Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 12 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1/2 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1/2 cup nonfat cottage cheese	Omellete Cups (1.5 serving) and light and fit greek yogurt
	Calorie	340	550	370	340	370	290	310
	Protein	36	42	28	26	30	23	32
	% Cals from Protein	0.4235294118	0.3054545455	0.3027027027	0.3058823529	0.3243243243	0.3172413793	0.4129032258
	Lunch	Burrito Salad (1 serving)	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1/2 serving)	Santa fe Chicken (1.5 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1 serv) with Green Salad (1 serv)
	Calorie	330	280	290	410	250	320	280
	Protein	34	31	27	39	23	26	27
	% Cals from Protein	0.4121212121	0.4428571429	0.3724137931	0.3804878049	0.368	0.325	0.3857142857
	Dinner	Kung Pao Chicken with Zoodles (1 serv)	Italian Veggie Rice Bake (1 serv)	Carribean Chicken Salad (1 serv)	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (1 serv), 8 medium asparagus	Santa Maria Chicken (1 serv) and southwest bean salad (1 serv)
	Calorie	320	270	390	350	470	300	430
	Protein (g)	32	23	40	27	37	27	33
	% Cals from Protein	0.4	0.3407407407	0.4102564103	0.3085714286	0.314893617	0.36	0.3069767442
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	3' medium apple		3 ounces baby carrots			3' medium apple	1 cup diced watermelon
	Calorie	90		35			90	45
	Protein	0		1			0	1
	% Cals from Protein	0	#DIV/0!	0.1142857143	#DIV/0!	#DIV/0!	0	0.08888888889
	Snack 2						String cheese (mozz part skim)	
	Calorie						80	
	Protein						8	
	% Cals from Protein	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	0.4	#DIV/0!
Totals	**Calorie**	1202	1222	1207	1222	1212	1202	1187
	Protein (g)	124	118	118	114	112	106	115
	% Cals from Protein	0.4126455907	0.3862520458	0.3910521955	0.3731587561	0.3696369637	0.3527454243	0.3875315922
Without Nourish	Carbs	85	96	102	117	82	120	98
	Fat	39	39	38	31	46	34	37
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (1 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 3/4 cup nonfat cottage cheese	Southwest Breakfast Bake (1 serv), 1/2 cup raspberries, 12 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1/2 cup nonfat cottage cheese	Breakfast Egg Cups (1 serving) and 1 cup of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1/2 cup nonfat cottage cheese
	Calorie	350	310	390	300	350	260	220
	Protein	27	28	31	24	30	22	19
		0.3085714286	0.3612903226	0.3179487179	0.32	0.3428571429	0.3384615385	0.3454545455
	Lunch	Skinny Chicken Salad (1 serv) on 2 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1 serv)	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	250	400	370	300	550	370	570
	Protein	30	37	29	30	42	28	46
	#VALUE!	0.48	0.37	0.3135135135	0.4	0.3054545455	0.3027027027	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili	Pecan-crusted Salmon (1 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1 serv)	Southwest-crusted tilapia (1 serv), green salad (1 serv)	Light Chicken Parm (1 serv) with zucchini noodles (1 serv)	Santa Maria Steak (1 serv) with 1 cup cooked Green beans, 8 ounces skim milk
	Calorie	370	220	350	380	200	350	310
	Protein	40	23	27	43	26	36	36
	#VALUE!	0.4324324324	0.4181818182	0.3085714286	0.4526315789	0.52	0.4114285714	0.464516129
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 med apple and 1 hard boiled egg		1 medium pear		1 part skim mozz cheese stick, 1/2 cup diced watermelon	
	Calorie	100	170		100		100	
	Protein	8	7		1		8	
		0.32	0.1647058824	#DIV/0!	0.04	#DIV/0!	0.32	#DIV/0!
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1192	1222	1232	1202	1222	1202	1222
	Protein (g)	127	117	109	120	120	116	123
		0.4261744966	0.3829787234	0.3538961039	0.3993344426	0.3927986907	0.3860232945	0.4026186579
		120	99	111	116	131	88	122g
		26	37	38	27	20	41	28 g
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 12 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (1 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1/2 cup nonfat cottage cheese	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1/2 cup nonfat cottage cheese
	Calorie	370	550	300	220	510	400	370
	Protein	28	42	30	21	40	31	29
		0.3027027027	0.3054545455	0.4	0.3818181818	0.3137254902	0.31	0.3135135135
	Lunch	Honey Sriracha Chicken Rice Bowl (1 serv)	mango chicken kabobs (1 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (1 serv)	Steak Veggie Roll-ups (1 serv)	Curried Chicken Pitas (1 serv)
	Calorie	320	250	390	450	190	230	380
	Protein	30	27	40	35	29	26	37
	#VALUE!	0.375	0.432	0.4102564103	0.3111111111	0.6105263158	0.452173913	0.3894736842
	Dinner	Grilled Orange Ginger Pork Tenderloin (1 serv), green salad (1 serv) and hasslback sweet potato (1 serv),	Curry Rubbed Tilapia (1 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (1 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	280	230	400	390	340	480	320
	Protein	27	26	44	46	29	50	28
	#VALUE!	0.3857142857	0.452173913	0.44	0.4717948718	0.3411764706	0.4166666667	0.35
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1/2 cup raspberries		1/2 cup diced watermelon	1/2 cup blueberries		
	Calorie	100	30		25	40		
	Protein	8	1		0	1		
		0.32	0.1333333333		0	0.1	#DIV/0!	#DIV/0!
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1192	1182	1212	1207	1202	1232	1192
	Protein (g)	115	118	136	124	121	129	116
		0.3859060403	0.399323181	0.4488448845	0.4109362055	0.4026622296	0.4188311688	0.389261745
		106	99	74	107	115	81	132
		32	35	40	29	25	42	21
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (1 serv)	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (1 serv), with 12 ounces skim milk	whole grain blueberry muffin (1 serv) and 1 container of light and fit greek yogurt	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese
	Calorie	600	230	350	360	210	410	350
	Protein	47	20	27	29	18	33	30
		0.3133333333	0.347826087	0.3085714286	0.3222222222	0.3428571429	0.3219512195	0.3428571429
	Lunch	Lemon Baked Tilapia (1 serv) with Broccoli (1 cup)	Pesto-stuffed Chicken Breasts (1 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	200	310	390	410	440	310	400
	Protein	27	34	31	39	46	30	35
	#VALUE!	0.54	0.4387096774	0.3179487179	0.3804878049	0.4181818182	0.3870967742	0.35
	Dinner	Chicken Cacciatore(1 serv) with zucchini noodles (1 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1 serv)	Chicken Veggie Bowl (1 serv)	Slow Cooker Teriyaki Chicken (1 serv), cauliflower rice (1 serv)	Greek Meatloaf, green salad. 8 oz skim milk
	Calorie	210	420	290	220	410	329	330
	Protein	19	41	32	19	44	39	29
		0.3619047619	0.3904761905	0.4413793103	0.3454545455	0.4292682927	0.4741641337	0.3515151515
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 medium apple	1 part skim mozz cheese stick, 1 cup diced watermelon	1 cup diced watermelon	1 cup blueberries		1/2 cup raspberries	
	Calorie	90	125	45	80		30	
	Protein	0	9	1	1		1	
		0	0.288		0.05		0.1333333333	
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1222	1207	1197	1192	1182	1201	1202
	Protein (g)	115	126	113	110	130	125	116
		0.3764320786	0.4175642088	0.3776106934	0.3691275168	0.4399323181	0.4163197336	0.3860232945
		105	66	133	103	105	84	119
		36	45	23	89	32	38	26
		X	X	X	X	X	X	X
								Carb %
								Fat %
								Protein %

Averages
Averages
1206.071429
119.0357143
0.3948436527
103.4814815
35.77777778
34.32%
26.70%
39.48%

