

## Meals from 07/01/13 - 07/07/13

### JessaG's Meals

Your plan is based on a **2200 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
07/01/13	<ul style="list-style-type: none"> <li>8 almond Almonds, unroasted</li> <li>1 cup Carrot juice</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>6 slice Ginger, raw</li> <li>½ cup Grapefruit juice, freshly squeezed</li> </ul>	<ul style="list-style-type: none"> <li>1 large carrot (7-1/4" to 8-1/2" long) Carrots, raw</li> <li>1½ cup, seedless Grapes, raw</li> <li>6 tablespoon Hummus</li> <li>1¾ cup Snow peas (sugar snap peas), fresh, cooked (no salt or fat added)</li> </ul>	<ul style="list-style-type: none"> <li>1 tablespoon Barbecue (bbq) sauce</li> <li>1 medium breast Chicken, breast, boneless, skinless, roasted, grilled, or baked</li> <li>1 medium ear (6-3/4" to 7-1/2" long) Corn, yellow, fresh, cooked (with salt, no fat added)</li> <li>2 slice Cucumber, raw</li> <li>1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw</li> <li>1 tablespoon Olive oil</li> <li>5 grape tomato Tomato, raw</li> <li>2 teaspoon Vinegar</li> <li>1 medium wedge Watermelon, raw</li> </ul>	<ul style="list-style-type: none"> <li>2 tablespoon Chia seeds</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>4 tablespoon Flax seeds</li> <li>4 tablespoon Flax seeds</li> <li>2 tablespoon, hulled Sunflower seeds, unroasted</li> <li>1 standard wine glass (5 fl oz) Wine, red</li> </ul>
07/02/13	<ul style="list-style-type: none"> <li>1 extra small (less than 6" long) Banana, raw</li> <li>3½ tablespoon Coconut milk, canned</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>¼ cup Raspberries, frozen, unsweetened</li> <li>1 cup Spinach, raw</li> </ul>	<ul style="list-style-type: none"> <li>5 almond Almonds, unroasted</li> <li>1 baby carrot(s) Carrot, raw</li> <li>1 slice Ginger, raw</li> <li>½ tablespoon Honey</li> <li>¼ cup, chopped Onions, green, raw</li> <li>1 sardine Sardines, canned in oil</li> </ul>	<ul style="list-style-type: none"> <li>1 tablespoon Barbecue (bbq) sauce</li> <li>1 medium breast Chicken, breast, boneless, skinless, roasted, grilled, or baked</li> <li>1 medium ear (6-3/4" to 7-1/2" long) Corn, yellow, fresh, cooked (with salt, no fat added)</li> <li>2 slice Cucumber, raw</li> <li>1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw</li> <li>1 tablespoon Olive oil</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup, whole, unblanched Almonds, unroasted</li> <li>½ California avocado (black skin) Avocado, raw</li> <li>2 tablespoon Chia seeds</li> <li>½ ounce (about 56 morsels) Chocolate chips, semi-sweet</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>4 tablespoon Flax seeds</li> </ul>

		<ul style="list-style-type: none"> <li>1 tablespoon Sesame oil</li> <li>1 tablespoon Sesame seeds</li> <li>½ tablespoon Soy sauce</li> </ul>	<ul style="list-style-type: none"> <li>5 grape tomato Tomato, raw</li> <li>2 teaspoon Vinegar</li> <li>1 medium wedge Watermelon, raw</li> </ul>	<ul style="list-style-type: none"> <li>2 tablespoon, hulled Sunflower seeds, unroasted</li> <li>1 standard wine glass (5 fl oz) Wine, red</li> </ul>
<b>07/03/13</b>	<ul style="list-style-type: none"> <li>2 medium slice Bacon, pork, smoked or cured, cooked</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> </ul>	<ul style="list-style-type: none"> <li>4 stick, 4 " long Cucumber, raw</li> <li>1 tablespoon Italian dressing, made with vinegar and oil</li> <li>1 can (3.75 oz), drained Sardines, canned in oil</li> <li>1 cup Spinach, raw</li> <li>5 grape tomato Tomato, raw</li> </ul>	<ul style="list-style-type: none"> <li>2 medium slice Bacon, pork, smoked or cured, cooked</li> <li>1 tablespoon Cheese, Cheddar, dry, grated</li> <li>2 slice Cucumber, raw</li> <li>2 large egg(s) Egg, fried, with animal fat</li> <li>1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw</li> <li>1 tablespoon Olive oil</li> <li>¼ medium potato (5" long) Sweet potato (yam), baked (with salt), peel eaten</li> <li>5 grape tomato Tomato, raw</li> <li>2 teaspoon Vinegar</li> </ul>	<ul style="list-style-type: none"> <li>½ California avocado (black skin) Avocado, raw</li> <li>2 tablespoon Chia seeds</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>4 tablespoon Flax seeds</li> <li>4 tablespoon Flax seeds</li> <li>1 small box (1.5 oz) Raisin</li> <li>2 tablespoon, hulled Sunflower seeds, unroasted</li> <li>1 ounce (14 halves) Walnuts</li> </ul>
<b>07/04/13</b>	<ul style="list-style-type: none"> <li>1 extra small (less than 6" long) Banana, raw</li> <li>3½ tablespoon Coconut milk, canned</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>¼ cup Raspberries, frozen, unsweetened</li> <li>1 cup Spinach, raw</li> </ul>	<ul style="list-style-type: none"> <li>5 almond Almonds, unroasted</li> <li>1 baby carrot(s) Carrot, raw</li> <li>1 slice Ginger, raw</li> <li>½ tablespoon Honey</li> <li>¼ cup, chopped Onions, green, raw</li> <li>1 sardine Sardines, canned in oil</li> <li>1 tablespoon Sesame oil</li> <li>1 tablespoon Sesame seeds</li> <li>½ tablespoon Soy sauce</li> </ul>	<ul style="list-style-type: none"> <li>1 cup, flowerets Cauliflower, fresh, cooked (with salt and butter)</li> <li>2 slice Cucumber, raw</li> <li>1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw</li> <li>1 tablespoon Olive oil</li> <li>1 medium fillet Salmon, baked or broiled with butter</li> <li>5 grape tomato Tomato, raw</li> <li>2 teaspoon Vinegar</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup, whole, unblanched Almonds, unroasted</li> <li>½ California avocado (black skin) Avocado, raw</li> <li>2 tablespoon Chia seeds</li> <li>½ ounce (about 56 morsels) Chocolate chips, semi-sweet</li> <li>1 mug (8 fl oz) Coffee, brewed, regular</li> <li>4 tablespoon Flax seeds</li> <li>4 tablespoon Flax seeds</li> <li>2 tablespoon, hulled Sunflower seeds, unroasted</li> <li>1 standard wine glass (5 fl oz) Wine, red</li> </ul>

