

Meal	Calories	Meal Items
Breakfast	405	4 large EGG, CHICKEN, SCRAMBLED 16 fl oz WATER, DRINKING WATER, PURIFIED 1 fruit GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW 2 slice cfg BREAD, PROTEIN
	0	
	103	
	167	

Meal Totals:	Calories: 675	Carbs: 61g (36%)	Protein: 37g (22%)	Fat: 32g (42%)	Fluid: 32oz
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Meal	Calories	Meal Items
Snack	200	1 bar SNACK BAR, CHOCOLATE PEANUT, LOW CARB 2 tablespoons PEANUT BUTTER 1 fruit APPLE, RAW W/SKIN 16 fl oz WATER, DRINKING WATER, PURIFIED
	176	
	110	
	0	

Meal Totals:	Calories: 398	Carbs: 48g (46%)	Protein: 20g (19%)	Fat: 16g (35%)	Fluid: 24oz
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Meal	Calories	Meal Items
Lunch	311	8 oz PORK SHOULDER, WHOLE, ROASTED, SLO 16 fl oz WATER, DRINKING WATER, PURIFIED ITALIAN PASTA VEGGIE SALAD (TOTALS) (1.5 Servings)
	0	
	296	

Meal Totals:	Calories: 607	Carbs: 26g (17%)	Protein: 79g (53%)	Fat: 20 (30%)	Fluid: 19oz
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Meal	Calories	Meal Items
Dinner	100	2 tablespoons CHEESE, PARMESAN 8 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED 1 cups SPINACH, BOILED, NO SALT 16 fl oz WATER, DRINKING WATER, PURIFIED 1 cups SPLIT PEA & CARROTS SOUP, NONFAT, RTS 7 oz PASTA, MACARONI WHOLE WHEAT, COOKED
	246	
	41	
	0	
	110	
	248	

Meal Totals:	Calories: 745	Carbs: 77g (41%)	Protein: 68g (36%)	Fat: 19 (23%)	Fluid: 31oz
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Day 1 Totals:	Calories: 2592	Carbs: 268g (49%)	Protein: 186g (34%)	Fat: 91 (17%)	Fluid: 106oz
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Recipes

Italian Pasta Veggie Salad (totals) (serves 4)

Ingredients

1/4 cups Salad Dressing, Italian, Nonfat

1 cups Tomato, Raw

1 cups Mushroom, Raw

1/2 medium Onion, Raw

1 cups Green Pepper, Sweet (bell)

3 cups Pasta, Low Carb

Instructions

1. In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. In a large bowl, combine the pasta, onion, bell pepper, tomatoes and mushrooms. Pour enough dressing over to coat; toss and refrigerate until chilled.