1300 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 12 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1/2 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1/2 cup nonfat cottage cheese	Omellete Cups (1.5 serving) and light and fit greek yogurt
	Calorie	340	550	370	340	370	290	310
	Protein	36	42	28	26	30	23	32
	% Cals from Protein	0.4235294118	0.3054545455	0.3027027027	0.3058823529	0.3243243243	0.3172413793	0.4129032258
	Lunch	Burrito Salad (1 serving)	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1/2 serving)	Santa fe Chicken (1.5 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv)
	Calorie	330	280	290	410	250	320	410
	Protein	34	31	27	39	23	26	40
	% Cals from Protein	0.4121212121	0.4428571429	0.3724137931	0.3804878049	0.368	0.325	0.3902439024
	Dinner	Kung Pao Chicken with Zoodles (1 serv)	Italian Veggie Rice Bake (1 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv)	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv), 8 oz skim milk	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (1 serv), 8 medium asparagus. 8 oz skim milk	Santa Maria Chicken (1 serv) and southwest bean salad (1 serv)
	Calorie	320	360	390	430	470	390	430
	Protein (g)	32	31	40	36	37	35	33
	% Cals from Protein	0.4	0.3444444444	0.4102564103	0.3348837209	0.314893617	0.358974359	0.3069767442
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	1 medium apple and part skim mozz string cheese		1 container light and fit greek yogurt with 1 cup blueberries		1/2 cup strawberries, 8 oz skim milk	1 medium apple and part skim mozz string cheese	1 cup diced watermelon
	Calorie	170		160		110	170	45
	Protein	8		13		9	8	1
	% Cals from Protein	0.1882352941	#DIV/0!	0.325	#DIV/0!	0.3272727273	0.1882352941	0.08888888889
	Snack 2							
	Calorie							
	Protein							
	% Cals from Protein	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Totals	**Calorie**	1282	1312	1332	1302	1322	1292	1317
	Protein (g)	132	126	130	123	121	114	128
	% Cals from Protein	0.4118564743	0.3841463415	0.3903903904	0.3778801843	0.3661119516	0.3529411765	0.3887623386
Without Nourish	**Carbs**	85	108	125	129	99	132	112
	Fat	45	40	38	31	47	34	39
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (1 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (1.5 serv), 1 cup raspberries, 12 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 1 cup of 1% Kefir	Whole grian banana nut muffin (1 serving) and 13/4 cup nonfat cottage cheese
	Calorie	350	310	440	400	350	360	260
	Protein	27	28	38	31	30	33	27
		0.3085714286	0.3612903226	0.3454545455	0.31	0.3428571429	0.3666666667	0.4153846154
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1 serv)	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	370	300	550	370	570
	Protein	45	37	29	30	42	28	46
	#VALUE!	0.5	0.37	0.3135135135	0.4	0.3054545455	0.3027027027	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (1 serv), 8 oz skim milk	Pecan-crusted Salmon (1 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1 serv)	Southwest-crusted tilapia (1 serv), green salad (1 serv)	Light Chicken Parm (1 serv) with zucchini noodles (1 serv)	Santa Maria Steak (1 serv) with 1 cup cooked Green beans, 8 ounces skim milk
	Calorie	370	310	350	380	200	350	310
	Protein	40	32	27	43	26	36	36
	#VALUE!	0.4324324324	0.4129032258	0.3085714286	0.4526315789	0.52	0.4114285714	0.464516129
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 med apple and 1 hard boiled egg	1/2 cup raspberries	1 medium pear	1 med orange	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1/2 cup blueberries
	Calorie	100	170	30	100	60	100	40
	Protein	8	7	1	1	1	8	1
		0.32	0.1647058824	0.1333333333	0.04	0.06666666667	0.32	0.1
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1302	1312	1312	1302	1282	1302	1302
	Protein (g)	142	126	117	127	121	127	132
		0.4362519201	0.3841463415	0.3567073171	0.3901689708	0.3775351014	0.3901689708	0.4055299539
		123	111	121	129	147	90	135
		29	38	39	30	20	46	28
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 12 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (1 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1/2 cup nonfat cottage cheese	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1/2 cup nonfat cottage cheese
	Calorie	370	550	300	220	510	400	370
	Protein	28	42	30	21	40	31	29
		0.3027027027	0.3054545455	0.4	0.3818181818	0.3137254902	0.31	0.3135135135
	Lunch	Honey Sriracha Chicken Rice Bowl (1 serv)	mango chicken kabobs (1 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (1.5 serv)	Steak Veggie Roll-ups (1 serv)	Curried Chicken PItas (1 serv)
	Calorie	320	250	390	450	280	230	380
	Protein	30	27	40	35	44	26	37
	#VALUE!	0.375	0.432	0.4102564103	0.3111111111	0.6285714286	0.452173913	0.3894736842
	Dinner	Grilled Orange Ginger Pork Tenderloin (1 serv), green salad (1 serv) and hasslback sweet potato (1 serv), 8 ounces skim milk	Curry Rubbed Tilapia (1 serv), 1 cup cooked green beans, 1/2 cup cooked quinoa	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (1 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	370	340	400	390	340	480	320
	Protein	35	30	44	46	29	50	28
	#VALUE!	0.3783783784	0.3529411765	0.44	0.4717948718	0.3411764706	0.4166666667	0.35
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 part skim mozz cheese stick, 1 cup diced watermelon	1/2 cup raspberries	1 medium pear	1 part skim mozz cheese stick, 1 cup diced watermelon	1/2 cup blueberries	1 med orange	1 part skim mozz string cheese, 1/2 cup raspberries
	Calorie	125	30	100	125	40	60	110
	Protein	9	1	1	9	1	1	9
		0.288	0.1333333333		0.288	0.1	0.06666666667	0.3272727273
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1307	1292	1312	1307	1292	1292	1302
	Protein (g)	124	122	137	133	136	130	125
		0.3794950268	0.3777089783	0.4176829268	0.4070390207	0.4210526316	0.4024767802	0.3840245776
		124	118	101	112	118	96	138
		33	37	40	35	28	42	27
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (1 serv)	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (1 serv), with 12 ounces skim milk	whole grain blueberry muffin (1 serv) and 1 container of light and fit greek yogurt, 1/2 cup raspberries	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese
	Calorie	600	230	350	360	240	410	350
	Protein	47	20	27	29	18	33	30
		0.3133333333	0.347826087	0.3085714286	0.3222222222	0.3	0.3219512195	0.3428571429
	Lunch	Lemon Baked Tilapia (1 serv) with Broccoli (1 cup)	Pesto-stuffed Chicken Breasts (1 serv) with lemon arugula salad (1 serv), 1 med apple	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	200	400	390	410	440	310	400
	Protein	27	35	31	39	46	30	35
	#VALUE!	0.54	0.35	0.3179487179	0.3804878049	0.4181818182	0.3870967742	0.35
	Dinner	Chicken Cacciatore(1 serv) with zucchini noodles (1 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1 serv), 8 ounces skim milk	Chicken Veggie Bowl (1 serv)	Slow Cooker Teriyaki Chicken (1 serv), cauliflower rice (1 serv) 8 oucnes skim milk	Greek Meatloaf (1 serv), green salad (1 serv) 8 oz skim milk
	Calorie	210	420	290	300	410	410	330
	Protein	19	41	32	28	44	47	29
		0.3619047619	0.3904761905	0.4413793103	0.3733333333	0.4292682927	0.4585365854	0.3515151515
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 medium apple and part skim mozz string cheese	1 part skim mozz cheese stick, 1 cup diced watermelon	1 container light and fit greek yogurt with 1 cup blueberries	1 pear	1 med orange	1/2 cup raspberries	1/2 cup strawberries, 8 oz skim milk
	Calorie	170	125	160	100	60	30	110
	Protein	8	9	13	1	1	1	9
		0.1882352941	0.288		0.04	0.06666666667	0.1333333333	0.3272727273
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1302	1297	1312	1292	1272	1282	1312
	Protein (g)	123	127	125	119	131	133	125
		0.3778801843	0.3916730918	0.381097561	0.3684210526	0.4119496855	0.4149765991	0.381097561
		105	97	152	121	128	96	137
		42	45	23	36	32	39	27
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1301.642857
127
0.3903276111
117.4642857
35.35714286
36.10%
24.45%

1400 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 12 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1/2 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1/2 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt, 1/2 cup raspberries
	Calorie	340	550	370	340	370	290	420
	Protein	36	42	28	26	30	23	39
	% Cals from Protein	0.4235294118	0.3054545455	0.3027027027	0.3058823529	0.3243243243	0.3172413793	0.3714285714
	Lunch	Burrito Salad (1 serving)	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1/2 serving), 8 ounces skim milk	Santa fe Chicken (2 serv) with cauliflower rice (2 serv), 8 ounces skim milk	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv)
	Calorie	330	280	290	410	330	470	410
	Protein	34	31	27	39	31	42	40
	% Cals from Protein	0.4121212121	0.4428571429	0.3724137931	0.3804878049	0.3757575758	0.3574468085	0.3902439024
	Dinner	Kung Pao Chicken with Zoodles (1.5 serv)	Italian Veggie Rice Bake (1 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv)	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv), 8 oz skim milk	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (1 serv), 8 medium asparagus. 8 oz skim milk	Santa Maria Chicken (1 serv) and southwest bean salad (1 serv)
	Calorie	480	360	390	430	470	390	430
	Protein (g)	47	31	40	36	37	35	33
	% Cals from Protein	0.3916666667	0.3444444444	0.4102564103	0.3348837209	0.314893617	0.358974359	0.3069767442
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	3' medium apple	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup strawberries, 8 oz skim milk	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 pear	1/2 cup blueberries
	Calorie	90	100	160	110	100	100	40
	Protein	0	8	13	9	8	1	1
	% Cals from Protein	0	0.32	0.325	0.3272727273	0.32	0.04	0.1
	Snack 2	1/2 cup blueberries		1 med orange			1/2 cup raspberries	
	Calorie	40		60			30	
	Protein	1		1			1	
	% Cals from Protein	0.1	#DIV/0!	0.06666666667	#DIV/0!	#DIV/0!	0.1333333333	#DIV/0!
Totals	**Calorie**	1402	1412	1392	1412	1392	1402	1422
	Protein (g)	140	134	131	132	128	124	135
	% Cals from Protein	0.3994293866	0.3796033994	0.3764367816	0.3739376771	0.367816092	0.3537803138	0.3797468354
Without Nourish	**Carbs**	102	114	140	147	99	163	121
	Fat	47	46	38	32	52	29	44
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv)	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (1.5 serv), 1 cup raspberries, 12 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 1 cup of 1% Kefir	Whole grian banana nut muffin (1 serving) and 3/4 cup nonfat cottage cheese
	Calorie	350	460	440	400	350	360	260
	Protein	27	39	38	31	30	33	27
		0.3085714286	0.3391304348	0.3454545455	0.31	0.3428571429	0.3666666667	0.4153846154
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1 serv)	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	370	300	550	370	570
	Protein	45	37	29	30	42	28	46
	#VALUE!	0.5	0.37	0.3135135135	0.4	0.3054545455	0.3027027027	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili, 8 oz skim milk	Pecan-crusted Salmon (1 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1 serv)	Southwest-crusted tilapia (1.5 serv), green salad (1 serv), 8 oucnes skim milk	Light Chicken Parm (1 serv) with zucchini noodles (1 serv), 8 ounces skim milk	Santa Maria Steak (1 serv) with 1 cup cooked Green beans, 8 ounces skim milk
	Calorie	370	310	350	380	370	430	310
	Protein	40	32	27	43	47	44	36
	#VALUE!	0.4324324324	0.4129032258	0.3085714286	0.4526315789	0.5081081081	0.4093023256	0.464516129
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 med apple and 1 hard boiled egg	1 med apple	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1/2 cup Edamame beans		1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 containter light and fit greek yogurt and 3/4 cup peaches
	Calorie	170	90	100	150		100	130
	Protein	7	1	8	12		8	13
		0.1647058824	0.04444444444	0.32	0.32	#DIV/0!		0.4
	Snack				1/2 cup blueberries			
	Calorie				40			
	Protein				1			
							#DIV/0!	
Totals	**Calorie**	1372	1382	1382	1392	1392	1382	1392
	Protein (g)	141	131	124	139	141	135	144
		0.4110787172	0.3791606368	0.3589001447	0.3994252874	0.4051724138	0.3907380608	0.4137931034
		143	105	120	122	147	102	145
		28	46	44	37	22	46	28
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 12 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (1 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1/2 cup nonfat cottage cheese	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1/2 cup nonfat cottage cheese
	Calorie	370	550	300	220	510	395	370
	Protein	28	42	30	21	40	31	29
		0.3027027027	0.3054545455	0.4	0.3818181818	0.3137254902	0.3139240506	0.3135135135
	Lunch	Honey Sriracha Chicken Rice Bowl (1 serv)	mango chicken kabobs (1 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (1.5 serv)	Steak Veggie Roll-ups (1 serv)	Curried Chicken PItas (1 serv)
	Calorie	320	250	390	450	280	230	380
	Protein	30	27	40	35	44	26	37
	#VALUE!	0.375	0.432	0.4102564103	0.3111111111	0.6285714286	0.452173913	0.3894736842
	Dinner	Grilled Orange Ginger Pork Tenderloin (1 serv), green salad (1 serv) and hasslback sweet potato (1 serv), 8 ounces skim milk	Curry Rubbed Tilapia (1 serv), 1 cup cooked green beans, 1/2 cup cooked quinoa	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (1 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	370	340	400	390	340	480	320
	Protein	35	30	44	46	29	50	28
	#VALUE!	0.3783783784	0.3529411765	0.44	0.4717948718	0.3411764706	0.4166666667	0.35
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup Edamame beans	1 part skim mozz string cheese, 1 cup raspberries	1 med apple and 1 hard boiled egg	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	Simple Hummus (0.5 serv) and 2 cup snap peas
	Calorie	150	140	170	130	160	150	150
	Protein	12	9	7	9	13	12	6
		0.32	0.2571428571		0.2769230769	0.325	0.32	0.16
	Snack	1 med orange			1 pear		1/2 cup diced watermelon	1 med orange
	Calorie	60			100		25	60
	Protein	1			1		0	1
Totals	**Calorie**	1392	1402	1382	1412	1412	1402	1402
	Protein (g)	128	130	143	134	148	141	123
		0.367816092	0.3708987161	0.4138929088	0.3796033994	0.4192634561	0.4022824536	0.3509272468
		137	126	99	140	138	95	165
		34	43	45	35	28	49	26
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (1 serv)	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (1 serv), with 12 ounces skim milk	whole grain blueberry muffin (1 serv) and 1 container of light and fit greek yogurt, 1/2 cup raspberries	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese
	Calorie	600	230	350	360	240	410	350
	Protein	47	20	27	29	18	33	30
		0.3133333333	0.347826087	0.3085714286	0.3222222222	0.3	0.3219512195	0.3428571429
	Lunch	Lemon Baked Tilapia (1 serv) with Broccoli (1 cup)	Pesto-stuffed Chicken Breasts (1 serv) with lemon arugula salad (1 serv), 1 med apple	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	200	400	390	410	440	310	400
	Protein	27	35	31	39	46	30	35
	#VALUE!	0.54	0.35	0.3179487179	0.3804878049	0.4181818182	0.3870967742	0.35
	Dinner	Chicken Cacciatore(1 serv) with zucchini noodles (1 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1 serv), 8 ounces skim milk	Chicken Veggie Bowl (1 serv)	Slow Cooker Teriyaki Chicken (1 serv), cauliflower rice (1 serv) 8 oucnes skim milk	Greek Meatloaf, green salad. 8 oz skim milk
	Calorie	210	420	290	300	410	410	330
	Protein	19	41	32	28	44	47	29
		0.3619047619	0.3904761905	0.4413793103	0.3733333333	0.4292682927	0.4585365854	0.3515151515
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	1/2 cup strawberries, 8 oz skim milk	1 med apple and 1 hard boiled egg	1 med apple and 1 hard boiled egg	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup strawberries, 8 oz skim milk
	Calorie	160	150	110	170	170	160	110
	Protein	13	12	9	7	7	13	9
		0.325	0.32		0.1647058824	0.1647058824	0.325	0.3272727273
	Snack	1 pear	1 cup raspberries	Simple Hummus (0.5 serv) and 2 cup snap peas	1 cup diced watermelon			apple
	Calorie	100	60	150	45			90
	Protein	1	1	6	1			0
Totals	**Calorie**	1392	1382	1412	1407	1382	1412	1402
	Protein (g)	129	131	127	126	137	145	125
		0.3706896552	0.3791606368	0.3597733711	0.3582089552	0.3965267728	0.4107648725	0.3566333809
		138	109	157	131	138	119	162
		37	47	29	42	38	39	27
		X	X	X	X	X	X	
								Carb %
								Fat %

