



1-Day Sample Menu

1400 calorie/day
Macro Ratios: 33/33/33

Food Item	Meal	Recipe	Serve Amt	Serve Unit	Calories	Protein(g)	Carbs(g)	Fat(g)
Almond Butter, no salt	Breakfast		1	tbsp	96	3	3	9
Protein Powder, Vanilla	Breakfast		1	scoop	130	20	4	3
Blackberries, Raw	Breakfast		0.5	cup	31	1	7	0
Ground Cinnamon	Breakfast		0.5	tsp	3	0	1	0
Rolled Oats	Breakfast		0.5	cup	154	6	28	3
Apple with skin, raw	AM Snack		1	medium	95	0	25	0
Hard Boiled Egg	AM Snack		2	large	155	13	1	11
Cabbage, raw, shredded	Lunch		0.5	cup	9	0	2	0
Grilled Chicken Breast	Lunch	•	3	oz	95	17	1	2
Salad Greens	Lunch		0.5	cup	4	0	1	0
Olive Oil	Lunch		1	tsp	40	0	0	4
Red Pepper, raw, sliced	Lunch		0.5	cup	23	1	4	0
Spinach, raw	Lunch		1	cup	7	1	1	0
Balsamic Vinegar	Lunch		1	tbsp	14	0	3	0
Greek Yogurt, 0% Plain	Snack		4	oz	70	12	5	0
Mrs Dash Garlic & Herb	Snack		0.25	tsp	0	0	0	0
Olives, Sliced	Snack		2	Tbsp	25	0	1	3
Spring Onion, chopped	Snack		1	small	2	0	0	0
Turnip, raw, sliced	Snack		1	small	17	1	4	0
Baked Pecan Crusted Tilapia	Dinner	•	1	servings	193	24	8	8
Steamed Broccoli & Cauliflower	Dinner	•	1	servings	51	4	10	1
Protein Ice Cream - Mint Choc.	PM Snack	•	1	servings	225	32	9	9
					1439	135	118	53

Breakfast: Make oatmeal with water, then add nut butter, cinnamon and protein powder. Top with berries

Snack 1: 2 hard boiled eggs and an apple

Lunch: Chicken Breast Salad with olive oil & balsamic vinegar

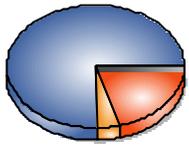
Snack 2: Mix greek yogurt, Mrs Dash, chopped olives, and chopped onion together to create a dip. Use sliced turnip as "chips".

Dinner: Tilapia and steamed veggies

Snack 3: Protein Ice Cream - mint chocolate

Grilled Chicken Breast

Recipe grams: 1251.55g/44.1oz
Serves 11 113.78g/4.0oz per serving
Prep time: 5 min. Cook time: 15 min.



Protein: 75%
Carbohydrates: 4%
Fat: 21%

INGREDIENTS

1 tsp Mrs Dash Garlic & Herb
1/4 cup WORCESTERSHIRE
5 breast CHICKEN BREAST, BONELESS, RAW, broiler/fryer, meat only

DIRECTIONS

Marinate chicken breasts in Worcestershire and Mrs Dash for 15 minutes minimum.

Grill on indoor or outdoor grill.

Allow to cool, then weight out portion sizes and store. I use ziploc sandwich bags.

Alternative: Bake it at 400 degrees until done (no longer pink inside).

Tips: Instead of Worcestershire, you can drizzle breasts with olive oil then sprinkle on Mrs Dash (flavor of choice), or you can use a low-sodium clean marinade (watch for added preservatives and sugar).

Nutrition Facts	
Serving Size: 1 serving (113.8g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 23g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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Baked Pecan Crusted Tilapia

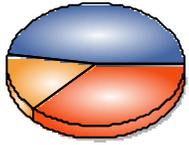
Comment: 1.2 oz pecans = 1/4 cup

By: Clean Eating Magazine April/May 2011

Recipe grams: 496.85g/17.5oz

Serves 4 124.21g/4.4oz per serving

Prep time: 15 min.



Protein: 47%
Carbohydrates: 15%
Fat: 37%

INGREDIENTS

1.5 tbsp Honey, Raw
1.5 tsp MUSTARD, YELLOW, prepared
1 packet Stevia
1/4 tsp Sea Salt
1/8 tsp PEPPER, RED OR CAYENNE
1 lb TILAPIA, RAW
1.2 oz PECAN, DRY ROASTED NO SALT

DIRECTIONS

This is soooo good!!! The recipe calls for Flounder, but we've done it with Halibut, Cod, Tilapia, Chicken and Pork... it's been a hit all the way around!

