



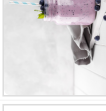





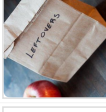
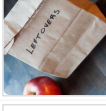
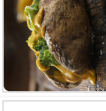
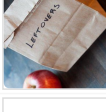



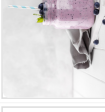


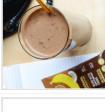



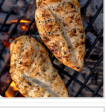


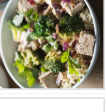


August 2021

Mon 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22
1248 cal	895 cal	866 cal	867 cal	901 cal	1244 cal	926 cal
112g (36%) carb 103g (34%) pro 41g (30%) fat	93g (41%) carb 77g (34%) pro 25g (25%) fat	62g (28%) carb 93g (41%) pro 31g (31%) fat	89g (39%) carb 81g (35%) pro 26g (26%) fat	98g (42%) carb 85g (37%) pro 22g (21%) fat	115g (37%) carb 110g (35%) pro 38g (28%) fat	93g (40%) carb 72g (31%) pro 31g (30%) fat
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
						
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
						
Snack	Snack	Snack	Snack	Snack	Snack	Snack
						
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
						
Meal Name	Meal Name	Meal Name	Meal Name	Meal Name	Meal Name	Meal Name

Grocery List (August 16 - August 22)

- | | | |
|---|--|--|
| <input type="checkbox"/> 2 percent mozzarella cheese, 1/2 cup | <input type="checkbox"/> 98 or 99% ground turkey, 1 package | <input type="checkbox"/> almond milk,, 2 cup |
| <input type="checkbox"/> almond milk, unsweetened, 4 cup | <input type="checkbox"/> banana, 4 small | <input type="checkbox"/> banana, 2 medium |
| <input type="checkbox"/> basil, dried, 1/2 tsp | <input type="checkbox"/> bell peppers (red, yellow, green, etc.), 4 whole | <input type="checkbox"/> blueberries, frozen, 1/2 cup |
| <input type="checkbox"/> broccoli, 2 cup | <input type="checkbox"/> brown sugar, 1 Tbs | <input type="checkbox"/> canned, diced tomatoes, 14 1/2 oz |
| <input type="checkbox"/> cardamom, 4000/56699 oz | <input type="checkbox"/> cheddar cheese, low fat, 2 oz | <input type="checkbox"/> chicken breast, skinless, raw, 1 lb |
| <input type="checkbox"/> chicken, skinless, 1 lb | <input type="checkbox"/> cilantro, dried, 1 1/2 tsp | <input type="checkbox"/> cinnamon, ground, 1 tsp |
| <input type="checkbox"/> cloves, 4000/56699 oz | <input type="checkbox"/> coconut extract, 1 tsp | <input type="checkbox"/> coffee, 2 cup |
| <input type="checkbox"/> cooked rice, 2/3 cup | <input type="checkbox"/> dressing, reduced fat, 2 Tbs | <input type="checkbox"/> dried parsley, 1 tsp |
| <input type="checkbox"/> egg whites, 4 | <input type="checkbox"/> egg, whole, 2 | <input type="checkbox"/> flax seed, 7 Tbs |
| <input type="checkbox"/> fresh cilantro, 1 cup | <input type="checkbox"/> garlic, 2 tsp | <input type="checkbox"/> greek yogurt, 10 oz |
| <input type="checkbox"/> green beans, 15 | <input type="checkbox"/> half and half, 4 Tbs | <input type="checkbox"/> kale or spinach, 1/2 cup |
| <input type="checkbox"/> kale or spinach cooked, 1/2 cup | <input type="checkbox"/> lemon juice, 2 tbsp | <input type="checkbox"/> lettuce, any kind, 4 cup |
| <input type="checkbox"/> lime juice, 1 2/3 Tbs | <input type="checkbox"/> milk, skim, 2 cup | <input type="checkbox"/> minced garlic, 2 tsp |
| <input type="checkbox"/> mushrooms, 3 1/2 cup | <input type="checkbox"/> natural peanut butter, 3 Tbs | <input type="checkbox"/> nutmeg, 4000/56699 oz |
| <input type="checkbox"/> nuts, almond, 12 | <input type="checkbox"/> oil, 2 tsp | <input type="checkbox"/> olive oil, 19/48 cup |
| <input type="checkbox"/> onions, 1/4 cup | <input type="checkbox"/> orange, 2 | <input type="checkbox"/> oregano, dried, 1 Tbs |
| <input type="checkbox"/> parmesan cheese, 1/2 cup | <input type="checkbox"/> parsley, dried, 2 tsp | <input type="checkbox"/> peanut oil, 1 tsp |
| <input type="checkbox"/> pepper, 1 tsp | <input type="checkbox"/> pepper, fresh, ground, 1/2 tsp | <input type="checkbox"/> pineapple, raw, 1/2 cup |
| <input type="checkbox"/> potato, white, 8 oz | <input type="checkbox"/> red bell pepper, 1 | <input type="checkbox"/> rice, 1 cup |
| <input type="checkbox"/> rice vinegar, 1 Tbs | <input type="checkbox"/> rice, cooked, 1 33/100 cup | <input type="checkbox"/> rice, white, 1 cup |
| <input type="checkbox"/> rotisserie chicken, 3 oz | <input type="checkbox"/> salt, 1 1/6 Tbs | <input type="checkbox"/> sour cream, reduced fat, 2 Tbs |
| <input type="checkbox"/> soy sauce, 6 1/3 Tbs | <input type="checkbox"/> spinach, fresh or frozen, 1/2 cup | <input type="checkbox"/> spinach, raw, 1 cup |
| <input type="checkbox"/> stellar labs vanilla vegan protein powder, 2 scoop | <input type="checkbox"/> stellar labs vanilla whey protein powder, 6 scoop | <input type="checkbox"/> stellar labs vanilla whey protein powder, 1 7301/56699 oz |
| <input type="checkbox"/> stellar labs vegan protein, 1 scoop | <input type="checkbox"/> strawberries, | <input type="checkbox"/> thyme, 1/2 tsp |
| <input type="checkbox"/> tofu, 3/4 cup | <input type="checkbox"/> turkey, ground, 99% lean, 1 lb | <input type="checkbox"/> vanilla extract, 1 tsp |
| <input type="checkbox"/> vanilla, extract, 2 tsp | <input type="checkbox"/> water, 1 1/2 cup | <input type="checkbox"/> white wine vinegar, 1/4 cup |
| <input type="checkbox"/> whole, eggs, 4 | <input type="checkbox"/> worcestershire sauce, 17/48 cup | <input type="checkbox"/> yogurt, low fat, 1 1/4 lb |
| <input type="checkbox"/> zucchini, 9 medium | | |