Averages
Averages
1397.178571
133.7857143
0.3830521703
129.4285714
37.78571429
37.05%
24.34%

Averages
38.30%
99.70%

1500 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 12 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1/2 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1/2 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt, 1/2 cup raspberries
	Calorie	340	550	370	340	370	290	420
	Protein	36	42	28	26	30	23	39
	% Cals from Protein	0.4235294118	0.3054545455	0.3027027027	0.3058823529	0.3243243243	0.3172413793	0.3714285714
	Lunch	Burrito Salad (1 serving)	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1/2 serving), 8 ounces skim milk	Santa fe Chicken (2 serv) with cauliflower rice (2 serv), 8 ounces skim milk	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv)
	Calorie	330	280	290	410	330	470	410
	Protein	34	31	27	39	31	42	40
	% Cals from Protein	0.4121212121	0.4428571429	0.3724137931	0.3804878049	0.3757575758	0.3574468085	0.3902439024
	Dinner	Kung Pao Chicken with Zoodles (1.5 serv)	Italian Veggie Rice Bake (1 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv)	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv), 8 oz skim milk	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (1 serv), 8 medium asparagus. 8 oz skim milk	Santa Maria Chicken (1 serv) and southwest bean salad (1 serv)
	Calorie	480	360	390	430	470	390	430
	Protein (g)	47	31	40	36	37	35	33
	% Cals from Protein	0.3916666667	0.3444444444	0.4102564103	0.3348837209	0.314893617	0.358974359	0.3069767442
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	1 medium apple and part skim mozz string cheese	1/2 cup blueberries	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup strawberries, 8 oz skim milk	1 container light and fit greek yogurt with 1 cup blueberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 cup diced watermelon
	Calorie	170	40	160	110	160	100	45
	Protein	8	1	13	9	13	8	1
	% Cals from Protein	0.1882352941	0.1	0.325	0.3272727273	0.325	0.32	0.08888888889
	Snack 2	1 med orange	1/2 cup Edamame beans	1 med apple and 1 hard boiled egg	1 medium pear	1/2 cup raspberries	1/2 cup Edamame beans	1 part skim mozz string cheese
	Calorie	60	150	170	100	30	150	80
	Protein	1	12	7	1	1	12	8
	% Cals from Protein	0.06666666667	0.32	0.1647058824	0.04	0.1333333333	0.32	0.4
Totals	**Calorie**	1502	1502	1502	1512	1482	1522	1507
	Protein (g)	148	139	137	133	134	142	143
	% Cals from Protein	0.3941411451	0.3701731025	0.3648468708	0.3518518519	0.3616734143	0.3731931669	0.3795620438
Without Nourish	**Carbs**	107	128	151	174	132	143	121
	Fat	53	47	44	32	47	42	50
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv)	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (1.5 serv), 1 cup raspberries, 12 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 3/4 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 1 cup of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1/2 cup nonfat cottage cheese
	Calorie	350	460	440	400	350	360	260
	Protein	27	39	38	31	30	33	27
		0.3085714286	0.3391304348	0.3454545455	0.31	0.3428571429	0.3666666667	0.4153846154
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1.5 serv)	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	550	300	550	370	570
	Protein	45	37	43	30	42	28	46
	#VALUE!	0.5	0.37	0.3127272727	0.4	0.3054545455	0.3027027027	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili, 8 oz skim milk	Pecan-crusted Salmon (1 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1 serv)	Southwest-crusted tilapia (1.5 serv), green salad (1 serv), 8 oucnes skim milk	Light Chicken Parm (1 serv) with zucchini noodles (1 serv), 8 ounces skim milk	Santa Maria Steak (1 serv) with 1 cup cooked Green beans, 8 ounces skim milk
	Calorie	370	310	350	380	370	430	310
	Protein	40	32	27	43	47	44	36
	#VALUE!	0.4324324324	0.4129032258	0.3085714286	0.4526315789	0.5081081081	0.4093023256	0.464516129
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1 med orange	1/2 cup raspberries	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1/2 cup raspberries	1 container light and fit greek yogurt with 1 cup blueberries
	Calorie	160	60	30	150	100	30	160
	Protein	13	1	1	12	8	1	13
		0.325	0.06666666667	0.1333333333	0.32	0.32	0.1333333333	0.325
	Snack	Simple Hummus (0.5 serv) and 2 cup snap peas	1/2 cup Edamame beans		1 container light and fit greek yogurt with 1 cup blueberries		1 med apple and 1 hard boiled egg	1 part skim mozz string cheese
	Calorie	150	150		160		170	80
	Protein	6	12		13		7	8
							0.1647058824	
Totals	**Calorie**	1512	1502	1492	1512	1492	1482	1502
	Protein (g)	153	143	131	151	149	135	152
		0.4047619048	0.3808255659	0.3512064343	0.3994708995	0.399463807	0.3643724696	0.4047936085
		165	104	147	142	153	129	155
		29	53	42	37	28	46	34
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 12 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (1 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1/2 cup nonfat cottage cheese	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1/2 cup nonfat cottage cheese
	Calorie	370	550	300	220	510	400	370
	Protein	28	42	30	21	40	31	29
		0.3027027027	0.3054545455	0.4	0.3818181818	0.3137254902	0.31	0.3135135135
	Lunch	Honey Sriracha Chicken Rice Bowl (1 serv)	mango chicken kabobs (1 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (1.5 serv)	Steak Veggie Roll-ups (1 serv)	Curried Chicken PItas (1 serv), 1 med apple
	Calorie	320	250	390	450	280	230	480
	Protein	30	27	40	35	44	26	37
	#VALUE!	0.375	0.432	0.4102564103	0.3111111111	0.6285714286	0.452173913	0.3083333333
	Dinner	Grilled Orange Ginger Pork Tenderloin (1 serv), green salad (1 serv) and hasslback sweet potato (1 serv), 8 ounces skim milk	Curry Rubbed Tilapia (1 serv), 1 cup cooked green beans, 1/2 cup cooked quinoa	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli, 8 ounces skim milk	Grilled Chicken Shwarma (1.5 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (1 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	370	340	480	490	340	480	320
	Protein	35	30	52	64	29	50	28
	#VALUE!	0.3783783784	0.3529411765	0.4333333333	0.5224489796	0.3411764706	0.4166666667	0.35
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 med apple and 1 hard boiled egg	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	Simple Hummus (0.5 serv) and 2 cup snap peas
	Calorie	150	100	170	100	160	150	150
	Protein	12	8	7	8	13	12	6
		0.32	0.32	0.1647058824	0.32	0.325	0.32	0.16
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	Simple Hummus (0.5 serv) and 2 cup snap peas	1/2 cup raspberries	1 pear	1 med apple	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 part skim mozz string cheese
	Calorie	160	150	30	100	90	100	80
	Protein	13	6	1	1	1	8	8
Totals	**Calorie**	1492	1512	1492	1482	1502	1482	1522
	Protein (g)	140	135	152	151	149	149	130
		0.3753351206	0.3571428571	0.4075067024	0.4075573549	0.396804261	0.4021592443	0.3416557162
		152	134	119	135	163	95	175
		34	48	46	37	28	55	33
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (1 serv)	Protein panackes (1 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (1 serv), with 12 ounces skim milk	whole grain blueberry muffin (1 serv) and 1 container of light and fit greek yogurt, 1/2 cup raspberries	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	230	350	360	240	410	390
	Protein	47	20	27	29	18	33	37
		0.3133333333	0.347826087	0.3085714286	0.3222222222	0.3	0.3219512195	0.3794871795
	Lunch	Lemon Baked Tilapia (1 serv) with Broccoli (1 cup), 8 oz skim milk	Pesto-stuffed Chicken Breasts (1 serv) with lemon arugula salad (1 serv), 1 med apple	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	280	400	390	410	440	310	400
	Protein	35	35	31	39	46	30	35
	#VALUE!	0.5	0.35	0.3179487179	0.3804878049	0.4181818182	0.3870967742	0.35
	Dinner	Chicken Cacciatore(1.5 serv) with zucchini noodles (1.5 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1 serv) and White and Green Bean Salad (2 serv)	Rustic Irish Potato and Cabbage Soup (1 serv), 8 ounces skim milk	Chicken Veggie Bowl (1 serv)	Slow Cooker Teriyaki Chicken (1 serv), cauliflower rice (1 serv) 8 oucnes skim milk	Greek Meatloaf (1 serv), green salad (1 serv). 8 oz skim milk
	Calorie	310	420	400	300	410	410	330
	Protein	29	41	37	28	44	47	29
		0.3741935484	0.3904761905	0.37	0.3733333333	0.4292682927	0.4585365854	0.3515151515
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	1/2 cup strawberries, 8 oz skim milk	1 med apple and 1 hard boiled egg	1/2 cup Edamame beans	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup strawberries, 8 oz skim milk
	Calorie	160	150	110	170	150	160	110
	Protein	13	12	9	7	12	13	9
		0.325	0.32		0.1647058824	0.32	0.325	0.3272727273
	Snack	1/2 cup raspberries	1 med apple and 1 hard boiled egg	Simple Hummus (0.5 serv) and 2 cup snap peas	1 part skim mozz cheese stick, 1 1/2 cup diced watermelon	1 pear	1 part skim mozz string cheese	1 med apple and 1 hard boiled egg
	Calorie	30	170	150	150	100	80	170
	Protein	1	7	6	9	1	8	7
Totals	**Calorie**	1502	1492	1522	1512	1462	1492	1522
	Protein (g)	147	137	132	134	143	153	139
		0.3914780293	0.3672922252	0.346911958	0.3544973545	0.39124487	0.4101876676	0.3653088042
		137	120	176	137	148	119	165
		41	51	31	48	39	45	33
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1500.392857
142.1785714
0.3791220875
140.2142857
41.17857143
37.38%
24.70%

