	0	0.6	9.8	N/A	42.9	77
<b>Meal Total:</b>		<b>11</b>	<b>3</b>	<b>105</b>	<b>4</b>	<b>236</b>	<b>56</b>	<b>151</b>	<b>1525</b>
<b>Total Nutritional Values:</b>		<b>58</b>	<b>8</b>	<b>965</b>	<b>9</b>	<b>1265</b>	<b>107</b>	<b>284</b>	<b>3949</b>

+ Indicates Item has Recipe

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 2:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)	
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	1 cup(s)	12.5	0.1	149.4	1	298.9	7.6	27	382.2	
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 cup(s)	11.8	8.6	0	3.9	54.7	6.1	238.3	750.3	
Nuts, almonds unsalted (Nuts, almonds)	7 almond(s)	0.3	0.3	0	0.3	22.2	0.2	22.5	59.2	
Strawberries, raw	1 cup(s), halves	7.4	0.6	1.5	0.2	24.3	0.6	19.8	232.6	
<b>Meal Total:</b>		<b>32</b>	<b>10</b>	<b>151</b>	<b>5</b>	<b>400</b>	<b>14</b>	<b>308</b>	<b>1424</b>	
<b>Snack (10:00 AM):</b>										
Kangaroo Whole Wheat Pita Pockets	1 pocket(s)	1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Hummus, commercial	3 tbsp(s)	N/A	1	N/A	0.8	16	1.1	29.8	95.8	
Melons, cantaloupe, raw	2 wedge(s), medium (1/8 of medium melon each wedge)	10.8	0.3	233.2	0.2	12.4	0.6	16.6	368.5	
<b>Meal Total:</b>		<b>12</b>	<b>1</b>	<b>233</b>	<b>1</b>	<b>28</b>	<b>2</b>	<b>46</b>	<b>464</b>	
<b>Lunch (12:00 PM):</b>										
+Chef Salad	2 serving(s)	5.6	2.2	950.4	2.5	534.8	17.6	46.9	569.2	
Crackers, whole-wheat	5 cracker(s)	0.2	0.7	0	0.5	7.2	2	22	69	
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)	1.5	0.1	N/A	N/A	8.7	N/A	N/A	27.9	
<b>Meal Total:</b>		<b>7</b>	<b>3</b>	<b>950</b>	<b>3</b>	<b>551</b>	<b>20</b>	<b>69</b>	<b>666</b>	
<b>Snack (3:00 PM):</b>										
Boars Head Lower Sodium Ham	1/2 serving(s) (2 oz per serving)	1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Cheese, mozzarella, part skim milk, low moisture	1 oz	0.2	0.1	45.4	0.9	207.2	4.6	7.4	26.9	
Granny Smith Apple	1 raw, with skin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
<b>Meal Total:</b>		<b>1</b>	<b>0</b>	<b>45</b>	<b>1</b>	<b>207</b>	<b>5</b>	<b>7</b>	<b>27</b>	

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 2:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Dinner (6:00 PM):</b>									
Crackers, whole-wheat	3 cracker(s)	0.1	0.4	0	0.3	4.3	1.2	13.2	41.4
+Spinach and Mandarin Salad	2 serving(s)	10.4	2.8	459.3	0.9	104.2	1.7	80.5	662.4
+Garlic Salmon Fillets	1 1/2 serving(s)	12.9	2	447.4	1.3	102	63.1	59.5	982.1
<b>Meal Total:</b>		<b>23</b>	<b>5</b>	<b>907</b>	<b>3</b>	<b>211</b>	<b>66</b>	<b>153</b>	<b>1686</b>
<b>Total Nutritional Values:</b>		<b>76</b>	<b>19</b>	<b>2287</b>	<b>13</b>	<b>1397</b>	<b>106</b>	<b>583</b>	<b>4267</b>

+ Indicates Item has Recipe

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 3:

			Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Breakfast (7:30 AM):</b>										
+Protein Shake	1	1 serving(s)	35.4	1.5	259	3.2	760.3	13.6	113.3	1236.7
<b>Meal Total:</b>			<b>35</b>	<b>2</b>	<b>259</b>	<b>3</b>	<b>760</b>	<b>14</b>	<b>113</b>	<b>1237</b>
<b>Snack (10:00 AM):</b>										
Blueberries, raw	1	cup(s)	14.4	0.4	4.4	0.2	8.7	0.1	8.7	111.6
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	5	twists	0.7	1.3	0	0.3	10.8	1.7	10.5	43.8
<b>Meal Total:</b>			<b>15</b>	<b>2</b>	<b>4</b>	<b>0</b>	<b>20</b>	<b>2</b>	<b>19</b>	<b>155</b>
<b>Lunch (12:00 PM):</b>										
Tomato Sauce - Canned (Tomato products, canned, sauce)	1/3	cup(s)	3.4	0.8	17.8	0.2	10.5	0.2	12.9	267.6
Chicken Breast (Roasted, Skinless) (Chicken, broilers or fryers, breast, meat only, cooked, roasted)	5	oz	0	1.5	8.5	1.4	21.3	39.1	41.1	362.9
Cheese, mozzarella, part skim milk, low moisture	1	oz	0.2	0.1	45.4	0.9	207.2	4.6	7.4	26.9
Kangaroo Whole Wheat Pita Pockets	2	pocket(s)	2	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>Meal Total:</b>			<b>6</b>	<b>2</b>	<b>72</b>	<b>2</b>	<b>239</b>	<b>44</b>	<b>61</b>	<b>657</b>
<b>Snack (3:00 PM):</b>										
Melons, cantaloupe, raw	2	wedge(s), medium (1/8 of medium melon each wedge)	10.8	0.3	233.2	0.2	12.4	0.6	16.6	368.5
Boars Head Lower Sodium Ham	2	serving(s) (2 oz per serving)	4	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>Meal Total:</b>			<b>15</b>	<b>0</b>	<b>233</b>	<b>0</b>	<b>12</b>	<b>1</b>	<b>17</b>	<b>368</b>
<b>Dinner (6:00 PM):</b>										
+Beef and Veggie Stir-Fry	1 1/4	serving(s)	3.5	3.1	225.4	5.5	57.8	32.8	52.7	644.7
Rice, brown, medium-grain, cooked	1/2	cup(s)	N/A	0.5	0	0.6	9.8	N/A	42.9	77
<b>Meal Total:</b>			<b>3</b>	<b>4</b>	<b>225</b>	<b>6</b>	<b>68</b>	<b>33</b>	<b>96</b>	<b>722</b>
<b>Total Nutritional Values:</b>			<b>74</b>	<b>9</b>	<b>794</b>	<b>12</b>	<b>1099</b>	<b>93</b>	<b>306</b>	<b>3140</b>

+ Indicates Item has Recipe

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 4:

			Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Breakfast (7:30 AM):</b>										
Mrs Butterworths Sugar Free Syrup (Mrs Butterworths Sugar Free Syrup)	1/4	cup(s)	12	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1	cup(s)	N/A	0.1	150.1	1.1	351.8	5.9	39.4	447.7
Smart Balance Light Buttery Spread	1/2	tbsp(s)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
+Blueberry Protein Pancakes	1	serving(s)	4.6	1.6	9.6	1.3	140	30.2	58.8	265.4
<b>Meal Total:</b>			<b>17</b>	<b>2</b>	<b>160</b>	<b>2</b>	<b>492</b>	<b>36</b>	<b>98</b>	<b>713</b>
<b>Snack (10:00 AM):</b>										
Cheese, mozzarella, part skim milk, low moisture	1	oz	0.2	0.1	45.4	0.9	207.2	4.6	7.4	26.9
Granny Smith Apple	1	raw, with skin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>Meal Total:</b>			<b>0</b>	<b>0</b>	<b>45</b>	<b>1</b>	<b>207</b>	<b>5</b>	<b>7</b>	<b>27</b>
<b>Lunch (12:00 PM):</b>										
Wheat Bread (Bread, whole-wheat, commercially prepared)	2	slice(s)	3.1	1.4	0	1	59.9	22.6	45.9	138.9
Melons, cantaloupe, raw	2	wedge(s), medium (1/8 of medium melon each wedge)	10.8	0.3	233.2	0.2	12.4	0.6	16.6	368.5
Spinach, raw	5	leaf(s)	0.2	1.4	234.5	0.3	49.5	0.5	39.5	279
+Tangy Salad	1 1/2	serving(s)	6.8	1.1	252.6	0.4	44.6	0.6	25.2	341.3
+Egg-Tofu Salad	2	serving(s)	5.1	1.5	4.7	0.9	61.4	0.3	48.2	360
<b>Meal Total:</b>			<b>26</b>	<b>6</b>	<b>725</b>	<b>3</b>	<b>228</b>	<b>24</b>	<b>175</b>	<b>1488</b>
<b>Snack (3:00 PM):</b>										
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1	container (8 oz)	17.5	0.2	N/A	N/A	215.6	N/A	N/A	331.4
GeniSoy Trail Mix Mountain Medley	3 1/2	oz	2.8	N/A	N/A	N/A	N/A	N/A	N/A	182
<b>Meal Total:</b>			<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>216</b>	<b>0</b>	<b>0</b>	<b>513</b>