07/05/13

- 8 almond Almonds, unroasted
- 1 cup Carrot juice
- 6 slice Ginger, raw
  
- ½ cup Grapefruit juice, freshly squeezed

- 1 large carrot (7-1/4" to 8-1/2" long) Carrots, raw
- 1½ cup, seedless Grapes, raw
- 6 tablespoon Hummus
  
- 1 can (3.75 oz), drained Sardines, canned in oil
- 1 cup Snow peas (sugar snap peas), fresh, cooked (no salt or fat added)

- 1 medium breast Chicken, breast, boneless, skinless, roasted, grilled, or baked
- 2 slice Cucumber, raw
- 1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw
- 1 tablespoon Olive oil
  
- 5 grape tomato Tomato, raw
- 2 teaspoon Vinegar

- 2 tablespoon Chia seeds
- 1 mug (8 fl oz) Coffee, brewed, regular
- 4 tablespoon Flax seeds
  
- 4 tablespoon Flax seeds
  
- 2 tablespoon, hulled Sunflower seeds, unroasted
- 1 standard wine glass (5 fl oz) Wine, red

07/06/13

- 2 medium slice Bacon, pork, smoked or cured, cooked
- 1 mug (8 fl oz) Coffee, brewed, regular
  
- 1 large egg(s) Egg, fried, with butter

- 4 stick, 4 " long Cucumber, raw
- 1 tablespoon Italian dressing, made with vinegar and oil
  
- 1 can (3.75 oz), drained Sardines, canned in oil
- 1 cup Spinach, raw
  
- 5 grape tomato Tomato, raw

- 2 stick, 4 " long Cucumber, raw
- 1 cup, shredded or chopped Lettuce, mixed (mixed greens, salad mix, spring mix), raw
- 1 cup Onion, fresh, cooked (with salt and butter)
- 5 thin slice Onion, mature, raw
- 1 portion (10 strips) Red bell pepper, cooked (with salt and butter)
- 1 tablespoon Salad dressing, Italian, vinegar and oil
- 1 1 link (7" long) Sausage, Italian
- 5 grape tomato Tomato, raw

- ½ California avocado (black skin) Avocado, raw
- 2 tablespoon Chia seeds
  
- 1 mug (8 fl oz) Coffee, brewed, regular
- 4 tablespoon Flax seeds
  
- 1 small box (1.5 oz) Raisin
  
- 2 tablespoon, hulled Sunflower seeds, unroasted
- 1 ounce (14 halves) Walnuts

07/07/13

- 2 medium slice Bacon, pork, smoked or cured, cooked
- 1 mug (8 fl oz) Coffee, brewed, regular
  
- 1 large egg(s) Egg, fried, with butter

- 4 stick, 4 " long Cucumber, raw
- 1 tablespoon Italian dressing, made with vinegar and oil
  
- 1 can (3.75 oz), drained Sardines, canned in oil
- 1 cup Spinach, raw
  
- 5 grape tomato Tomato, raw

- 7 floweret Broccoli, fresh, cooked (with salt and butter)
- 1 tablespoon Butter, stick, unsalted
  
- 1 crepe (7" across) Crepe, plain
- 1 large egg(s) Egg, poached
- 1 medium patty (3-1/2 per pound of raw meat) Ground beef, less than 80% lean, cooked

- ½ California avocado (black skin) Avocado, raw
- 2 tablespoon Chia seeds
  
- 1 mug (8 fl oz) Coffee, brewed, regular
- 1 mug (8 fl oz) Coffee, brewed, regular
- 4 tablespoon Flax seeds

- 1 small box (1.5 oz) Raisin
- 2 tablespoon, hulled Sunflower seeds, unroasted
- 1 ounce (14 halves) Walnuts