1600 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	430	370	380	390
	Protein	36	42	32	41	30	38	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.3813953488	0.3243243243	0.4	0.3897435897
	Lunch	Burrito Salad (1 serving)	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1 serving)	Santa fe Chicken (2 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	330	280	430	410	490	390	530
	Protein	34	31	50	39	46	33	52
	% Cals from Protein	0.4121212121	0.4428571429	0.4651162791	0.3804878049	0.3755102041	0.3384615385	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv)	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (1.5 serv) and southwest bean salad (1 serv)
	Calorie	640	630	390	500	470	580	510
	Protein (g)	63	54	40	40	37	51	45
	% Cals from Protein	0.39375	0.3428571429	0.4102564103	0.32	0.314893617	0.3517241379	0.3529411765
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup raspberries	1/2 cup Edamame beans	1 container light and fit greek yogurt with 1/2 cup blueberries	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup raspberries	1 cup diced watermelon
	Calorie	160	30	150	120	150	140	45
	Protein	13	1	12	13	12	9	1
	% Cals from Protein	0.325	0.1333333333	0.32	0.4333333333	0.32	0.2571428571	0.08888888889
	Snack 2			1 med apple				
	Calorie			90				
	Protein			0				
	% Cals from Protein	#DIV/0!	#DIV/0!	0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Totals	**Calorie**	1592	1612	1592	1582	1602	1612	1597
	Protein (g)	168	150	156	155	147	153	158
	% Cals from Protein	0.4221105528	0.3722084367	0.391959799	0.391908976	0.3670411985	0.3796526055	0.3957420163
Without Nourish	Carbs	104	138	136	155	104	135	133
	Fat	54	50	49	37	65	50	48
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1 cup nonfat cottage cheese
	Calorie	560	540	440	510	390	440	310
	Protein	42	47	38	40	37	39	34
		0.3	0.3481481481	0.3454545455	0.3137254902	0.3794871795	0.3545454545	0.4387096774
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1 serv), 8 oz skim milk	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 12 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	450	300	550	495	570
	Protein	45	37	37	30	42	40	46
	#VALUE!	0.5	0.37	0.3288888889	0.4	0.3054545455	0.3232323232	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv)	Pecan-crusted Salmon (1.5 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (1.5 serv) with 2 cups cooked Green beans
	Calorie	370	440	500	560	370	490	370
	Protein	40	47	39	64	52	53	43
	#VALUE!	0.4324324324	0.4272727273	0.312	0.4571428571	0.5621621622	0.4326530612	0.4648648649
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 container light and fit greek yogurt with 1/2 cup blueberries	1 medium pear	1 med apple and 1 hard boiled egg	1 cup diced watermelon	1/2 cup Edamame beans
	Calorie	150	100	120	100	170	45	150
	Protein	12	8	13	1	7	1	12
		0.32	0.32	0.4333333333	0.04	0.1647058824	0.08888888889	0.32
	Snack	1/2 cup raspberries						1 med orange
	Calorie	30						60
	Protein	1						1
Totals	**Calorie**	1592	1602	1632	1592	1602	1592	1582
	Protein (g)	162	161	149	157	160	155	158
		0.4070351759	0.4019975031	0.3651960784	0.3944723618	0.3995006242	0.3894472362	0.399494311
		169	108	148	153	168	133	150
		33	56	49	38	30	46	39
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	510	400	460
	Protein	32	42	48	37	40	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3137254902	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (2 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv)
	Calorie	630	470	390	610	370	450	380
	Protein	59	53	40	47	58	51	37
	#VALUE!	0.3746031746	0.4510638298	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3894736842
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (1 serv),	Curry Rubbed Tilapia (2 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1.5 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	420	410	400	390	510	480	550
	Protein	51	49	44	46	44	50	52
	#VALUE!	0.4857142857	0.4780487805	0.44	0.4717948718	0.3450980392	0.4166666667	0.3781818182
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup diced watermelon	1 cup raspberries	1 container light and fit greek yogurt with 1/2 cup blueberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon	apple	1/2 cup Edamame beans	1 med orange
	Calorie	25	60	120	100	90	150	60
	Protein	0	1	13	8	0	12	1
		0	0.06666666667		0.32	0	0.32	0.06666666667
	Snack			1 medium pear				1/2 cup diced watermelon
	Calorie			100				25
	Protein			1				0
Totals	**Calorie**	1607	1612	1602	1592	1602	1602	1597
	Protein (g)	164	167	168	160	164	166	156
		0.4082140635	0.4143920596	0.4194756554	0.4020100503	0.4094881398	0.4144818976	0.3907326237
		154	126	127	133	153	95	183
		34	50	48	45	35	59	25
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	460	560	460	370	410	390
	Protein	47	39	42	34	37	33	37
		0.3133333333	0.3391304348	0.3	0.2956521739	0.4	0.3219512195	0.3794871795
	Lunch	Lemon Baked Tilapia (1.5 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	330	540	390	410	440	460	400
	Protein	42	64	31	39	46	45	35
	#VALUE!	0.5090909091	0.4740740741	0.3179487179	0.3804878049	0.4181818182	0.3913043478	0.35
	Dinner	Chicken Cacciatore(2 serv) with zucchini noodles (2 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv)	Slow Cooker Teriyaki Chicken (1.5 serv), cauliflower rice (1.5 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	420	420	380	610	410	490	590
	Protein	39	41	45	46	44	58	52
		0.3714285714	0.3904761905	0.4736842105	0.3016393443	0.4292682927	0.4734693878	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries	1 cup raspberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon		1/2 cup Edamame beans	1 pear	apple
	Calorie	120	60	100		150	100	90
	Protein	13	1	8		12	1	0
		0.4333333333	0.06666666667		#DIV/0!		0.04	
	Snack			1 med orange		apple	1/2 cup diced watermelon	
	Calorie			60		90	25	
	Protein			1		0	0	
Totals	**Calorie**	1592	1602	1612	1602	1582	1607	1592
	Protein (g)	163	167	149	141	161	159	146
		0.4095477387	0.4169787765	0.3697270471	0.3520599251	0.407079646	0.3957685128	0.3668341709
		125	83	179	131	157	129	161
		48	64	35	56	39	50	39
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1599.5
157.8571429
0.3948056137
138.2142857
45.39285714
34.56%
25.54%

1700 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1 cup nonfat cottage cheese	Green Chili Breakfast Bake (1 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	430	370	380	390
	Protein	36	42	32	41	30	38	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.3813953488	0.3243243243	0.4	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (1 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1 serving)	Santa fe Chicken (2 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	280	430	410	490	390	530
	Protein	46	31	50	39	46	33	52
	% Cals from Protein	0.4088888889	0.4428571429	0.4651162791	0.3804878049	0.3755102041	0.3384615385	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 ounces skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (1.5 serv) and southwest bean salad (1.33 serv)
	Calorie	640	630	510	500	470	580	600
	Protein (g)	63	54	52	40	37	51	48
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.314893617	0.3517241379	0.32
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup raspberries	1/2 cup Edamame beans	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup raspberries	1 cup diced watermelon
	Calorie	160	30	150	160	150	140	45
	Protein	13	1	12	13	12	9	1
	% Cals from Protein	0.325	0.1333333333	0.32	0.325	0.32	0.2571428571	0.08888888889
	Snack 2		1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 med apple	1 med orange	1 medium pear	1 container light and fit greek yogurt	
	Calorie		100	90	60	100	80	
	Protein		8	0	1	1	12	
	% Cals from Protein	#DIV/0!	0.32	0	0.06666666667	0.04	0.6	#DIV/0!
Totals	**Calorie**	1712	1712	1712	1682	1702	1692	1687
	Protein (g)	180	158	168	156	148	165	161
	% Cals from Protein	0.4205607477	0.3691588785	0.3925233645	0.3709869203	0.347826087	0.390070922	0.3817427386
Without Nourish	Carbs	122	144	154	181	131	144	145
	Fat	54	56	49	37	65	50	51
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1 cup nonfat cottage cheese
	Calorie	560	545	440	510	390	440	310
	Protein	42	47	38	40	37	39	34
		0.3	0.3449541284	0.3454545455	0.3137254902	0.3794871795	0.3545454545	0.4387096774
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv), 8 oz skim milk	Grilled Chicken Summer Pasta (1 serv), 8 oz skim milk	Asian Chicken Wraps (1 serv), 12 ounces skim milk	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 12 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	480	450	420	550	495	570
	Protein	45	45	37	42	42	40	46
	#VALUE!	0.5	0.375	0.3288888889	0.4	0.3054545455	0.3232323232	0.3228070175
	Dinner	Lemon artichoke chicken (1 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv)	Pecan-crusted Salmon (1.5 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (1.5 serv) with 2 cups cooked Green beans
	Calorie	370	440	500	560	370	490	370
	Protein	40	47	39	64	52	53	43
	#VALUE!	0.4324324324	0.4272727273	0.312	0.4571428571	0.5621621622	0.4326530612	0.4648648649
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup diced watermelon	1 container light and fit greek yogurt with 1/2 cup blueberries	1 medium pear	1 part skim mozz cheese stick	1 cup diced watermelon	1/2 cup Edamame beans
	Calorie	150	125	120	100	80	45	150
	Protein	12	9	13	1	8	1	12
		0.32	0.288	0.4333333333	0.04	0.4	0.08888888889	0.32
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries		1 med orange		Banana berry salad (1.25 serv)	1 container light and fit greek yogurt with 1/2 cup blueberries	Banana berry salad (1 serv)
	Calorie	120		60		200	120	160
	Protein	13		1		4	13	3
Totals	**Calorie**	1682	1712	1692	1712	1712	1712	1682
	Protein (g)	174	170	150	169	165	168	160
		0.4137931034	0.3971962617	0.3546099291	0.3948598131	0.3855140187	0.3925233645	0.3804994055
		181	126	163	172	179	153	165
		33	56	49	39	36	47	43
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	510	400	460
	Protein	32	42	48	37	40	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3137254902	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (2 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv)
	Calorie	630	470	390	610	370	450	380
	Protein	59	53	40	47	58	51	37
	#VALUE!	0.3746031746	0.4510638298	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3894736842
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (1 serv),	Curry Rubbed Tilapia (2 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1 serv) with 1 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1.5 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	420	410	400	390	510	480	550
	Protein	51	49	44	46	44	50	52
	#VALUE!	0.4857142857	0.4780487805	0.44	0.4717948718	0.3450980392	0.4166666667	0.3781818182
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup diced watermelon	1 cup raspberries	1 container light and fit greek yogurt with 1 cup blueberries	1 cup diced watermelon	apple	1/2 cup Edamame beans	1 med orange
	Calorie	25	60	160	45	90	150	60
	Protein	0	1	13	1	0	12	1
		0	0.06666666667		0.08888888889	0	0.32	0.06666666667
	Snack	1 medium pear	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1/2 cup Edamame beans	Simple Hummus (0.5 serv) and 2 cup snap peas	1 medium pear	Banana Berry Salad (0.5 serv)	1 part skim mozz cheese stick, 1 cup diced watermelon
	Calorie	100	100	150	150	100	80	125
	Protein	1	8	12	6	1	2	9
Totals	**Calorie**	1707	1712	1692	1687	1702	1682	1697
	Protein (g)	165	175	179	159	165	168	165
		0.3866432337	0.4088785047	0.4231678487	0.3770005928	0.3877790834	0.3995243757	0.3889216264
		181	132	119	157	180	110	189
		34	56	55	45	35	62	31
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	460	560	460	370	410	390
	Protein	47	39	42	34	37	33	37
		0.3133333333	0.3391304348	0.3	0.2956521739	0.4	0.3219512195	0.3794871795
	Lunch	Lemon Baked Tilapia (1.5 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv), 8 oz skim milk	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv)	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	330	540	480	410	440	460	400
	Protein	42	64	40	39	46	45	35
	#VALUE!	0.5090909091	0.4740740741	0.3333333333	0.3804878049	0.4181818182	0.3913043478	0.35
	Dinner	Chicken Cacciatore(2 serv) with zucchini noodles (2 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 8 oz skim milk	Slow Cooker Teriyaki Chicken (1.5 serv), cauliflower rice (1.5 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	420	420	380	610	500	490	590
	Protein	39	41	45	46	52	58	52
		0.3714285714	0.3904761905	0.4736842105	0.3016393443	0.416	0.4734693878	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries	1 cup raspberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 container light and fit greek yogurt with 1/2 cup blueberries	1/2 cup Edamame beans	1 pear	1/2 cup Edamame beans
	Calorie	120	60	100	120	150	100	150
	Protein	13	1	8	13	12	1	12
		0.4333333333	0.06666666667		0.4333333333		0.04	
	Snack	1 pear	1/2 cup strawberries, 8 oz skim milk	1 med orange		apple	1 part skim mozz cheese stick, 1 cup diced watermelon	1 cup raspberries
	Calorie	100	110	60		90	125	60
	Protein	1	9	1		0	9	1
Totals	**Calorie**	1692	1712	1702	1722	1672	1707	1712
	Protein (g)	164	176	158	154	169	168	159
		0.3877068558	0.4112149533	0.3713278496	0.3577235772	0.4043062201	0.3936731107	0.3714953271
		152	101	191	151	170	135	159
		48	65	35	56	39	56	47
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1700.035714
164.8571429
0.3879010255
153.1071429
47.46428571
36.02%
25.13%