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 4:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Dinner (6:00 PM):</b>									
+Garlic Chicken Breast	1 serving(s)	0	0.9	21.2	1.4	14.3	75.7	61.7	878.8
+Glazed Carrots	1 serving(s)	8.7	0.4	973.2	0.3	40.9	0.2	14	368.4
Rice, brown, medium-grain, cooked	1/2 cup(s)	N/A	0.5	0	0.6	9.8	N/A	42.9	77
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat	1 serving(s)	17.3	0.6	N/A	N/A	89.3	N/A	N/A	235
<b>Meal Total:</b>		<b>26</b>	<b>2</b>	<b>994</b>	<b>2</b>	<b>154</b>	<b>76</b>	<b>119</b>	<b>1559</b>
<b>Total Nutritional Values:</b>		<b>89</b>	<b>10</b>	<b>1925</b>	<b>8</b>	<b>1297</b>	<b>141</b>	<b>400</b>	<b>4300</b>

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 5:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Breakfast (7:30 AM):</b>									
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)	N/A	0.1	150.1	1.1	351.8	5.9	39.4	447.7
+Breakfast Taco	1 serving(s)	1.1	1.9	89.8	1.1	56.5	25.1	17.7	161.9
<b>Meal Total:</b>		<b>1</b>	<b>2</b>	<b>240</b>	<b>2</b>	<b>408</b>	<b>31</b>	<b>57</b>	<b>610</b>
<b>Snack (10:00 AM):</b>									
Celery, raw	6 strip(s) (4 long each)	0.4	0	5.3	0	9.6	0.1	2.6	62.4
Peanut butter, smooth style, without salt	2 tbsp(s)	3	0.6	0	0.9	13.8	1.8	49.3	207.7
<b>Meal Total:</b>		<b>3</b>	<b>1</b>	<b>5</b>	<b>1</b>	<b>23</b>	<b>2</b>	<b>52</b>	<b>270</b>
<b>Lunch (12:00 PM):</b>									
Granny Smith Apple	1 raw, with skin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Snacks, potato chips, reduced fat	1/2 oz	0	0.2	0	0	3	1.1	12.6	247.2
+Tuna Salad Sandwich	1 serving(s)	8.2	3	50.8	1.7	75	91	72.6	404.6
<b>Meal Total:</b>		<b>8</b>	<b>3</b>	<b>51</b>	<b>2</b>	<b>78</b>	<b>92</b>	<b>85</b>	<b>652</b>
<b>Snack (3:00 PM):</b>									
Nuts, almonds unsalted (Nuts, almonds)	10 almond(s)	0.5	0.4	0	0.4	31.7	0.3	32.2	84.6
Strawberries, raw	1 cup(s), halves	7.4	0.6	1.5	0.2	24.3	0.6	19.8	232.6
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	17.5	0.2	N/A	N/A	215.6	N/A	N/A	331.4
<b>Meal Total:</b>		<b>25</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>272</b>	<b>1</b>	<b>52</b>	<b>649</b>
<b>Dinner (6:00 PM):</b>									
+Turkey Burgers	1 serving(s)	1.6	1.4	1.5	1.6	61.5	16.6	19.4	246.8
+Homemade Tortilla Chips	2 serving(s)	0.5	0.7	0	0.8	48.6	3.7	43.2	111.6
+Cole Slaw	2 serving(s)	2.5	0.7	112	0.2	41.8	0.6	16	227.3
+Avocado Tomatillo Dressing or Dip	1 serving(s)	2.7	0.3	6.6	0.3	38.5	0.8	12.6	178.4
Cheese, swiss	1/2 oz	0.2	0	31.2	0.6	112.1	2.6	5.4	10.9
<b>Meal Total:</b>		<b>8</b>	<b>3</b>	<b>151</b>	<b>4</b>	<b>302</b>	<b>24</b>	<b>97</b>	<b>775</b>
<b>Total Nutritional Values:</b>		<b>46</b>	<b>10</b>	<b>449</b>	<b>9</b>	<b>1084</b>	<b>150</b>	<b>343</b>	<b>2955</b>

+ Indicates Item has Recipe

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 6:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)	
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1 cup(s)	N/A	0.1	150.1	1.1	351.8	5.9	39.4	447.7	
+Egg and Cheese Sandwich	1 serving(s)	1.3	3.1	236.8	2.4	277	34.5	53.4	432	
<b>Meal Total:</b>		<b>1</b>	<b>3</b>	<b>387</b>	<b>3</b>	<b>629</b>	<b>40</b>	<b>93</b>	<b>880</b>	
<b>Snack (10:00 AM):</b>										
Peppers, sweet, red, raw	1 cup(s), chopped	6.3	0.6	233.9	0.4	10.4	0.1	17.9	314.4	
+Avocado Tomatillo Dressing or Dip	1 serving(s)	2.7	0.3	6.6	0.3	38.5	0.8	12.6	178.4	
+Homemade Tortilla Chips	2 serving(s)	0.5	0.7	0	0.8	48.6	3.7	43.2	111.6	
<b>Meal Total:</b>		<b>10</b>	<b>2</b>	<b>241</b>	<b>1</b>	<b>98</b>	<b>5</b>	<b>74</b>	<b>604</b>	
<b>Lunch (12:00 PM):</b>										
+Mini Canadian Bacon Pizza	5 serving(s)	2.7	1.7	90	4.2	579.8	38.9	49.5	542.2	
Melons, cantaloupe, raw	1 wedge(s), medium (1/8 of medium melon each wedge)	5.4	0.1	116.6	0.1	6.2	0.3	8.3	184.2	
<b>Meal Total:</b>		<b>8</b>	<b>2</b>	<b>207</b>	<b>4</b>	<b>586</b>	<b>39</b>	<b>58</b>	<b>726</b>	
<b>Snack (3:00 PM):</b>										
Strawberries, raw	1 cup(s), halves	7.4	0.6	1.5	0.2	24.3	0.6	19.8	232.6	
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1 container (8 oz)	17.5	0.2	N/A	N/A	215.6	N/A	N/A	331.4	
<b>Meal Total:</b>		<b>25</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>240</b>	<b>1</b>	<b>20</b>	<b>564</b>	
<b>Dinner (6:00 PM):</b>										
Light Italian Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing)	2 tbsp(s)	1.5	0.1	N/A	N/A	8.7	N/A	N/A	27.9	
+Filet Mignon	1 serving(s)	1.2	4.2	19.5	5.1	19.3	29.1	39.8	629.8	
+Baby Greens Salad	1 serving(s)	0.8	0.8	122.1	0.1	19.1	0.1	3.9	69.2	
<b>Meal Total:</b>		<b>4</b>	<b>5</b>	<b>142</b>	<b>5</b>	<b>47</b>	<b>29</b>	<b>44</b>	<b>727</b>	
<b>Total Nutritional Values:</b>		<b>47</b>	<b>13</b>	<b>977</b>	<b>15</b>	<b>1599</b>	<b>114</b>	<b>288</b>	<b>3501</b>	

+ Indicates Item has Recipe

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N/A = Nutritional Information Not Available

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 7:

			Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Breakfast (7:30 AM):</b>										
Nonfat Milk (Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim))	1	cup(s)	N/A	0.1	150.1	1.1	351.8	5.9	39.4	447.7
All Bran, Kelloggs (Cereal, ready to eat, All Bran, Kelloggs)	1 1/4	cup(s)	14.7	10.7	0	4.8	68.4	7.6	297.8	937.8
Melons, cantaloupe, raw	2	wedge(s), medium (1/8 of medium melon each wedge)	10.8	0.3	233.2	0.2	12.4	0.6	16.6	368.5
<b>Meal Total:</b>			<b>26</b>	<b>11</b>	<b>383</b>	<b>6</b>	<b>433</b>	<b>14</b>	<b>354</b>	<b>1754</b>
<b>Snack (10:00 AM):</b>										
Carrots, baby, raw	1/2	oz	0.7	0.1	97.8	0	4.5	0.1	1.4	33.6
Red Tomatoes (Tomatoes, red, ripe, raw, year round average)	1	cup(s) cherry tomatoes	3.9	0.4	62.6	0.3	14.9	0	16.4	353.1
Cheese, swiss	1	oz	0.4	0.1	62.4	1.2	224.2	5.2	10.8	21.8
Light Ranch Dressing (Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing)	2	tbsp(s)	1.3	0.1	N/A	N/A	7.8	N/A	N/A	40.2
<b>Meal Total:</b>			<b>6</b>	<b>1</b>	<b>223</b>	<b>2</b>	<b>251</b>	<b>5</b>	<b>29</b>	<b>449</b>
<b>Lunch (12:00 PM):</b>										
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	4	twists	0.5	1	0	0.2	8.6	1.4	8.4	35
+Turkey Sandwich	1	serving(s)	0.4	1.9	86.4	1.9	21.7	36.2	46.9	392.9
Granny Smith Apple	1	raw, with skin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat	1	serving(s)	17.3	0.6	N/A	N/A	89.3	N/A	N/A	235
<b>Meal Total:</b>			<b>18</b>	<b>4</b>	<b>86</b>	<b>2</b>	<b>120</b>	<b>38</b>	<b>55</b>	<b>663</b>
<b>Snack (3:00 PM):</b>										
GeniSoy Trail Mix Mountain Medley	3 1/2	oz	2.8	N/A	N/A	N/A	N/A	N/A	N/A	182
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	1	container (8 oz)	17.5	0.2	N/A	N/A	215.6	N/A	N/A	331.4
<b>Meal Total:</b>			<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>216</b>	<b>0</b>	<b>0</b>	<b>513</b>

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# Low Carb Diet with Micronutrient Information for Kevin McKinney

## Day 7:

		Sugars (grams)	Iron (mg)	Vit. A (mcg)	Zinc (mg)	Calcium (mg)	Selenium (mcg)	Mag.(Mg) (mg)	Pot.(K) (mg)
<b>Dinner (6:00 PM):</b>									
Romaine Lettuce (Lettuce, cos or romaine, raw)	2 cup(s), shredded	1.3	1.1	488.3	0.3	37	0.4	15.7	276.6
Caesar Light Salad Dressing	1 tbsp(s)	2.3	N/A	N/A	N/A	3.4	N/A	N/A	4.1
Cheese, parmesan, shredded	1 tbsp(s)	0	0	11.4	0.2	62.6	1.2	2.6	4.8
+Roasted Chicken	1 serving(s)	51.6	1.4	25.5	1.5	24.2	77	75.6	1015.7
<b>Meal Total:</b>		<b>55</b>	<b>3</b>	<b>525</b>	<b>2</b>	<b>127</b>	<b>79</b>	<b>94</b>	<b>1301</b>
<b>Total Nutritional Values:</b>		<b>126</b>	<b>18</b>	<b>1218</b>	<b>12</b>	<b>1147</b>	<b>136</b>	<b>532</b>	<b>4680</b>

+ Indicates Item has Recipe

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# Avocado Tomatillo Dressing or Dip

This recipe makes 6 Cups.  
This recipe makes 24 servings.  
**1 Serving = 1/4 cup.**

## Ingredients:

Avocado	1 avocado
Cilantro	1/2 cup(s)
Lime juice, raw	1 lime yields
Peppers, jalapeno, raw	1 pepper
Salt	1/2 tsp(s)
Tomatillos, raw	28 oz
Yogurt, plain, low fat, 12 grams protein per 8 ounce	2 container(s) (8 oz each)

## Instructions:

Combine all ingredients in a food processor or blender and blend until smooth. Store in an airtight container until ready to serve. Makes six cups.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 37 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 2 grams	<b>Cholesterol:</b> 1 mgs
<b>Carbohydrates:</b> 4 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 2 grams	<b>Sodium:</b> 63 mgs

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# Baby Greens Salad

This recipe makes 4 cups.  
This recipe makes 2 servings.  
**1 Serving = two cups.**

**Ingredients:**

Mixed Baby Greens	3 cup(s)
Romaine Lettuce	1 cup(s), shredded

**Instructions:**

Wash lettuce and greens thoroughly. Tear lettuce leaves into bite size pieces and toss with baby greens. Serve chilled.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 10 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 0 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 2 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 1 grams	<b>Sodium:</b> 7 mgs

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This recipe makes 4 cups.  
This recipe makes 4 servings.  
**1 Serving = 1 cup.**

## Ingredients:

Mixed Vegetables - Frozen	1 package (10 oz)
Olive Oil	1 tbsp(s)
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, ready-to-serve	1/4 cup(s)
Top Sirloin	16 oz

## Instructions:

Microwave bag of vegetables on high for approximately 3 minutes.

Let stand 1 minute then carefully remove.

Slice beef into bite size pieces.

Heat oil in a large skillet or wok over medium-high heat. Add beef and stir-fry to desired doneness.

Add vegetables.

Stir for 1 minute, remove from heat and stir in teriyaki sauce.

## Tip:

A Spicy Thai peanut sauce may be substituted for teriyaki sauce.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 324 kCal	<b>Saturated Fat:</b> 6 grams
<b>Fat:</b> 19 grams	<b>Cholesterol:</b> 53 mgs
<b>Carbohydrates:</b> 13 grams	<b>Fiber:</b> 3 grams
<b>Protein:</b> 26 grams	<b>Sodium:</b> 252 mgs

This recipe makes 10 pancakes.

This recipe makes 5 servings.

**1 Serving = 2 pancakes.**

## Ingredients:

Baking Powder	1 tsp(s)
Baking Soda	1/2 tsp(s)
Blueberries, raw	1/2 cup(s)
Cinnamon	1 tsp(s)
Cottage Cheese (2% milkfat)	1/4 cup(s) (not packed)
Egg Whites	2 large egg(s)
Flour, Whole Wheat	1 1/2 cup(s)
Lowfat Buttermilk	1 cup(s)
Oatmeal, old fashioned, quaker	1/2 cup(s), dry
Salt	1/4 tsp(s)
Splenda	1 tbsp(s)
Vanilla extract	1 tsp(s)

## Instructions:

Combine Baking Powder, Baking Soda, Cinnamon, Flour, Salt, Oatmeal, and Splenda, set aside. In a separate bowl combine Cottage Cheese, Buttermilk, egg whites, and Vanilla, lightly stir. Transfer liquid and dry ingredients into a food processor and mix on low for 20 seconds. Let mixture stand for 3 minutes to thicken. Pour 1/2 cup of batter onto medium hot griddle and drizzle 6-10 blueberries on top. Cook until gold-brown on each side. Repeat with remaining batter.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 200 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 2 grams	<b>Cholesterol:</b> 3 mgs
<b>Carbohydrates:</b> 37 grams	<b>Fiber:</b> 5 grams
<b>Protein:</b> 11 grams	<b>Sodium:</b> 452 mgs

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This recipe makes 2 Taco.  
This recipe makes 2 servings.  
**1 Serving = 1 Taco.**

**Ingredients:**

Egg, whole, cooked, scrambled	2 large
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	2 medium slice(s), cooked (raw product packed 20/lb)
Tortillas, ready-to-bake or -fry, flour, without added calcium	2 tortilla(s), medium (approx 6 dia)

**Instructions:**

Roll 1/4 cup cooked egg and one slice precooked bacon in each flour tortilla. Heat in microwave for 10-15 seconds. Serve hot

**Tip:**

Microwave scrambled eggs  
Use egg substitute to lower cholesterol content of meal

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 240 kCal	<b>Saturated Fat:</b> 4 grams
<b>Fat:</b> 12 grams	<b>Cholesterol:</b> 222 mgs
<b>Carbohydrates:</b> 19 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 12 grams	<b>Sodium:</b> 470 mgs

This recipe makes 1 Salad.  
This recipe makes 1 servings.  
**1 Serving = 1 salad.**

**Ingredients:**

Boars Head Turkey Breast Ovengold Roast	1 serving(s) (2 oz per serving)
Carrots, baby, raw	1 oz
Cucumber, with peel, raw	1 oz
Low Fat Cheddar or Colby Cheese	2 oz
Romaine Lettuce	1 cup(s), shredded

**Instructions:**

Toss all ingredients and serve.

**Tip:**

Fresh spinach or baby greens may be substituted for all or part of the romaine lettuce to boost nutritional value. Use fresh roasted turkey for a lower sodium option.