Source: Clean Eating Magazine April/May 2011, pg 44/45.

Recipe Makes 4 servings

Olive Oil Cooking Spray

4 4-oz boneless, skinless Pacific Flounder fillets, rinsed and patted dry (or other white fish)

1.5 tsp raw honey

1.5 tsp prepared mustard

1 packet stevia (or 1 Tbsp Sucanat)

1/4 tsp sea-salt

1/8 tsp cayenne pepper

1/4 cup unsalted pecan pieces, toasted and finely chopped

ONE: Preheat oven to 425 °F Line a large baking sheet with aluminum foil and coat foil with cooking spray. Place fillets on foil.

TWO: In a small bowl, combine honey, mustard, stevia (Sucanat), salt and cayenne. Brush tops of fillets with mustard mixture, dividing evenly. Sprinkle pecans over top, dividing evenly, and coat tops of fillets with cooking spray. Bake for 12 minutes or until fish flakes easily with a fork.

Nutrition Facts

Serving Size: 1 serving (124.2g)

Servings: 1

Amount Per Serving

Calories 190

Calories from Fat 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 55mg **19%**

Sodium 200mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber less than 1g **4%**

Sugars 6g

Protein 24g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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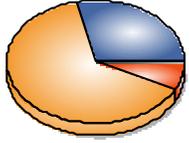
Steamed Broccoli & Cauliflower

By: Chelle Stafford

Recipe grams: 155.70g/5.5oz

Serves 1 155.70g/5.5oz per serving

Prep time: 5 min. Cook time: 3 min.



Protein: 29%
Carbohydrates: 64%
Fat: 8%

INGREDIENTS

1 cup BROCCOLI, CHOPPED, RAW
1 cup CAULIFLOWER, GREEN, RAW
1/4 tsp Mrs Dash Garlic & Herb

DIRECTIONS

Wash and trim vegetables.
Add 2 cups to a Ziploc steamer bag (or other steamer method).
Add sprinkle or two (to taste) of Mrs Dash (any flavor).
Seal bag and microwave according to time on bag.

Nutrition Facts

Serving Size: 1 serving (155.7g)

Servings: 1

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	18%
Sugars 3g	
Protein 4g	
Vitamin A 15%	• Vitamin C 230%
Calcium 6%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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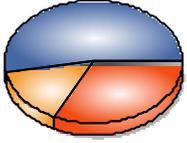
Protein Ice Cream - Mint Chocolate

By: Chelle Stafford

Recipe grams: 46.50g/1.6oz

Serves 1 46.50g/1.6oz per serving

Prep time: 5 min. Cook time: 20 min.



Protein: 53%
Carbohydrates: 15%
Fat: 32%

INGREDIENTS

1/4 tsp Mint Extract, PURE (not artificial)
1.5 scoop Beverly Ultimate Muscle Protein Powder, Chocolate
1 cup Unsweetened Almond Milk, Chocolate

DIRECTIONS

Protein Powder Ice Cream

Blend ingredients in blender until smooth, then proceed with either of the methods below.

NOTE... The protein powder called for in this recipe has a scoop size equal to 1/3 cup and contains 20 g protein per scoop. If you are not using this protein powder, be sure to adjust to the measurements so that it sets properly.

ZIPLOC METHOD

Put ice in a large ziploc (about half full), add 1/2 cup table salt (don't waste your sea-salt for this, use the crappy iodized stuff). The salt makes the ice colder (just like in an ice cream maker).

Pour the mixture into a smaller ziploc, seal, then place the bag inside the larger bag. Seal. Wearing oven mitts, shake the bag vigorously until the inner bag is frozen... you can do "soft-serve" or "hard"... whatever you like. It takes about 5 minutes for the ice cream to go "hard".

NOTE... If you're using the Ziploc method... the outside of your ice cream bag will be very salty... wipe it down and then dump your ice cream into a bowl. Oh.. and, um... don't try to reuse the bags. Lol. It doesn't work. You'll just end up covered in very, very cold salty water.

ICE CREAM MAKER METHOD

After blending ingredients, pour into ice cream maker and start. Takes about 20 minutes. Scoop into a bowl and enjoy!

Nutrition Facts	
Serving Size: 1 serving (46.5g)	
Servings: 1	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	3%
Sodium 480mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 32g	
Vitamin A 0%	• Vitamin C 0%
Calcium 35%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet.	

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