1800 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1 cup nonfat cottage cheese	Green Chili Breakfast Bake (1.5 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1.5 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	430	520	470	390
	Protein	36	42	32	41	40	53	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.3813953488	0.3076923077	0.4510638298	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (1.5 serving)	Chicken Gyro (1 serv), 8 oz skim milk	Turkey arugula salad (1 serving)	Santa fe Chicken (2 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	280	510	500	490	390	530
	Protein	46	31	52	47	46	33	52
	% Cals from Protein	0.4088888889	0.4428571429	0.4078431373	0.376	0.3755102041	0.3384615385	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 ounces skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (1.5 serv) and southwest bean salad (1.33 serv)
	Calorie	640	630	510	500	470	580	600
	Protein (g)	63	54	52	40	37	51	48
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.314893617	0.3517241379	0.32
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	1 container light and fit greek yogurt with 1 cup blueberries	1 medium pear	1/2 cup Edamame beans	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup raspberries	1 cup diced watermelon
	Calorie	160	100	150	160	150	140	45
	Protein	13	1	12	13	12	9	1
	% Cals from Protein	0.325	0.04	0.32	0.325	0.32	0.2571428571	0.08888888889
	Snack 2	1 med apple	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 med apple	1 medium pear	1 med orange	1 container light and fit greek yogurt with 1/2 cup blueberries	1 medium pear
	Calorie	90	100	90	100	60	120	100
	Protein	0	8	0	1	1	13	1
	% Cals from Protein	0	0.32	0	0.04	0.06666666667	0.4333333333	0.04
Totals	**Calorie**	1802	1782	1792	1812	1812	1822	1787
	Protein (g)	180	158	170	164	158	181	162
	% Cals from Protein	0.3995560488	0.354657688	0.3794642857	0.3620309051	0.348785872	0.3973655324	0.3626189144
Without Nourish	Carbs	147	164	170	205	124	161	172
	Fat	54	56	51	37	74	51	51
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1.5 cup nonfat cottage cheese
	Calorie	560	545	440	510	390	440	400
	Protein	42	47	38	40	37	39	49
		0.3	0.3449541284	0.3454545455	0.3137254902	0.3794871795	0.3545454545	0.49
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv), 8 oz skim milk	Grilled Chicken Summer Pasta (1 serv), 12 oz skim milk	Asian Chicken Wraps (1 serv), 12 ounces skim milk	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 12 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	480	490	420	550	495	570
	Protein	45	45	41	42	42	40	46
	#VALUE!	0.5	0.375	0.3346938776	0.4	0.3054545455	0.3232323232	0.3228070175
	Dinner	Lemon artichoke chicken (1.5 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv)	Pecan-crusted Salmon (1.5 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (1.5 serv) with 2 cups cooked Green beans
	Calorie	510	440	500	560	370	490	370
	Protein	55	47	39	64	52	53	43
	#VALUE!	0.431372549	0.4272727273	0.312	0.4571428571	0.5621621622	0.4326530612	0.4648648649
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup diced watermelon	Banana berry salad (1.25 serv)	1 medium pear	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1.5 cup diced watermelon	1/2 cup Edamame beans
	Calorie	150	125	200	100	150	150	150
	Protein	12	9	4	1	12	9	12
		0.32	0.288	0.08	0.04	0.32	0.24	0.32
	Snack	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 medium pear	1 part skim mozz cheese stick	1 container light and fit greek yogurt	Banana berry salad (1.25 serv)	1 container light and fit greek yogurt with 1/2 cup blueberries	Banana berry salad (1.25 serv)
	Calorie	100	100	80	80	200	120	200
	Protein	8	1	8	12	4	13	4
Totals	**Calorie**	1802	1812	1832	1792	1782	1817	1812
	Protein (g)	184	171	152	181	169	176	176
		0.4084350721	0.3774834437	0.3318777293	0.4040178571	0.379349046	0.3874518437	0.3885209713
		174	153	171	181	188	159	178
		44	57	61	39	37	53	44
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	600	400	460
	Protein	32	42	48	37	55	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3666666667	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (2 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv), 8 oz skim milk
	Calorie	630	470	390	610	370	450	470
	Protein	59	53	40	47	58	51	45
	#VALUE!	0.3746031746	0.4510638298	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3829787234
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (1 serv),	Curry Rubbed Tilapia (2 serv), 2 cup cooked green beans, 8 oz skim milk	Easy Honey Soy Chicken (1.5 serv) with 2 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1.5 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	420	540	630	390	510	480	550
	Protein	51	60	68	46	44	50	52
	#VALUE!	0.4857142857	0.4444444444	0.4317460317	0.4717948718	0.3450980392	0.4166666667	0.3781818182
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 part skim mozz cheese stick, 1 cup diced watermelon	1 cup raspberries	1 container light and fit greek yogurt with 1 cup blueberries	1 part skim mozz cheese stick, 1.5 cup diced watermelon	apple	1/2 cup Edamame beans	1 med orange
	Calorie	125	60	160	150	90	150	60
	Protein	9	1	13	9	0	12	1
		0.288	0.06666666667		0.24	0	0.32	0.06666666667
	Snack	1 medium pear	Simple Hummus (0.5 serv) and 2 cup snap peas	1/2 cup whole strawberries	Simple Hummus (0.5 serv) and 2 cup snap peas	1 medium pear	Banana berry salad (1.25 serv)	1 part skim mozz cheese stick, 1 cup diced watermelon
	Calorie	100	150	25	150	100	200	125
	Protein	1	6	0	6	1	4	9
Totals	**Calorie**	1807	1892	1797	1792	1792	1802	1787
	Protein (g)	174	184	191	167	180	170	173
		0.385168788	0.3890063425	0.4251530328	0.3727678571	0.4017857143	0.3773584906	0.3872411863
		187	166	136	162	186	132	201
		40	56	55	51	35	65	31
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	460	560	460	370	410	390
	Protein	47	39	42	34	37	33	37
		0.3133333333	0.3391304348	0.3	0.2956521739	0.4	0.3219512195	0.3794871795
	Lunch	Lemon Baked Tilapia (1.5 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv), 16 oz skim milk	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv), 8 oz skim milk	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	330	540	560	410	440	550	400
	Protein	42	64	47	39	46	54	35
	#VALUE!	0.5090909091	0.4740740741	0.3357142857	0.3804878049	0.4181818182	0.3927272727	0.35
	Dinner	Chicken Cacciatore(2.5 serv) with zucchini noodles (2.5 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 8 oz skim milk	Slow Cooker Teriyaki Chicken (1.5 serv), cauliflower rice (1.5 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	520	420	380	610	500	490	590
	Protein	48	41	45	46	52	58	52
		0.3692307692	0.3904761905	0.4736842105	0.3016393443	0.416	0.4734693878	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries	apple	1 part skim mozz cheese stick, 1 cup diced watermelon	apple	Simple Hummus (0.5 serv) and 2 cup snap peas	1 pear	1/2 cup Edamame beans
	Calorie	120	90	125	90	150	100	150
	Protein	13	0	9	0	6	1	12
		0.4333333333	0		0		0.04	
	Snack	1 pear	1/2 cup Edamame beans	1 med orange	1 container light and fit greek yogurt with 1/2 cup blueberries	apple and 1/3 cup edamame beans	1 part skim mozz cheese stick, 1 cup diced watermelon	1 part skim mozz cheese stick, 1 cup raspberries
	Calorie	100	150	60	120	190	125	140
	Protein	1	12	1	13	8	9	9
Totals	**Calorie**	1792	1782	1807	1812	1772	1797	1792
	Protein (g)	173	178	166	154	171	177	167
		0.3861607143	0.3995510662	0.3674598783	0.3399558499	0.3860045147	0.3939899833	0.3727678571
		159	103	209	176	184	147	159
		52	71	35	57	42	56	53
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1802.892857
171.6785714
0.3809280888
166.2142857
50.28571429
36.88%
25.10%