<b>Nutrition Information for 1 Serving:</b>	
<b>Calories:</b> 182 kCal	<b>Saturated Fat:</b> 3 grams
<b>Fat:</b> 5 grams	<b>Cholesterol:</b> 32 mgs
<b>Carbohydrates:</b> 6 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 28 grams	<b>Sodium:</b> 730 mgs

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This recipe makes 0.5 cup.  
This recipe makes 5 servings.  
**1 Serving = 1/2 cup.**

**Ingredients:**

Black Pepper	1/4 tsp(s)
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	2 cup(s), shredded
Cilantro	1/2 cup(s)
Green Onions	2 medium (4-1/8 long)
Olive Oil	3 tsp(s)
Carrots, raw	1/4 cup(s), grated
Salt	1/8 tsp(s)
Vinegar, Distilled	2 tbsp(s)
White Sugar	1 tsp(s)

**Instructions:**

Cole slaw: Combine cabbage and carrots. Dice green onions and cilantro. Add to cabbage mixture. Combine well with salt and pepper.

Dressing: Combine the white vinegar, sugar and olive oil. Whisk well. Combine with cabbage mixture.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 39 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 3 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 4 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 1 grams	<b>Sodium:</b> 69 mgs

This recipe makes 4 Sandwiches.

This recipe makes 4 servings.

**1 Serving = 1 sandwich.**

## Ingredients:

Black Pepper	1/2 tsp(s)
Cheddar Cheese Low Sodium	4 oz
Egg substitute, liquid	1 cup(s)
Nonfat Milk	1/4 cup(s)
Spinach, raw	8 leaf(s)
Whole Wheat Pita Bread	2 pita, large (6-1/2 dia)

## Instructions:

Cut Pita Bread in half.

Stir together egg substitute, milk, and pepper in small bowl.

Spray a medium skillet with cooking spray and place over medium heat. Add egg mixture and cook without stirring, until mixture begins to set on the bottom and around the edges. Lift and fold partially cooked eggs with large spatula. Continue cooking 2 to 4 minutes or until eggs are cooked through.

Spoon warm egg mixture into pita pockets and top with cheese slices and spinach leaves.

## Tip:

Rinse and pat dry spinach leaves before use. May substitute white pita bread for whole-wheat pita bread if preferred and split crosswise.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 261 kCal	<b>Saturated Fat:</b> 6 grams
<b>Fat:</b> 12 grams	<b>Cholesterol:</b> 29 mgs
<b>Carbohydrates:</b> 20 grams	<b>Fiber:</b> 3 grams
<b>Protein:</b> 19 grams	<b>Sodium:</b> 310 mgs

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This recipe makes 1 Omelet.  
This recipe makes 1 servings.  
**1 Serving = 1 Omelet.**

## Ingredients:

Black Pepper	1 dash(s)
Egg Whites	2 large egg(s)
Egg(s) (Without salt)	1 large egg(s)

## Instructions:

Heat an 8-inch skillet over medium heat until skillet is hot. Spray with non fat cooking spray.

With two eggs separate yolks from egg white. Discard yolks.

In a bowl combine egg, egg whites, and pepper. Beat until just combined. Pour mixture into medium hot skillet and begin stirring gently and continuously with a spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring.

Cook 30-60 seconds more or until egg mixture is set.

Remove from heat and flip edges.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 103 kCal	<b>Saturated Fat:</b> 2 grams
<b>Fat:</b> 5 grams	<b>Cholesterol:</b> 212 mgs
<b>Carbohydrates:</b> 1 grams	<b>Fiber:</b> 0 grams
<b>Protein:</b> 13 grams	<b>Sodium:</b> 180 mgs

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# Egg-Tofu Salad

This recipe makes 3 cups.  
 This recipe makes 6 servings.  
**1 Serving = 1/2 cup.**

**Ingredients:**

Black Pepper	2 dash(s)
Celery, raw	1 stalk(s), large (11-12 long)
Garlic, raw	1 clove(s) (minced)
Ground Turmeric	1/2 tsp(s)
Miracle Whip Light	4 tbsp(s)
MORI-NU, Tofu, silken, soft	16 oz
Mustard, dijon	2 tbsp(s)
No Stick cooking spray, Wesson	5 spray(s)
Onions, raw	1/4 medium (2-1/2 dia)
Salt	1 dash(s)

**Instructions:**

Drain excess water from Tofu and crumble. Spray pan with cooking spray and then sauté tofu briefly. Drain excess water if necessary. Chop vegetables. Mix with remaining ingredients.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 78 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 4 grams	<b>Cholesterol:</b> 3 mgs
<b>Carbohydrates:</b> 5 grams	<b>Fiber:</b> 0 grams
<b>Protein:</b> 4 grams	<b>Sodium:</b> 246 mgs

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This recipe makes 4 steaks.  
This recipe makes 4 servings.  
**1 Serving = 1 steak.**

**Ingredients:**

Beef Tenderloin	4 Steak (6 oz)
Black Pepper	1/2 tsp(s)
Garlic Powder	1/4 tsp(s)
Mustard, dijon	1 1/2 tsp(s)
Olive Oil	2 tsp(s)
Red Tomatoes	1 large whole (3 dia)
Rosemary, fresh	1 1/2 tsp(s)
Worchestershire Sauce	1 tbsp(s)

**Instructions:**

Preheat oven to 400° F.

Chop tomato.

In a small bowl, combine Worcestershire sauce, mustard, rosemary and garlic powder. Gently stir in chopped tomatoes.

In a large, oven safe skillet, heat oil over high heat. Season the meat with the pepper. Place meat in the skillet and brown the first side, approximately 4-5 minutes. Turn fillet over and cook for 30 seconds.

Place the skillet in the oven, and cook until an internal temperature of 145° F has been reached. For medium rare cook 12-14 minutes.

Serve topped with the tomato mixture.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 515 kCal	<b>Saturated Fat:</b> 16 grams
<b>Fat:</b> 42 grams	<b>Cholesterol:</b> 121 mgs
<b>Carbohydrates:</b> 3 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 31 grams	<b>Sodium:</b> 173 mgs

This recipe makes 4 breasts.

This recipe makes 4 servings.

**1 Serving = 1 breast.**

## Ingredients:

Chicken Breast - No Skin Raw	4 breast, bone and skin removed (8 oz)
Garlic, raw	2 tsp(s)

## Instructions:

Preheat oven to 375° F.

Mince garlic.

Rinse chicken and dry. Place on a baking sheet. Spread 1/2 teaspoon of garlic onto each breast.

Bake, uncovered, for 30 minutes until internal temperature of 180° F has been reached.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 271 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 6 grams	<b>Cholesterol:</b> 151 mgs
<b>Carbohydrates:</b> 0 grams	<b>Fiber:</b> 0 grams
<b>Protein:</b> 50 grams	<b>Sodium:</b> 274 mgs

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This recipe makes 4 fillets.  
This recipe makes 4 servings.  
**1 Serving = 1 fillet.**

**Ingredients:**

Black Pepper	1/4 tsp(s)
Garlic, raw	4 clove(s) (minced)
Green Onions	1/2 cup(s), chopped
Ground Oregano	1/2 tsp(s)
Mushrooms, white, raw	2 cup(s), pieces or slices
Olive Oil	4 tsp(s)
Orange zest	2 tsp(s)
Oranges	2 fruit (2-5/8 dia)
Carrots, raw	1 cup(s), strips or slices
Salmon - Raw	4 fillet (3 oz)

**Instructions:**

Preheat oven to 350° F.

In a small saucepan cook carrots, covered, in a small amount of boiling water for approximately 2 minutes. Drain and set aside. In a large bowl combine carrots, mushrooms, green onions, orange peel, oregano, garlic, and 1/4 teaspoon pepper; toss gently to combine.

Prepare 4 - 24-inch pieces of heavy foil. Fold each piece of foil in half to make four 18x12-inch pieces.

Divide vegetables and place vegetables in center of foil.

Place a 3 ounce piece of salmon on top of each portion of vegetables. Drizzle 1 teaspoon of the oil over each piece of salmon.

Sprinkle each lightly with additional pepper; top with orange slices.

Bring together 2 opposite edges of foil and seal with a double fold.

Fold remaining ends to completely enclose the food, allowing space for steam to build.

Place the foil packets in a single layer on a baking pan.

Bake salmon for approximately 30 minutes or until carrots are tender and fish is flaky.

Open slowly to allow steam to escape.

**Tip:**

For extra flavor add a sprig of fresh oregano to each foil packet.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 200 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 8 grams	<b>Cholesterol:</b> 44 mgs
<b>Carbohydrates:</b> 14 grams	<b>Fiber:</b> 4 grams
<b>Protein:</b> 20 grams	<b>Sodium:</b> 82 mgs

This recipe makes 4 cups.  
This recipe makes 4 servings.  
**1 Serving = 1 cup.**

## Ingredients:

Brown Sugar	3 tsp(s) packed
Margarine	1 tbsp(s)
Carrots, raw	16 oz

## Instructions:

Cut carrots into slices.