Dry Goods

- | | | |
|--|--|---|
| <input type="checkbox"/> bread, white or wheat, 1 slices | <input type="checkbox"/> bullion cube, | <input type="checkbox"/> flax seeds, 1 tbsp |
| <input type="checkbox"/> garlic salt, 1 tsp. | <input type="checkbox"/> italian seasoning, 1 tsp. | <input type="checkbox"/> mayonnaise, 1 Tbs |

Refrigerated

- | | | |
|--|--|---|
| <input type="checkbox"/> butter, 2 tbsp. | <input type="checkbox"/> cheddar cheese, 1/2 cup | <input type="checkbox"/> deli turkey meat, 3 oz |
| <input type="checkbox"/> garlic, 1 tsp. | | |

Produce

- | | |
|--|--|
| <input type="checkbox"/> cantaloupe, 2 cup | <input type="checkbox"/> tomato, 1 small |
|--|--|

Other

☐ cocoa powder, 1/2 tbsp

Meat/Fish

☐ scallops, 3 oz

SL B&S Chocolate Raspberry Shake 1-4

Prep Time 5 mins
Total Time 5 mins
Meal Type Breakfast, Snack
Source [Stellar Labs](#)

Servings 1



Ingredients

- 1/2 Tbsp Cocoa Powder
- 1 tsp vanilla extract
- 1 scoop stellar labs vegan protein
- 1 cup milk, skim
- 1 Tbsp Flax Seeds
- null

Directions

Make

1. Blend all ingredients and 3 ice cubes together in a blender on high until smooth

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.


Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving	281	Total Fat 5.6g	8%	Total Carbohydrates 22g	7%	
		Saturated Fat 1.2g	6%	Dietary Fiber 4g	17%	
		Trans Fat 0.0g		Total Sugars 14g		
		Cholesterol 5mg	1%			
		Sodium 436mg	18%	Protein 30g		
Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 7mg 38% · Potassium 185mg 3%						

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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SL L&D Turkey Sandwich 1

Prep Time 0 mins
Total Time 5 mins
Meal Type Lunch,Dinner
Contributed By  LivingPlate

Servings 1



Ingredients

- 1 slices bread, white or wheat, *toasted*
- 3 oz deli turkey meat
- 1 small tomato, *sliced*
- 1 Tbs mayonnaise
- 2 cup lettuce, any kind

Directions

Prep

1. Slice tomato.
2. Toast bread.

Make

1. Assemble the sandwich first by spreading the mayo and then topping with the rest of the ingredients. Serve and enjoy.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	301	Total Fat 14.8g	22%	Total Carbohydrates 21g	7%
		Saturated Fat 2.6g	13%	Dietary Fiber 3g	12%
		Trans Fat 0.1g		Total Sugars 5g	
		Cholesterol 47mg	15%		
		Sodium 1002mg	43%	Protein 18g	
		Vitamin D 0mcg 2% · Calcium 106mg 10% · Iron 2mg 13% · Potassium 845mg 17%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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SL B&S Cantaloupe, Eggs and Yogurt 1-4

Prep Time 15 mins
Total Time 15 mins
Meal Type Breakfast,Lunch
Contributed By  LivingPlate



Servings 1

Ingredients

- 1 cup Cantaloupe
- 5 oz yogurt, low fat
- 1 egg, whole
- 2 egg whites
- 1 cup coffee
- 2 Tbs half and half

Directions

Make

1. Prepare to your liking or practitioner recommendation and enjoy!

Notes

Recommendations for preparation:

If cutting a whole cantaloupe, use a heavy, thick knife and cut the cantaloupe in half first to give yourself a flat surface to work on.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

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SL L&D Cilantro-Lime Turkey Stuffed Peppers 1

Prep Time 0 mins
Total Time 0 mins
Meal Type Lunch,Dinner

Servings 4



Ingredients

- 4 whole bell peppers (red, yellow, green, etc.)
- 1 lb turkey, ground, 99% lean
- 1/2 cup spinach, fresh or frozen, *chopped*
- 2 tsp lime juice
- 1/2 tsp salt
- 1 tsp worcestershire sauce
- 1 1/2 tsp cilantro, dried
- 1 tsp dried parsley
- 1/2 cup parmesan cheese
- 14 1/2 oz canned, diced tomatoes
- 2/3 cup cooked rice

Directions

Make

1. DIRECTIONS Preheat oven to 400°F. Cut tops off of peppers, wash and clean out and discard the seeds and tops. Place in a boiling saucepan and cook for 15 minutes or until the peppers are soft but not falling apart. While the peppers are boiling in a heavy saucepan, sauté: turkey over medium heat. Also at this time, boil the rice in a separate saucepan as directed on the box of rice. Once the turkey is cooked (white throughout) add spinach, lime, cilantro, salt, parsley, Worcestershire sauce, tomatoes and parmesan cheese and cook for 2 minutes or until spinach is wilted. Remove peppers from oven, place in a baking dish and spoon 1/2 cup of turkey filling into each half pepper. Bake in the oven for 15 minutes then serve with 1/4 cup cooked rice.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving		% Daily Value*	
Calories 321 per serving	Total Fat 11.1g		17%	
	Saturated Fat 4.4g		21%	
	Trans Fat 0.2g			
	Cholesterol 95mg		31%	
	Sodium 343mg		14%	
	Vitamin D 1mcg 5% · Calcium 174mg 17% · Iron 1202mg 6676% · Potassium 776mg 16%			
	Total Carbohydrates 22g		7%	
	Dietary Fiber 5g		19%	
	Total Sugars 8g			
	Protein 28g			

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