1900 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1 serv) and 1 cup nonfat cottage cheese	Green Chili Breakfast Bake (1.5 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 1.5 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	430	520	470	390
	Protein	36	42	32	41	40	53	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.3813953488	0.3076923077	0.4510638298	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (1 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (1.5 serving)	Chicken Gyro (1 serv), 8 oz skim milk	Turkey arugula salad (1 serving)	Santa fe Chicken (2 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	280	510	500	490	390	530
	Protein	46	31	52	47	46	33	52
	% Cals from Protein	0.4088888889	0.4428571429	0.4078431373	0.376	0.3755102041	0.3384615385	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 ounces skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1.5 serving) with 1 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (1.5 serv) and southwest bean salad (1.33 serv)
	Calorie	640	630	510	500	710	580	600
	Protein (g)	63	54	52	40	56	51	48
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.3154929577	0.3517241379	0.32
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	cottage cheese avocado toast	1 medium pear	Peanut butter apple wrap	1 cup Edamame beans	1 med orange	soy berry smoothie	fresh avocado shrimp salad (1.75 serv)
	Calorie	250	100	330	300	60	310	190
	Protein	13	1	9	24	1	14	26
	% Cals from Protein	0.208	0.04	0.1090909091	0.32	0.06666666667	0.1806451613	0.5473684211
	Snack 2	1 med apple	Sun-dried Tomato Turkey Wrap	1/2 cup raspberries	1 cup diced watermelon			1 med apple
	Calorie	90	220	30	45			90
	Protein	0	16	1	1			1
	% Cals from Protein	0	0.2909090909	0.1333333333	0.08888888889	#DIV/0!	#DIV/0!	0.04444444444
Totals	**Calorie**	1892	1902	1912	1897	1902	1872	1922
	Protein (g)	180	166	168	175	165	173	187
	% Cals from Protein	0.3805496829	0.349106204	0.3514644351	0.36900369	0.3470031546	0.3696581197	0.3891779396
Without Nourish	Carbs	142	188	191	176	141	179	165
	Fat	65	54	58	51	75	50	59
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir, 1 med orange	Whole grian banana nut muffin (1 serving) and 1.5 cup nonfat cottage cheese
	Calorie	560	540	440	510	390	500	400
	Protein	42	47	38	40	37	40	49
		0.3	0.3481481481	0.3454545455	0.3137254902	0.3794871795	0.32	0.49
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv), 8 oz skim milk	Grilled Chicken Summer Pasta (1 serv), 12 oz skim milk	Asian Chicken Wraps (1 serv), 12 ounces skim milk	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 16 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	480	490	420	550	540	570
	Protein	45	45	41	42	42	44	46
	#VALUE!	0.5	0.375	0.3346938776	0.4	0.3054545455	0.3259259259	0.3228070175
	Dinner	Lemon artichoke chicken (1.5 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv), 8 oz skim milk	Pecan-crusted Salmon (1.5 serv) with 1 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (2 serv) with 2 cups cooked Green beans
	Calorie	510	530	500	560	370	490	460
	Protein	55	55	39	64	52	53	55
	#VALUE!	0.431372549	0.4150943396	0.312	0.4571428571	0.5621621622	0.4326530612	0.4782608696
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 cup Edamame beans	1 part skim mozz cheese stick, 1 cup diced watermelon	Monkey wrap	1 medium pear	Sun-dried Tomato Turkey Wrap	1 part skim mozz cheese stick, 1.5 cup diced watermelon	1/2 cup Edamame beans
	Calorie	300	125	340	100	220	150	150
	Protein	24	9	9	1	16	9	12
		0.32	0.288	0.1058823529	0.04	0.2909090909	0.24	0.32
	Snack	1 cup raspberries	1 medium pear		fresh avocado shrimp salad (1.75 serv)	Banana berry salad (0.75 serv), 1/2 cup edamame beans	1 container light and fit greek yogurt with 1/2 cup blueberries	Banana berry salad (1.25 serv)
	Calorie	60	100		190	270	120	200
	Protein	1	1		26	15	13	4
Totals	**Calorie**	1912	1897	1892	1902	1922	1922	1902
	Protein (g)	189	179	149	195	184	181	188
		0.3953974895	0.3774380601	0.3150105708	0.4100946372	0.3829344433	0.3766909469	0.3953732913
		192	165	192	178	203	180	179
		45	57	59	46	39	53	48
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	600	400	460
	Protein	32	42	48	37	55	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3666666667	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (2 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv), 8 oz skim milk
	Calorie	630	470	390	610	370	450	470
	Protein	59	53	40	47	58	51	45
	#VALUE!	0.3746031746	0.4510638298	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3829787234
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (1 serv),	Curry Rubbed Tilapia (2 serv), 2 cup cooked green beans, 8 oz skim milk	Easy Honey Soy Chicken (1.5 serv) with 2 cup cooked Broccoli	Grilled Chicken Shwarma (1 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (1.5 serv)	Classic Chicken Balsamic Salad (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 1 cup cooked green beans
	Calorie	420	540	630	390	510	480	550
	Protein	51	60	68	46	44	50	52
	#VALUE!	0.4857142857	0.4444444444	0.4317460317	0.4717948718	0.3450980392	0.4166666667	0.3781818182
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	soy berry smoothie	1 container light and fit greek yogurt with 1 cup blueberries	1/2 cup Edamame beans	Banana berry salad (1.25 serv)	soy berry smoothie	1 cup Edamame beans	1 med orange
	Calorie	310	160	150	200	310	300	60
	Protein	14	13	12	4	14	24	1
		0.1806451613	0.325		0.08	0.1806451613	0.32	0.06666666667
	Snack		Simple Hummus (0.5 serv) and 2 cup snap peas	1 cup strawberries, 8 oz skim milk	Sun-dried Tomato Turkey Wrap		Banana berry salad (1 serv)	fresh avocado shrimp salad (2 serv)
	Calorie		150	130	220		160	220
	Protein		6	9	16		3	30
Totals	**Calorie**	1892	1992	1892	1912	1912	1912	1882
	Protein (g)	178	196	199	172	193	181	194
		0.3763213531	0.3935742972	0.4207188161	0.359832636	0.4037656904	0.3786610879	0.4123273114
		202	182	133	194	187	134	196
		40	55	62	49	41	71	33
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (1 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	460	560	460	370	410	390
	Protein	47	39	42	34	37	33	37
		0.3133333333	0.3391304348	0.3	0.2956521739	0.4	0.3219512195	0.3794871795
	Lunch	Lemon Baked Tilapia (1.5 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv), 16 oz skim milk	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv), 8 oz skim milk	Creamy Chicken Enchiladas (1 serv), 1/2 cup cooked sliced zucchini
	Calorie	330	540	550	410	440	550	400
	Protein	42	64	47	39	46	54	35
	#VALUE!	0.5090909091	0.4740740741	0.3418181818	0.3804878049	0.4181818182	0.3927272727	0.35
	Dinner	Chicken Cacciatore(2.5 serv) with zucchini noodles (2.5 serv)	Rosemary Beef Kabobs (1 serv) 1 with cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 8 oz skim milk	Slow Cooker Teriyaki Chicken (1.5 serv), cauliflower rice (1.5 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	520	420	380	610	500	490	590
	Protein	48	41	45	46	52	58	52
		0.3692307692	0.3904761905	0.4736842105	0.3016393443	0.416	0.4734693878	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	cottage cheese avocado toast	peanut butter apple wrap	3/4 cup Edamame beans	1 cup Edamame beans	Sun-dried Tomato Turkey Wrap	1 part skim mozz cheese stick, 1 med pear	1 cup Edamame beans
	Calorie	250	330	230	300	220	180	300
	Protein	13	9	18	24	16	9	24
		0.208	0.1090909091		0.32		0.2	
	Snack	1 pear	1 cup diced watermelon	1 med orange		apple and 1/2 cup edamame beans	1 container light and fit greek yogurt with 1 cup blueberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon
	Calorie	100	45	60		240	160	100
	Protein	1	1	1		12	13	8
Totals	**Calorie**	1922	1917	1902	1902	1892	1912	1902
	Protein (g)	173	176	175	165	185	189	178
		0.3600416233	0.3672404799	0.3680336488	0.3470031546	0.3911205074	0.3953974895	0.3743427971
		164	128	211	149	199	166	159
		63	77	39	70	44	56	59
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
1906.821429
179.75
0.3770458413
174.1071429
54.21428571
36.52%
25.59%

2000 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1.5 serv) and 1.5 cup nonfat cottage cheese	Green Chili Breakfast Bake (2 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 2 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	640	670	560	390
	Protein	36	42	32	61	51	68	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.38125	0.3044776119	0.4857142857	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (2 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (2 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1 serving)	Santa fe Chicken (3 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	550	590	410	490	530	530
	Protein	46	63	54	39	46	48	52
	% Cals from Protein	0.4088888889	0.4581818182	0.3661016949	0.3804878049	0.3755102041	0.3622641509	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 oz skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (2 serv) and southwest bean salad (1 serv)
	Calorie	640	630	510	500	470	580	600
	Protein (g)	63	54	52	40	37	51	58
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.314893617	0.3517241379	0.3866666667
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	pepperjack wrap	1 container light and fit greek yogurt with 1 cup blueberries	1 cup Edamame beans	Peanut butter apple wrap	1/2 cup Edamame beans	1 part skim mozz cheese stick, 1 cup raspberries	Sun-dried Tomato Turkey Wrap
	Calorie	330	160	300	330	150	140	220
	Protein	21	13	24	9	12	9	16
	% Cals from Protein	0.2545454545	0.325	0.32	0.1090909091	0.32	0.2571428571	0.2909090909
	Snack 2	1 part skim mozz cheese stick, 1/2 cup diced watermelon		1 med apple		1 pear	1 orange	1 container light and fit greek yogurt with 1 cup blueberries
	Calorie	100		90		100	60	160
	Protein	8		0		1	1	13
	% Cals from Protein	0.32	#DIV/0!	0	#DIV/0!	0.04	0.06666666667	0.325
Totals	**Calorie**	1982	2012	2022	2002	2002	1992	2022
	Protein (g)	196	194	184	171	169	199	199
	% Cals from Protein	0.3955600404	0.3856858847	0.3639960435	0.3416583417	0.3376623377	0.3995983936	0.393669634
Without Nourish	Carbs	130	177	194	207	142	180	182
	Fat	73	60	60	54	83	52	56
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 2 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir	Whole grian banana nut muffin (1 serving) and 1.5 cup nonfat cottage cheese
	Calorie	560	540	440	510	570	440	400
	Protein	42	47	38	40	67	39	49
		0.3	0.3481481481	0.3454545455	0.3137254902	0.4701754386	0.3545454545	0.49
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1 serv), 8 oz skim milk	Asian Chicken Wraps (1 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 12 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	450	300	550	495	570
	Protein	45	37	37	30	42	40	46
	#VALUE!	0.5	0.37	0.3288888889	0.4	0.3054545455	0.3232323232	0.3228070175
	Dinner	Lemon artichoke chicken (2 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv), 8 oz skim milk	Pecan-crusted Salmon (2 serv) with 2 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (2 serv) with 2 cups cooked Green beans
	Calorie	640	530	700	560	370	490	460
	Protein	70	55	53	64	52	53	55
	#VALUE!	0.4375	0.4150943396	0.3028571429	0.4571428571	0.5621621622	0.4326530612	0.4782608696
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 cup Edamame beans	monkey wrap	1 container light and fit greek yogurt with 1/2 cup blueberries	soy berry smoothie	peanut butter apple wrap	1 part skim mozz cheese stick, 1 cup diced watermelon	1 cup Edamame beans
	Calorie	300	340	120	310	330	125	300
	Protein	24	9	13	14	9	9	24
		0.32	0.1058823529	0.4333333333	0.1806451613	0.1090909091	0.288	0.32
	Snack	1/2 cup raspberries	1 part skim mozz cheese stick	1 part skim mozz cheese stick, 1 med pear	fresh avocado shrimp salad (2 serv)	1 cup raspberries	pepperjack wrap	Banana berry salad (1 serv)
	Calorie	30	80	180	220	60	330	160
	Protein	1	8	9	30	1	21	3
Totals	**Calorie**	2012	2012	2012	2022	2002	2002	2012
	Protein (g)	204	178	172	200	193	184	199
		0.4055666004	0.3538767396	0.3419483101	0.3956478734	0.3856143856	0.3676323676	0.3956262425
		191	173	186	186	217	166	180
		50	66	67	53	39	66	54
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	510	400	460
	Protein	32	42	48	37	40	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3137254902	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (3 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv), 12 oz skim milk, 1 med apple
	Calorie	630	690	390	610	370	450	600
	Protein	59	78	40	47	58	51	50
	#VALUE!	0.3746031746	0.452173913	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3333333333
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (2 serv),	Curry Rubbed Tilapia (2 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1.5 serv) with 2 cup cooked Broccoli	Grilled Chicken Shwarma (2 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (2 serv)	Classic Chicken Balsamic Salad (1 serv) and creamy tomato soup (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 2 cup cooked green beans
	Calorie	540	410	630	590	680	660	600
	Protein	52	49	68	82	58	57	54
	#VALUE!	0.3851851852	0.4780487805	0.4317460317	0.5559322034	0.3411764706	0.3454545455	0.36
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	Sun-dried Tomato Turkey Wrap	1 cup raspberries	1 cup Edamame beans	1 part skim mozz cheese stick, 1.5 cup diced watermelon	soy berry smoothie	1 cup Edamame beans	1 container light and fit greek yogurt with 1 cup blueberries
	Calorie	220	60	300	150	310	300	160
	Protein	16	1	24	9	14	24	13
		0.2909090909	0.06666666667		0.24	0.1806451613	0.32	0.325
	Snack	apple	1 container light and fit greek yogurt with 1 cup blueberries	1 medium pear	1 container light and fit greek yogurt with 1 cup blueberries		1 med orange	1 cup raspberries
	Calorie	90	160	100	160		60	60
	Protein	1	13	1	13		1	1
Totals	**Calorie**	2012	1992	2012	2002	1992	1992	2002
	Protein (g)	182	205	203	210	192	186	184
		0.3618290258	0.4116465863	0.4035785288	0.4195804196	0.3855421687	0.3734939759	0.3676323676
		222	174	146	177	199	142	260
		42	55	69	50	45	74	27
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1.5 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (2 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 1 cup nonfat cottage cheese
	Calorie	600	460	560	460	460	650	390
	Protein	47	39	42	34	52	49	37
		0.3133333333	0.3391304348	0.3	0.2956521739	0.452173913	0.3015384615	0.3794871795
	Lunch	Lemon Baked Tilapia (2 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv)	Creamy Chicken Enchiladas (2 serv), 1 cup cooked sliced zucchini
	Calorie	400	540	390	410	440	460	800
	Protein	53	64	31	39	46	45	70
	#VALUE!	0.53	0.4740740741	0.3179487179	0.3804878049	0.4181818182	0.3913043478	0.35
	Dinner	Chicken Cacciatore(3 serv) with zucchini noodles (3 serv)	Rosemary Beef Kabobs (2 serv) with 2 cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 16 oz skim milk	Slow Cooker Teriyaki Chicken (2 serv), cauliflower rice (2 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	620	850	380	610	580	650	590
	Protein	58	81	45	46	61	78	52
		0.3741935484	0.3811764706	0.4736842105	0.3016393443	0.4206896552	0.48	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1 cup raspberries	monkey wrap	1 cup Edamame beans	soy berry smoothie	1 pear	1 apple
	Calorie	160	60	340	300	310	100	90
	Protein	13	1	9	24	14	1	1
		0.325	0.06666666667		0.32		0.04	
	Snack	1 med pear		3/4 cup Edamame beans	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 cup raspberries	1/2 cup diced watermelon	
	Calorie	100		230	100	60	25	
	Protein	1		18	8	1	0	
Totals	**Calorie**	2002	2032	2022	2002	1972	2007	1992
	Protein (g)	194	207	167	173	196	195	182
		0.3876123876	0.407480315	0.3303659743	0.3456543457	0.3975659229	0.3886397608	0.3654618474
		177	126	229	155	222	154	206
		59	75	49	76	39	68	49
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
2005.035714
189.9285714
0.3789223865
182.1428571
57.5
36.34%
25.81%