In a medium saucepan cook carrots, covered, in a small amount of boiling water for approximately 9 minutes or until crisp-tender.

Drain; remove from pan.

In the same saucepan combine butter and brown sugar.

Cook and stir over medium heat until combined.

Add carrots.

Cook, uncovered, about 2 minutes or until glazed, stirring frequently.

Season to taste with black pepper.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 72 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 2 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 14 grams	<b>Fiber:</b> 3 grams
<b>Protein:</b> 1 grams	<b>Sodium:</b> 114 mgs

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# Homemade Tortilla Chips

This recipe makes 40 Chips.  
This recipe makes 8 servings.  
**1 Serving = 5 chips.**

## Ingredients:

Corn Tortillas 10 tortilla(s) medium (approx 6 dia)

## Instructions:

Preheat oven to 400 ° F.  
Cut tortillas into 4 quarters.  
Place quarters in a single layer on baking sheet and bake of 8 to 10 minutes or until crispy.

## Tip:

Serve with Fresh and Chunky Salsa. See recipe.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 65 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 1 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 13 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 2 grams	<b>Sodium:</b> 14 mgs

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This recipe makes 8 pizzas.  
This recipe makes 8 servings.  
**1 Serving = 1 pizza.**

**Ingredients:**

Canadian Bacon - Grilled	8 slice (1 oz)
Crackers, melba toast, plain, without salt	8 melba round
Mozzarella Cheese	4 oz
Spaghetti Sauce - No Salt	3 tbsp(s)

**Instructions:**

Preheat broiler. On a baking sheet place melba toast rounds and spoon one teaspoon of sauce onto each round. Place one slice of Canadian bacon onto each round and sprinkle with cheese. Broil for 1 to 2 minutes or until cheese melts.

**Tip:**

Make sure to purchase Melba Toast Rounds.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 96 kCal	<b>Saturated Fat:</b> 2 grams
<b>Fat:</b> 5 grams	<b>Cholesterol:</b> 22 mgs
<b>Carbohydrates:</b> 4 grams	<b>Fiber:</b> 0 grams
<b>Protein:</b> 10 grams	<b>Sodium:</b> 448 mgs

This recipe makes 1 serving.  
This recipe makes 1 servings.  
**1 Serving = 12 ounces.**

**Ingredients:**

Chocolate-flavor beverage mix for milk, powder, without added nutrients	1 portion (2-3 heaping tsp(s))
Lowfat Milk (1%)	1 cup(s)
Milk, dry, whole, with added vitamin D	1/3 cup(s)
MORI-NU, Tofu, silken, soft	2 oz

**Instructions:**

Combine ingredients in to a blender and blend until smooth approximately 1 minute.

**Nutrition Information for 1 Serving:**

<b>Calories:</b> 448 kCal	<b>Saturated Fat:</b> 9 grams
<b>Fat:</b> 16 grams	<b>Cholesterol:</b> 51 mgs
<b>Carbohydrates:</b> 51 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 24 grams	<b>Sodium:</b> 348 mgs

This recipe makes 6 breasts.  
This recipe makes 6 servings.  
**1 Serving = 1 breast.**

## Ingredients:

Chicken Breast - No Skin Raw	6 breast, bone and skin removed (8 oz)
Honey	1 cup(s)
Orange Juice	1 cup(s)
Teriyaki Sauce	1/4 cup(s)
Yellow Mustard	3 tsp(s) or 1 packet

## Instructions:

Preheat oven to 375° F.

Rinse chicken breasts and dry. Place in a shallow baking pan.

Stir together remaining ingredients in a medium bowl. Pour over chicken pieces.

Bake, uncovered, about 45 minutes or until it reaches an internal temperature of 180° F. Baste with the honey mixture occasionally.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 472 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 6 grams	<b>Cholesterol:</b> 151 mgs
<b>Carbohydrates:</b> 53 grams	<b>Fiber:</b> 0 grams
<b>Protein:</b> 51 grams	<b>Sodium:</b> 765 mgs

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# Sauteed Squash

This recipe makes 4 cups.  
This recipe makes 2 servings.  
**1 Serving = 2 cup(s).**

## Ingredients:

No Stick cooking spray, Wesson	2 spray(s)
Squash, summer, all varieties, raw	2 cup(s), sliced
Zucchini	2 cup(s), chopped

## Instructions:

Heat a non-stick skillet coated with cooking spray over medium heat. Add fresh chopped squash and zucchini, stir to coat. Cook until vegetables are tender and heated through. Serve.

## Tip:

Salt and black pepper to taste.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 41 kCal	<b>Saturated Fat:</b> 0 grams
<b>Fat:</b> 1 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 8 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 3 grams	<b>Sodium:</b> 12 mgs

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This recipe makes 4 chops.  
This recipe makes 4 servings.  
**1 Serving = 1 chop.**

## Ingredients:

Black Pepper	1 tsp(s)
Boneless Pork Chops	4 chop(s) (4 oz)
Bread stuffing, cornbread, dry mix, prepared	1 cup(s)
Dried Parsley	2 tbsp(s)
Garlic Powder	1 tbsp(s)
Parmesan Cheese - Grated	1/2 cup(s)

## Instructions:

Combine stuffing, Parmesan cheese, parsley flakes, garlic powder, and pepper in zip lock bag and shake to mix. Place chop in coating mix and shake to coat. Spray shallow baking dish with cooking spray and place chops into baking dish once coated. Spray chops lightly with cooking spray. Bake, uncovered at 350° F for 25 to 30 minutes or until internal temperature of 160° F has been reached.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 329 kCal	<b>Saturated Fat:</b> 6 grams
<b>Fat:</b> 16 grams	<b>Cholesterol:</b> 87 mgs
<b>Carbohydrates:</b> 14 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 31 grams	<b>Sodium:</b> 478 mgs

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# Spinach and Mandarin Salad

This recipe makes 3 cups.  
This recipe makes 2 servings.  
**1 Serving = 1 1/2 cups.**

## Ingredients:

Salad dressing, sesame seed dressing, regular	2 tbsp(s)
Spinach, raw	3 cup(s)
Tangerines, (mandarin oranges), canned, juice pack	3 oz

## Instructions:

Combine sesame dressing with 1 tablespoon juice from oranges.  
Add spinach and mandarin oranges and toss.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 92 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 7 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 7 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 2 grams	<b>Sodium:</b> 188 mgs

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This recipe makes 8 cups.  
This recipe makes 8 servings.  
**1 Serving = 1 cup.**

**Ingredients:**

Black Pepper	1 dash(s)
Cauliflower, raw	2 floweret
Green Beans, raw	2 cup(s)
Ground Oregano	1 tsp(s)
Olive Oil	1/4 cup(s)
Olives, ripe, canned (small-extra large)	3 tbsp(s)
Onions, raw	1 cup(s), sliced
Peppers, sweet, red, raw	1 cup(s), chopped
Carrots, raw	1 cup(s), strips or slices
Vinegar, cider	1/2 cup(s)
White Sugar	2 tsp(s)
Zucchini	1 cup(s), sliced

**Instructions:**

- Chop cauliflower into bite size pieces.
- In a large saucepan cook cauliflower, green beans, carrots, sweet pepper and onion, covered in a small amount of boiling water for 5 minutes.
- Drain; transfer to a large bowl.
- Slice olives.
- Stir in zucchini and sliced olives.
- In a screw-top jar combine vinegar, oil, sugar, oregano, and pepper.
- Cover and shake well.
- Pour marinade over vegetables; stir gently.
- Cover and chill for 4 to 24 hours, stir occasionally.

<b>Nutrition Information for 1 Serving:</b>	
<b>Calories:</b> 100 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 7 grams	<b>Cholesterol:</b> 0 mgs
<b>Carbohydrates:</b> 8 grams	<b>Fiber:</b> 2 grams
<b>Protein:</b> 1 grams	<b>Sodium:</b> 44 mgs

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This recipe makes 1 Sandwich.

This recipe makes 1 servings.

**1 Serving = 1 Sandwich.**

## Ingredients:

Lettuce, green leaf, raw	1 leaf(s)
Light Mayonnaise	1 tbsp(s)
Pickle relish, sweet	1 tbsp(s)
Tomatoes	1 slice(s), thin/small
Tuna in Water Unsalted	3 oz
Wheat Bread	2 slice(s)

## Instructions:

Drain tuna

Combine tuna, mustard, mayonnaise, and relish into bowl and mix.