2100 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (2 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (1 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1.5 serv) and 1.5 cup nonfat cottage cheese	Green Chili Breakfast Bake (2 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 2 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	340	550	410	640	670	560	390
	Protein	36	42	32	61	51	68	38
	% Cals from Protein	0.4235294118	0.3054545455	0.312195122	0.38125	0.3044776119	0.4857142857	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (2 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (2 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1 serving)	Santa fe Chicken (3 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	550	590	410	490	530	530
	Protein	46	63	54	39	46	48	52
	% Cals from Protein	0.4088888889	0.4581818182	0.3661016949	0.3804878049	0.3755102041	0.3622641509	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 oz skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (2 serv) and southwest bean salad (1 serv)
	Calorie	640	630	510	500	470	580	600
	Protein (g)	63	54	52	40	37	51	58
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.314893617	0.3517241379	0.3866666667
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	pepperjack wrap	1 container light and fit greek yogurt with 1 cup blueberries	1 cup Edamame beans	Peanut butter apple wrap	1 cup Edamame beans	soy berry smoothie	Sun-dried Tomato Turkey Wrap
	Calorie	330	160	300	330	300	310	220
	Protein	21	13	24	9	24	14	16
	% Cals from Protein	0.2545454545	0.325	0.32	0.1090909091	0.32	0.1806451613	0.2909090909
	Snack 2	12 oz skim milk and 2 cups strawberries	1 part skim mozz cheese stick, 1/2 cup diced watermelon	Banana berry salad (1 serv)	1 part skim mozz cheese stick, 1/2 cup diced watermelon	1 orange		12 oz skim milk and 2 cups strawberries
	Calorie	220	100	160	100	60		220
	Protein	14	8	3	8	1		14
	% Cals from Protein	0.2545454545	0.32	0.075	0.32	0.06666666667	#DIV/0!	0.2545454545
Totals	**Calorie**	2102	2112	2092	2102	2112	2102	2082
	Protein (g)	202	202	187	179	181	203	200
	% Cals from Protein	0.3843958135	0.3825757576	0.3575525813	0.3406279734	0.3428030303	0.3862987631	0.3842459174
Without Nourish	Carbs	165	182	199	213	139	203	192
	Fat	68	66	64	60	90	52	56
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 8 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 2 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir, 1 med peach	Whole grian banana nut muffin (1 serving) and 2 cup nonfat cottage cheese
	Calorie	560	540	440	510	570	500	490
	Protein	42	47	38	40	67	40	64
		0.3	0.3481481481	0.3454545455	0.3137254902	0.4701754386	0.32	0.5224489796
	Lunch	Skinny Chicken Salad (1.5 serv) on 3 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1.5 serv), 16 oz skim milk	Asian Chicken Wraps (2 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 12 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	360	400	720	600	550	490	570
	Protein	45	37	60	60	42	40	46
	#VALUE!	0.5	0.37	0.3333333333	0.4	0.3054545455	0.3265306122	0.3228070175
	Dinner	Lemon artichoke chicken (2 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv), 8 oz skim milk	Pecan-crusted Salmon (2 serv) with 2 cup cooked green beans	Balsamic Chicken and Veggies (1,5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (2 serv) with 2 cups cooked Green beans
	Calorie	640	530	700	560	370	490	460
	Protein	70	55	53	64	52	53	55
	#VALUE!	0.4375	0.4150943396	0.3028571429	0.4571428571	0.5621621622	0.4326530612	0.4782608696
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 cup Edamame beans	monkey wrap	1 container light and fit greek yogurt with 1/2 cup blueberries	soy berry smoothie	peanut butter apple wrap	1 part skim mozz cheese stick, 1 med pear	1 cup Edamame beans
	Calorie	300	340	120	310	330	180	300
	Protein	24	9	13	14	9	9	24
		0.32	0.1058823529	0.4333333333	0.1806451613	0.1090909091	0.2	0.32
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries	1 part skim mozz cheese stick, 1 med pear			1 container light and fit greek yogurt with 1 cup blueberries	pepperjack wrap	1 container light and fit greek yogurt with 1 cup blueberries
	Calorie	120	180			160	330	160
	Protein	13	9			13	21	13
Totals	**Calorie**	2102	2112	2102	2102	2102	2112	2102
	Protein (g)	216	179	186	200	205	185	224
		0.4110371075	0.3390151515	0.3539486204	0.3805899144	0.3901046622	0.3503787879	0.4262607041
		203	200	197	207	232	196	187
		50	67	64	53	38	67	50
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (2 serv), 12 ounces skim milk	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	470	370	510	400	460
	Protein	32	42	48	37	40	31	44
		0.312195122	0.3054545455	0.4085106383	0.4	0.3137254902	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (3 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv)	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv)	Curried Chicken PItas (1 serv), 12 oz skim milk, 1 med apple
	Calorie	630	690	390	610	370	450	600
	Protein	59	78	40	47	58	51	50
	#VALUE!	0.3746031746	0.452173913	0.4102564103	0.3081967213	0.627027027	0.4533333333	0.3333333333
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (2 serv),	Curry Rubbed Tilapia (2 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1.5 serv) with 2 cup cooked Broccoli	Grilled Chicken Shwarma (2 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (2 serv)	Classic Chicken Balsamic Salad (1 serv) and creamy tomato soup (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 2 cup cooked green beans
	Calorie	540	410	630	590	680	660	600
	Protein	52	49	68	82	58	57	54
	#VALUE!	0.3851851852	0.4780487805	0.4317460317	0.5559322034	0.3411764706	0.3454545455	0.36
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	Sun-dried Tomato Turkey Wrap	monkey wrap	1 cup Edamame beans	pepperjack wrap	soy berry smoothie	1 cup Edamame beans	peanut butter apple wrap
	Calorie	220	340	300	330	310	300	330
	Protein	16	9	24	21	14	24	9
		0.2909090909	0.1058823529		0.2545454545	0.1806451613	0.32	0.1090909091
	Snack	Banana berry salad (1.25 serv)		1 part skim mozz cheese stick, 1 med pear	1 cup raspberries	1 medium pear	1 part skim mozz cheese stick, 1.5 cup diced watermelon	
	Calorie	200		180	60	100	150	
	Protein	4		9	1	1	9	
Totals	**Calorie**	2122	2112	2092	2082	2092	2082	2112
	Protein (g)	185	200	211	210	193	194	179
		0.3487276155	0.3787878788	0.4034416826	0.4034582133	0.3690248566	0.3727185399	0.3390151515
		236	187	146	177	226	144	263
		46	64	75	58	46	80	39
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv)	Whole grain blueberry muffin (1 serving) with 1.5 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (2 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 2 cup nonfat cottage cheese
	Calorie	600	460	560	460	460	650	570
	Protein	47	39	42	34	52	49	67
		0.3133333333	0.3391304348	0.3	0.2956521739	0.452173913	0.3015384615	0.4701754386
	Lunch	Lemon Baked Tilapia (2 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv)	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv)	Creamy Chicken Enchiladas (2 serv), 1 cup cooked sliced zucchini
	Calorie	400	540	390	410	440	460	800
	Protein	53	64	31	39	46	45	70
	#VALUE!	0.53	0.4740740741	0.3179487179	0.3804878049	0.4181818182	0.3913043478	0.35
	Dinner	Chicken Cacciatore(3 serv) with zucchini noodles (3 serv)	Rosemary Beef Kabobs (2 serv) 1 with 2 cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 16 oz skim milk	Slow Cooker Teriyaki Chicken (2 serv), cauliflower rice (2 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	620	850	380	610	580	650	590
	Protein	58	81	45	46	61	78	52
		0.3741935484	0.3811764706	0.4736842105	0.3016393443	0.4206896552	0.48	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1 part skim mozz cheese stick, 1 cup diced watermelon	monkey wrap	1 cup Edamame beans	soy berry smoothie	1 container light and fit greek yogurt with 1 cup blueberries	1 pear
	Calorie	160	125	340	300	310	160	100
	Protein	13	9	9	24	14	13	1
		0.325	0.288		0.32		0.325	
	Snack	1 part skim mozz cheese stick, 1 med pear		1 cup Edamame beans	12 oz skim milk and 2 cups strawberries	1/2 cup Edamame beans	1 cup raspberries	
	Calorie	180		300	220	150	60	
	Protein	9		24	14	12	1	
Totals	**Calorie**	2082	2097	2092	2122	2062	2102	2182
	Protein (g)	202	215	173	179	207	208	212
		0.3880883766	0.4101096805	0.3307839388	0.3374175306	0.4015518914	0.3958135109	0.3886342805
		177	123	234	189	216	166	220
		65	80	53	71	45	69	49
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages
Averages
2102.535714
197.0357143
0.3749074261
193.5357143
60.17857143
36.82%
25.76%