Spread tuna mixture on bread with lettuce leaf and tomato slice.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 311 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 8 grams	<b>Cholesterol:</b> 31 mgs
<b>Carbohydrates:</b> 31 grams	<b>Fiber:</b> 4 grams
<b>Protein:</b> 29 grams	<b>Sodium:</b> 552 mgs

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This recipe makes 6 burgers.  
This recipe makes 6 servings.  
**1 Serving = 1 burger.**

## Ingredients:

Bread crumbs, dry, grated, plain	1/2 cup(s)
Ground Turkey	1 lb
Hamburger/Hotdog Bun	6 roll(s)
Lemon juice, raw	1 tbsp(s)
Onions, raw	1/4 cup(s), chopped
Worcestershire Sauce	1 tsp(s)

## Instructions:

Combine all ingredients except buns into large bowl. Use hands to mix ingredients thoroughly. Shape into 6 patties. Spray Skillet with non-stick cooking spray. Pan fry over medium-hot heat for 4-5 minutes until internal temperature of 160 degrees F.

## Tip:

Use green onion for additional flavor.  
Use whole grain buns for improved nutritional value.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 236 kCal	<b>Saturated Fat:</b> 2 grams
<b>Fat:</b> 9 grams	<b>Cholesterol:</b> 60 mgs
<b>Carbohydrates:</b> 22 grams	<b>Fiber:</b> 1 grams
<b>Protein:</b> 17 grams	<b>Sodium:</b> 293 mgs

This recipe makes 1 Sandwich.

This recipe makes 1 servings.

**1 Serving = 1 sandwich.**

## Ingredients:

Lettuce, green leaf, raw	2 leaf(s)
Mustard, dijon	1 tsp(s)
Roasted Turkey Breast	3 oz
Tomatoes	2 slice(s), medium (1/4 thick)
Whole Wheat Pita Bread	1/2 pita, large (6-1/2 dia)

## Instructions:

Stuff Pita bread with turkey, lettuce, tomato.  
Spread mustard on inside of pita as desired.

## Nutrition Information for 1 Serving:

<b>Calories:</b> 209 kCal	<b>Saturated Fat:</b> 1 grams
<b>Fat:</b> 4 grams	<b>Cholesterol:</b> 36 mgs
<b>Carbohydrates:</b> 21 grams	<b>Fiber:</b> 3 grams
<b>Protein:</b> 23 grams	<b>Sodium:</b> 637 mgs

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# Shopping List for Kevin McKinney

Plan Name: Low Carb Diet

Food (Baked Products)	Amount
Baking Powder	1 tsp(s)
Baking Soda	1/2 tsp(s)
Bread crumbs, dry, grated, plain	1/2 cup(s)
Bread stuffing, cornbread, dry mix, prepared	1 cup(s)
Corn Tortillas	20 tortilla(s) medium (approx 6 dia)
Crackers, melba toast, plain, without salt	8 melba round
Crackers, whole-wheat	8 cracker(s)
Hamburger/Hotdog Bun	6 roll(s)
La Tortilla Tortillas Carb Cutting, Original	2 tortilla(s)
Tortillas, ready-to-bake or -fry, flour, without added calcium	2 tortilla(s), medium (approx 6 dia)
Wheat Bread	4 slice(s)
Whole Wheat Pita Bread	2 1/2 pita, large (6-1/2 dia)

Food (Beef Products)	Amount
Beef Tenderloin	4 Steak (6 oz)
Top Sirloin	16 oz

Food (Beverages)	Amount
Chocolate-flavor beverage mix for milk, powder, without added nutrients	1 portion (2-3 heaping tsp(s))
Splenda	1 tbsp(s)

Food (Breakfast Cereals)	Amount
All Bran, Kelloggs	2 1/4 cup(s)

Food (Cereal Grains and Pasta)	Amount
Flour, Whole Wheat	1 1/2 cup(s)
Oatmeal, old fashioned, quaker	1/2 cup(s), dry
Rice, brown, medium-grain, cooked	1 1/2 cup(s)

Food (Dairy and Egg Products)	Amount
Cheddar Cheese Low Sodium	4 oz
Cheese, mozzarella, part skim milk, low moisture	3 oz
Cheese, parmesan, shredded	1 tbsp(s)
Cheese, swiss	1 1/2 oz
Cottage Cheese (2% milkfat)	1/4 cup(s) (not packed)
Egg substitute, liquid	1 cup(s)
Egg Whites	4 large egg(s)
Egg(s) (Without salt)	1 large egg(s)
Egg, whole, cooked, scrambled	2 large
KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)	5 container (8 oz)
Low Fat Cheddar or Colby Cheese	4 1/2 oz
Lowfat Buttermilk	1 cup(s)
Lowfat Milk (1%)	1 cup(s)
Milk, dry, whole, with added vitamin D	1/3 cup(s)
Mozzarella Cheese	4 oz
Nonfat Milk	6 1/4 cup(s)

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Plan Name: Low Carb Diet

Food (Dairy and Egg Products)	Amount
Parmesan Cheese - Grated	1/2 cup(s)
Yogurt, plain, low fat, 12 grams protein per 8 ounce	4 container(s) (8 oz each)
Food (Fats and Oils)	Amount
Caesar Light Salad Dressing	1 tbsp(s)
Light Italian Dressing	4 tbsp(s)
Light Mayonnaise	1 tbsp(s)
Light Ranch Dressing	5 tbsp(s)
Margarine	1 tbsp(s)
Miracle Whip Light	4 tbsp(s)
No Stick cooking spray, Wesson	7 spray(s)
Olive Oil	1/4 cup(s)
Olive Oil	1 tbsp(s)
Olive Oil	9 tsp(s)
Salad dressing, sesame seed dressing, regular	2 tbsp(s)
Smart Balance Light Buttery Spread	1/2 tbsp(s)
Food (Finfish and Shellfish Products)	Amount
Salmon - Raw	4 fillet (3 oz)
Tuna in Water Unsalted	3 oz
Food (Fruits and Fruit Juices)	Amount
Avocado	2 avocado
Avocado	1/2 cup(s), sliced
Blueberries, raw	1 1/2 cup(s)
Granny Smith Apple	5 raw, with skin
Lemon juice, raw	1 tbsp(s)
Lime juice, raw	2 lime yields
Melons, cantaloupe, raw	9 wedge(s), medium (1/8 of medium melon each wedge)
Olives, ripe, canned (small-extra large)	3 tbsp(s)
Orange Juice	1 cup(s)
Orange zest	2 tsp(s)
Oranges	2 fruit (2-5/8 dia)
Strawberries, raw	3 cup(s), halves
Tangerines, (mandarin oranges), canned, juice pack	3 oz
Food (Legumes and Legume Products)	Amount
Hummus, commercial	3 tbsp(s)
Mixed Baby Greens	3 cup(s)
MORI-NU, Tofu, silken, soft	18 oz
Peanut butter, smooth style, without salt	2 tbsp(s)
Food (Meals, Entrees, and Sidedishes)	Amount
Kangaroo Whole Wheat Pita Pockets	3 pocket(s)
Food (Nut and Seed Products)	Amount
Almonds, unsalted	17 almond(s)

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Plan Name: Low Carb Diet

Food (Pork Products)	Amount
Boneless Pork Chops	4 chop(s) (4 oz)
Canadian Bacon - Grilled	8 slice (1 oz)
Pork, cured, bacon, cooked, broiled, pan-fried or roasted	2 medium slice(s), cooked (raw product packed 20/lb)
Food (Poultry Products)	Amount
Boars Head Turkey Breast Ovengold Roast	4 serving(s) (2 oz per serving)
Chicken Breast (Roasted, Skinless)	5 oz
Chicken Breast - No Skin Raw	10 breast, bone and skin removed (8 oz)
Ground Turkey	1 lb
Roasted Turkey Breast	3 oz
Food (Sausages and Luncheon Meats)	Amount
Boars Head Lower Sodium Ham	2 1/2 serving(s) (2 oz per serving)
Food (Snacks)	Amount
GeniSoy Trail Mix Mountain Medley	10 1/2 oz
Snacks, potato chips, reduced fat	1/2 oz
Snacks, pretzels, hard, plain, made with enriched flour, unsalted	9 twists
Food (Soups, Sauces, and Gravies)	Amount
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, ready-to-serve	1/4 cup(s)
Spaghetti Sauce - No Salt	3 tbsp(s)
Teriyaki Sauce	1/4 cup(s)
Worcestershire Sauce	1 tbsp(s)
Worcestershire Sauce	1 tsp(s)
Food (Spices and Herbs)	Amount
Black Pepper	4 dash(s)
Black Pepper	2 1/2 tsp(s)
Cinnamon	1 tsp(s)
Dried Parsley	2 tbsp(s)
Garlic Powder	1 tbsp(s)
Garlic Powder	1/4 tsp(s)
Ground Oregano	1 1/2 tsp(s)
Ground Turmeric	1/2 tsp(s)
Mustard, dijon	2 tbsp(s)
Mustard, dijon	2 1/2 tsp(s)
Rosemary, fresh	1 1/2 tsp(s)
Salt	1 dash(s)
Salt	1 3/8 tsp(s)
Vanilla extract	1 tsp(s)
Vinegar, cider	1/2 cup(s)
Vinegar, Distilled	2 tbsp(s)
Yellow Mustard	3 tsp(s) or 1 packet
Food (Sweets)	Amount

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Plan Name: Low Carb Diet

Food (Sweets)	Amount
Brown Sugar	3 tsp(s) packed
Honey	1 cup(s)
Mrs Butterworths Sugar Free Syrup	1/4 cup(s)
Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat	2 serving(s)
White Sugar	3 tsp(s)
Food (Vegetables and Vegetable Products)	Amount
Broccoli, raw	1 1/4 cup(s), chopped
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	2 cup(s), shredded
Carrots, baby, raw	2 1/2 oz
Cauliflower, raw	2 floweret
Celery, raw	1 stalk(s), large (11-12 long)
Celery, raw	6 strip(s) (4 long each)
Cilantro	1 1/2 cup(s)
Cucumber, with peel, raw	1 oz
Garlic, raw	5 clove(s) (minced)
Garlic, raw	2 tsp(s)
Green Beans, raw	2 cup(s)
Green Onions	1/2 cup(s), chopped
Green Onions	2 medium (4-1/8 long)
Lettuce, green leaf, raw	3 leaf(s)
Mixed Vegetables - Frozen	1 package (10 oz)
Mushrooms, white, raw	2 cup(s), pieces or slices
Onions, raw	1/4 cup(s), chopped
Onions, raw	1 cup(s), sliced
Onions, raw	1/4 medium (2-1/2 dia)
Peppers, jalapeno, raw	2 pepper
Peppers, sweet, red, raw	3 1/4 cup(s), chopped
Pickle relish, sweet	1 tbsp(s)
Carrots, raw	1/4 cup(s), grated
Carrots, raw	2 cup(s), strips or slices
Carrots, raw	16 oz
Red Tomatoes	1 cup(s) cherry tomatoes
Red Tomatoes	1 large whole (3 dia)
Romaine Lettuce	4 cup(s), shredded
Spinach, raw	3 1/2 cup(s)
Spinach, raw	13 leaf(s)
Squash, summer, all varieties, raw	2 cup(s), sliced
Tomatillos, raw	56 oz
Tomato Sauce - Canned	1/3 cup(s)
Tomatoes	2 slice(s), medium (1/4 thick)
Tomatoes	1 slice(s), thin/small
Zucchini	2 cup(s), chopped

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# Shopping List for Kevin McKinney

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Date: 5/23/2021

Plan Name: Low Carb Diet

Food (Vegetables and Vegetable Products)	Amount
	Zucchini 1 cup(s), sliced

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# Nutritional Details for Kevin McKinney

Name of Plan: Low Carb Diet

<b># of Days:</b> 7	<b>Client Gender:</b> Male
<b>Client Id:</b> 1	<b>Client Weight:</b> 194 Pounds
<b>Client Height:</b> 68 Inches	<b>Client Target Weight:</b> 175 Pounds
<b>Client Age:</b> 48	

Nutrient	Amount	Min Suggested	Max Suggested	Percent
Calories	1815 kcal	-	-	-
Carbohydrate, by difference	205.7 g	165.3 g	182.7 g	112.6%
Sugars, total	73.7 g	-	-	-
Protein	125.6 g	124.4 g	137.6 g	-
Total lipid (fat)	60.1 g	55.1 g	60.9 g	-
Fatty acids, total saturated	17.9 g	-	-	-
Fatty acids, total trans	0.1 g	-	-	-
Cholesterol	275.9 mg	-	-	-
Fiber, total dietary	33.4 g	38 g	-	87.8%
Iron, Fe	12.5 mg	8 mg	45 mg	-
Vitamin A, IU	20195.4 IU	-	-	-
Vitamin A, RAE	1230.4 mcg_RAE	700 mcg_RAE	3000 mcg_RAE	-
Zinc, Zn	11.1 mg	11 mg	40 mg	-
Calcium, Ca	1269.6 mg	1000 mg	2500 mg	-
Selenium, Se	121 mcg	55 mcg	-	-
Magnesium, Mg	390.7 mg	420 mg	-	93%
Potassium, K	3827.7 mg	4700 mg	-	81.4%
Phosphorus, P	1948.1 mg	700 mg	4000 mg	-
Folic acid	33.8 mcg	-	-	-
Sodium, Na	2975.7 mg	1500 mg	2300 mg	129.4%
Vitamin D	215.6 IU	400 IU	800 IU	53.9%
Vitamin D3 (cholecalciferol)	3.6 mcg	-	-	-
Vitamin D (D2 + D3)	5.4 mcg	-	-	-
Vitamin D2 (ergocalciferol)	0 mcg	-	-	-
Vitamin E	0.3 mg_ATE	15 mg_ATE	1000 mg_ATE	1.9%
Vitamin E, added	0 mg	-	-	-
Vitamin B-12	5.3 mcg	2 mcg	-	-
Vitamin B-12, added	0 mcg	-	-	-
Vitamin B-6	2.5 mg	1 mg	100 mg	-
Vitamin C, total ascorbic acid	220.1 mg	75 mg	2000 mg	-
Manganese, Mn	4.7 mg	2 mg	11 mg	-
Thiamin	1.6 mg	1 mg	-	-
Riboflavin	2 mg	1 mg	-	-
Niacin	30.4 mg	14 mg	35 mg	-
Pantothenic acid	5.8 mg	5 mg	-	-
Copper, Cu	1.2 mg	1 mg	10 mg	-
Vitamin K (phylloquinone)	240.5 mcg	90 mcg	-	-

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Nutrient	Amount	Min Suggested	Max Suggested	Percent
Hydroxyproline	0.1 g	-	-	-
22:1 t	0 g	-	-	-
20:3 n-6	0 g	-	-	-
Choline, total	257.9 mg	425 mg	3500 mg	60.7%
Betaine	80.2 mg	-	-	-
Leucine	7.9 g	-	-	-
Arginine	5.2 g	-	-	-
Alcohol, ethyl	0 g	-	-	-
Caffeine	1.1 mg	-	-	-
Galactose	0.4 g	-	-	-
Retinol	288.6 mcg	-	-	-
Carotene, beta	9782.1 mcg	-	-	-
Methionine	2.4 g	-	-	-
Tyrosine	3.7 g	-	-	-
Water	1243.7 g	4 g	-	-
Sucrose	7.3 g	-	-	-
Fructose	11.2 g	-	-	-
Cryptoxanthin, beta	358.1 mcg	-	-	-
Lutein + zeaxanthin	5898 mcg	-	-	-
Threonine	3.9 g	-	-	-
Alanine	4.7 g	-	-	-
18:2 CLAs	0 g	-	-	-
Fatty acids, total trans-polyenoic	0 g	-	-	-
Maltose	0.3 g	-	-	-
Tryptophan	1.2 g	-	-	-
Aspartic acid	8.6 g	-	-	-
Glycine	3.7 g	-	-	-
Serine	4.4 g	-	-	-
18:2 t not further defined	0 g	-	-	-
20:3 n-3	0 g	-	-	-
Glucose (dextrose)	10 g	-	-	-
Energy	6468.7 kj	-	-	-
Folate, total	356.7 mcg	400 mcg	1000 mcg	89.2%
Glutamic acid	17.6 g	-	-	-
Proline	5.9 g	-	-	-
Starch	4.2 g	-	-	-
Lactose	3.9 g	-	-	-
Fluoride, F	29.7 mcg	4000 mcg	10000 mcg	0.7%
Cystine	1.2 g	-	-	-
Phenylalanine	4.3 g	-	-	-
22:1 c	0 g	-	-	-
21:5	0 g	-	-	-
22:4	0 g	-	-	-

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# Nutritional Details for Kevin McKinney

Nutrient	Amount	Min Suggested	Max Suggested	Percent
Carotene, alpha	1579.4 mcg	-	-	-
Adjusted Protein	0.2 g	-	-	-
Isoleucine	4.7 g	-	-	-
Lysine	7.4 g	-	-	-
Valine	5.2 g	-	-	-
Histidine	2.9 g	-	-	-
Lycopene	2330.5 mcg	-	-	-
18:2 t,t	0 g	-	-	-

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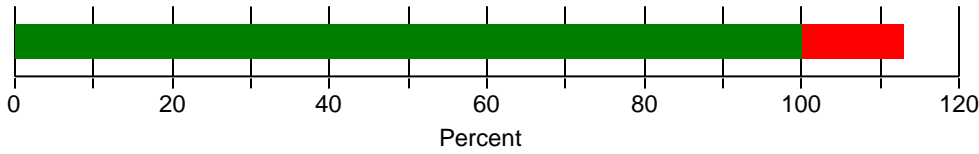
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# Nutritional Excesses for Kevin McKinney

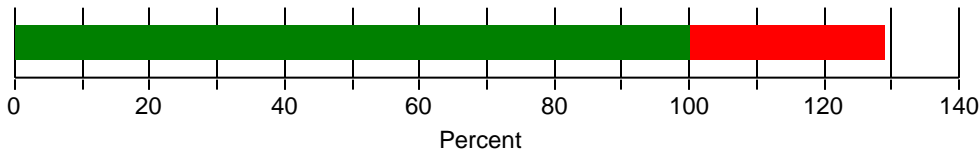
Name of Plan: Low Carb Diet

<b># of Days:</b> 7	<b>Client Gender:</b> Male
<b>Client Id:</b> 1	<b>Client Weight:</b> 194 Pounds
<b>Client Height:</b> 68 Inches	<b>Client Target Weight:</b> 175 Pounds
<b>Client Age:</b> 48	

Nutrient	Amount	Min Suggested	Max Suggested	Percent	Recommendation
Carbohydrate, by difference	205.7 g	165.3 g	182.7 g	112.6%	Sources for Carbohydrates are whole grain breads, cereals, rice, pastas, potatoes, legumes, fruits and vegetables.



Sodium, Na	2975.7 mg	1500 mg	2300 mg	129.4%	Sources for Sodium are processed foods, canned meats, bacon, sausage, potato chips, soy sauce, and salt.
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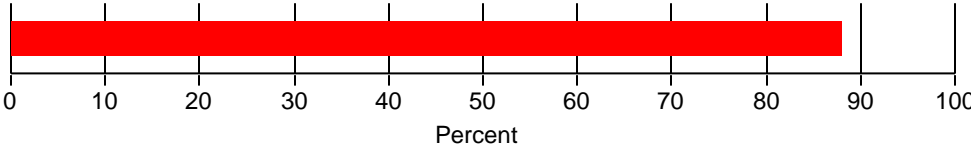
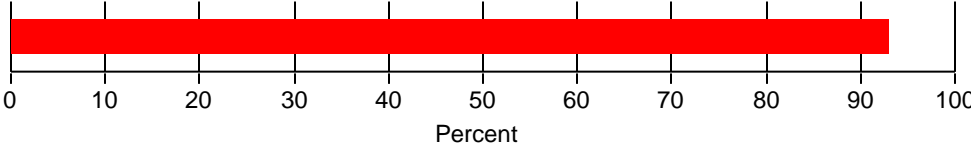
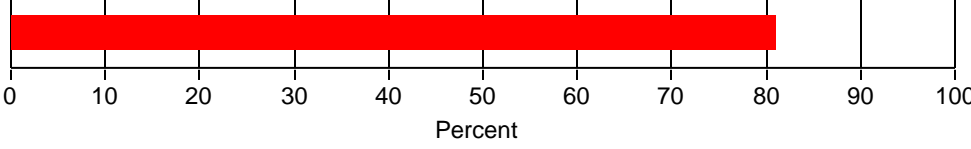
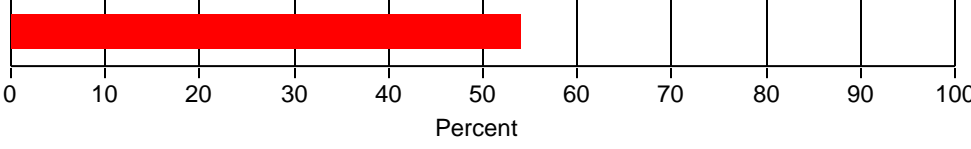
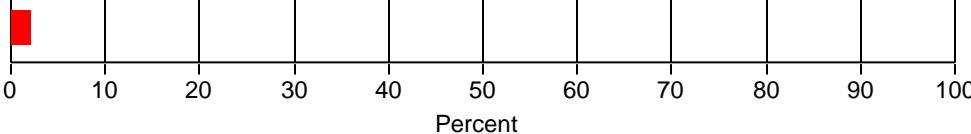
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 The Transformation Begins Here



# Nutritional Deficiencies for Kevin McKinney

Name of Plan: Low Carb Diet

<b># of Days:</b> 7	<b>Client Gender:</b> Male
<b>Client Id:</b> 1	<b>Client Weight:</b> 194 Pounds
<b>Client Height:</b> 68 Inches	<b>Client Target Weight:</b> 175 Pounds
<b>Client Age:</b> 48	

Nutrient	Amount	Min Suggested	Max Suggested	Percent	Recommendation
Fiber, total dietary	33.4 g	38 g	-	87.8%	Sources for Fiber are 100% whole wheat bread, bran cereals, whole grains, dry beans, dry peas, fruits, and vegetables (including seeds and peels).
 <p>A horizontal bar chart for Fiber, total dietary. The x-axis is labeled 'Percent' and ranges from 0 to 100 in increments of 10. A red bar extends to 87.8%.</p>					
Magnesium, Mg	390.7 mg	420 mg	-	93%	Sources for Magnesium are legumes, nuts, whole grains, and green vegetables.
 <p>A horizontal bar chart for Magnesium, Mg. The x-axis is labeled 'Percent' and ranges from 0 to 100 in increments of 10. A red bar extends to 93%.</p>					
Potassium, K	3827.7 mg	4700 mg	-	81.4%	Sources for Potassium are bananas, milk, cantaloupes, apricots, potatoes, turnip greens, meat, fish, and cereals.
 <p>A horizontal bar chart for Potassium, K. The x-axis is labeled 'Percent' and ranges from 0 to 100 in increments of 10. A red bar extends to 81.4%.</p>					
Vitamin D	215.6 IU	400 IU	800 IU	53.9%	Sources of Vitamin D are cod liver oil, cooked salmon, tuna fish, milk – non fat vitamin D fortified, beef liver, cheese, egg yolks.
 <p>A horizontal bar chart for Vitamin D. The x-axis is labeled 'Percent' and ranges from 0 to 100 in increments of 10. A red bar extends to 53.9%.</p>					
Vitamin E	0.3 mg_ATE	15 mg_ATE	1000 mg_ATE	1.9%	Sources for Vitamin E are vegetable oil, soybeans, corn, cottonseed oil, safflower oil, salad dressings, and green leafy vegetables.
 <p>A horizontal bar chart for Vitamin E. The x-axis is labeled 'Percent' and ranges from 0 to 100 in increments of 10. A very short red bar extends to 1.9%.</p>					

**Provided By:** Kevin McKinney

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# Nutritional Deficiencies for Kevin McKinney

Nutrient	Amount	Min Suggested	Max Suggested	Percent	Recommendation
Choline, total	257.9 mg	425 mg	3500 mg	60.7%	Sources of Choline are pan fired beef liver, toasted wheat germ, eggs, cooked Atlantic cod beef, cooked brussel sprouts, shrimp , skim milk smooth peanut butter milk chocolate.
<p>A horizontal progress bar for Choline, total. The bar is red and extends to approximately 61% on a scale from 0 to 100. The scale has major tick marks every 10 units.</p>					
Folate, total	356.7 mcg	400 mcg	1000 mcg	89.2%	Sources for Folate are green leafy vegetables, navy beans, oranges, legumes, and fortified cereals.
<p>A horizontal progress bar for Folate, total. The bar is red and extends to approximately 89% on a scale from 0 to 100. The scale has major tick marks every 10 units.</p>					
Fluoride, F	29.7 mcg	4000 mcg	10000 mcg	0.7%	Sources of Fluoride are fluoridated water, and food prepared in fluoridated water, most seafood, tea, grape juice, chicken, and gelatin.
<p>A horizontal progress bar for Fluoride, F. The bar is red and extends to approximately 1% on a scale from 0 to 100. The scale has major tick marks every 10 units.</p>					

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