2200 Calories

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Spinach Sausage Oven Omelette (3 servings)	High protein refrigerator oatmeal (1 serving)	Breakfast scramble salad (2 serving) with 16 ounces skim milk	Baked Blueberry French Toast (1.5 serv) and 1.5 cup nonfat cottage cheese	Green Chili Breakfast Bake (2 serving), 8 ounces skim milk	Raspberry Almond Breakfast Scones (1) and 2 cup nonfat cottage cheese	Omellete Cups (2 serving) and light and fit greek yogurt
	Calorie	510	550	650	640	670	560	390
	Protein	53	42	48	61	51	68	38
	% Cals from Protein	0.4156862745	0.3054545455	0.2953846154	0.38125	0.3044776119	0.4857142857	0.3897435897
	Lunch	Burrito Salad (1 serving), 12 oz skim milk	Dijon Chicken with Brussel Sprouts (2 serv)	Cajun grilled shrimp (2 serving) with Mango quinoa salad (2 serving)	Chicken Gyro (1 serv)	Turkey arugula salad (1 serving)	Santa fe Chicken (3 serv) with cauliflower rice (2 serv)	Beef and Barley Stew (1.5 serv) with Green Salad (1 serv), 12 oz skim milk
	Calorie	450	550	590	410	490	530	530
	Protein	46	63	54	39	46	48	52
	% Cals from Protein	0.4088888889	0.4581818182	0.3661016949	0.3804878049	0.3755102041	0.3622641509	0.3924528302
	Dinner	Kung Pao Chicken with Zoodles (2 serv)	Italian Veggie Rice Bake (2 serv), 8 ounces skim milk	Carribean Chicken Salad (1 serv), 12 oz skim milk	Beef Veggie Stir Fry (2 serv) w/ cauliflower rice (1 serv)	Cilantro lime chicken and couscous (1 serving) with 1/2 cup cooked broccoli	Grilled Ginger Salmon (2 serv), 8 medium asparagus	Santa Maria Chicken (2 serv) and southwest bean salad (1.5 serv)
	Calorie	640	630	510	500	470	580	730
	Protein (g)	63	54	52	40	37	51	62
	% Cals from Protein	0.39375	0.3428571429	0.4078431373	0.32	0.314893617	0.3517241379	0.3397260274
	Post Workout Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	% Cals from Protein	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack 1	pepperjack wrap	1 container light and fit greek yogurt with 1/2 cup blueberries	1/2 cup Edamame beans	Peanut butter apple wrap	1 cup Edamame beans	soy berry smoothie	Sun-dried Tomato Turkey Wrap
	Calorie	330	120	150	330	300	310	220
	Protein	21	13	12	9	24	14	16
	% Cals from Protein	0.2545454545	0.4333333333	0.32	0.1090909091	0.32	0.1806451613	0.2909090909
	Snack 2	1 container light and fit greek yogurt with 1 cup blueberries	Sun-dried Tomato Turkey Wrap	Banana berry salad (1 serv)	12 oz skim milk and 2 cups strawberries	1 part skim mozz cheese stick, 1.5 cup diced watermelon	1 part skim mozz cheese stick	12 oz skim milk and 2 cups strawberries
	Calorie	160	220	160	220	150	80	220
	Protein	13	16	3	14	9	8	14
	% Cals from Protein	0.325	0.2909090909	0.075	0.2545454545	0.24	0.4	0.2545454545
Totals	**Calorie**	2212	2192	2182	2222	2202	2182	2212
	Protein (g)	218	210	191	185	189	211	204
	% Cals from Protein	0.3942133816	0.3832116788	0.3501374885	0.3330333033	0.3433242507	0.3868010999	0.3688969259
Without Nourish	Carbs	161	196	205	247	141	203	211
	Fat	76	64	71	55	97	58	61
	Verfied	X	X	X	X	X	X	X

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Asparagus Tarragon Frittata (2 serv), 16 oz skim milk	Peanut Butter fruit toast (1 serv) with 1 cup nonfat cottage cheese	Southwest Breakfast Bake (2 serv), 1 cup raspberries, 16 ounces skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 2 cup nonfat cottage cheese	Breakfast Egg Cups (2 serving) and 12 oz of 1% Kefir, 1 med peach	Whole grian banana nut muffin (1 serving) and 2 cup nonfat cottage cheese
	Calorie	560	630	440	510	570	500	490
	Protein	42	56	38	40	67	40	64
		0.3	0.3555555556	0.3454545455	0.3137254902	0.4701754386	0.32	0.5224489796
	Lunch	Skinny Chicken Salad (2 serv) on 6 Romaine lettuce leaves with 3 ounces baby carrots	Chicken Fajita Quesadillas (1 serv)	Grilled Chicken Summer Pasta (1.5 serv), 16 oz skim milk	Asian Chicken Wraps (2 serv)	Cranberry Turkey Panini (1 serv) with 8 oz skim milk and 3 oz baby carrots	Chipotle Turkey Burger with Peach Salsa (1 serv) and 3 oz baby carrots, 16 ounces skim milk	Berry Kale Salad (1 serv0 with 4 ounces grilled chicken breast
	Calorie	480	400	720	600	550	540	570
	Protein	60	37	60	60	42	44	46
	#VALUE!	0.5	0.37	0.3333333333	0.4	0.3054545455	0.3259259259	0.3228070175
	Dinner	Lemon artichoke chicken (2 serv) with 8 med asparagus, 8 oz skim milk	Chipotle Pumpkin Chili (2 serv), 8 oz skim milk	Pecan-crusted Salmon (2 serv) with 2 cup cooked green beans	Balsamic Chicken and Veggies (1.5 serv)	Southwest-crusted tilapia (2 serv), green salad (1 serv)	Light Chicken Parm (1.5 serv) with zucchini noodles (1 serv)	Santa Maria Steak (2 serv) with 2 cups cooked Green beans, 1/2 cup cooked quiona
	Calorie	640	530	700	560	370	490	570
	Protein	70	55	53	64	52	53	60
	#VALUE!	0.4375	0.4150943396	0.3028571429	0.4571428571	0.5621621622	0.4326530612	0.4210526316
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 cup Edamame beans	monkey wrap	1 container light and fit greek yogurt with 1/2 cup blueberries	soy berry smoothie	peanut butter apple wrap	12 oz skim milk and 2 cups strawberries	1 cup Edamame beans
	Calorie	300	340	120	310	330	220	300
	Protein	24	9	13	14	9	14	24
		0.32	0.1058823529	0.4333333333	0.1806451613	0.1090909091	0.2545454545	0.32
	Snack	1 container light and fit greek yogurt with 1/2 cup blueberries	1 part skim mozz cheese stick, 1 med pear	1 pear	1 part skim mozz cheese stick, 1/2 cup diced watermelon	3/4 cup Edamame beans	pepperjack wrap	1 container light and fit greek yogurt with 1 cup blueberries
	Calorie	120	180	100	100	230	330	160
	Protein	13	9	1	8	18	21	13
Totals	**Calorie**	2222	2202	2202	2202	2172	2202	2212
	Protein (g)	231	188	187	208	210	194	229
		0.4158415842	0.3415077203	0.3396911898	0.3778383288	0.3867403315	0.3524069028	0.4141048825
		214	212	224	212	215	216	207
		53	67	64	59	48	62	52
		X	X	X	X	X	X	X

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast scramble salad (1 serving) with 16 ounces skim milk	High protein refrigerator oatmeal (1 serving)	Spinach Sausage Oven Omelette (3 servings)	Whole grain blueberry muffin (1 serving) with 1 cup nonfat cottage cheese, 1 med orange	Breakfast Quesadilla (1 serv) and 1/2 cup nonfat cottage cheese	Summer strawberry scones (1 serv), 12 ounces skim milk, and 1 container of light and fit greek yogurt	sweet potato spinach frittata (1 serv) and 1 cup nonfat cottage cheese
	Calorie	410	550	510	370	510	400	460
	Protein	32	42	53	37	40	31	44
		0.312195122	0.3054545455	0.4156862745	0.4	0.3137254902	0.31	0.3826086957
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv)	mango chicken kabobs (3 serv) with green salad (1 serv)	Peanut Chicken Salad (1 serv), 8 oz skim milk	Grilled Salmon with Pineapple Jalapeno Salsa (1.5 serv), 1 cup cooked green beans, 8 oz skim milk	Chicken Asparagus Sauté (2 serv)	Steak Veggie Roll-ups (2 serv), 8 oz skim milk	Curried Chicken PItas (1 serv), 12 oz skim milk, 1 med apple
	Calorie	630	690	480	610	370	530	600
	Protein	59	78	48	47	58	59	50
	#VALUE!	0.3746031746	0.452173913	0.4	0.3081967213	0.627027027	0.4452830189	0.3333333333
	Dinner	Grilled Orange Ginger Pork Tenderloin (2 serv), green salad (1 serv) and hasslback sweet potato (2 serv),	Curry Rubbed Tilapia (2 serv), 1 cup cooked green beans	Easy Honey Soy Chicken (1.5 serv) with 2 cup cooked Broccoli	Grilled Chicken Shwarma (2 serv), greek couscous (1 serv), 8 med asparagus	Korean Pork Veggie Quinoa Bowl (2 serv)	Classic Chicken Balsamic Salad (1 serv) and creamy tomato soup (1 serv)	Slow Cooker Blueberry Balsamic Pork Tenderloin (2 serv) cauliflower rice (1 serv) and 2 cup cooked green beans
	Calorie	540	410	630	590	680	660	600
	Protein	52	49	68	82	58	57	54
	#VALUE!	0.3851851852	0.4780487805	0.4317460317	0.5559322034	0.3411764706	0.3454545455	0.36
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	pepperjack wrap	monkey wrap	1 cup Edamame beans	Sun-dried Tomato Turkey Wrap	soy berry smoothie	1 cup Edamame beans	peanut butter apple wrap
	Calorie	330	340	300	220	310	300	330
	Protein	21	9	24	16	14	24	9
		0.2545454545	0.1058823529		0.2909090909	0.1806451613	0.32	0.1090909091
	Snack	Banana berry salad (1 serv)	1 part skim mozz cheese stick	1 part skim mozz cheese stick, 1 med pear	1 cup Edamame beans	1 part skim mozz cheese stick, 1 med pear	Banana berry salad (1.25 serv)	1 part skim mozz cheese stick, 1/2 cup diced watermelon
	Calorie	160	80	180	300	180	200	100
	Protein	3	8	9	24	9	4	8
Totals	**Calorie**	2192	2192	2222	2212	2172	2212	2212
	Protein (g)	189	208	224	228	201	197	187
		0.3448905109	0.3795620438	0.403240324	0.4122965642	0.3701657459	0.356238698	0.3381555154
		232	187	146	177	226	176	269
		55	70	83	62	52	79	45
		X	X	X	X	X	X	X

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Breakfast Enchiladas (1 serv) with 1 cup cottage cheese	Asparagus Tarragon Frittata (2 serv)	Protein pancakes (2 serv), berry syrup (1 serv) with 12 ounces skim milk	Veggie Scramble (2 serv), 12 oz skim milk	Whole grain blueberry muffin (1 serving) with 1.5 cup nonfat cottage cheese, 1 med orange	Salad Stuffed Omellete (2 serv) and 16 oz skim milk	Pumpkin waffles (1), Berry syrup (1 serving) and 2 cup nonfat cottage cheese
	Calorie	600	460	560	590	460	650	570
	Protein	47	39	42	46	52	49	67
		0.3133333333	0.3391304348	0.3	0.3118644068	0.452173913	0.3015384615	0.4701754386
	Lunch	Lemon Baked Tilapia (2 serv) with Broccoli (2 cup)	Pesto-stuffed Chicken Breasts (2 serv) with lemon arugula salad (1 serv)	Burrito Bowl (1 serv), 12 oz skim milk	Sweet Chicken Balsamic Salad (1 serv)	Maple Peach Pork Chops (1 serv) with roasted cauliflower (1 serv) and green salad (1 serv)	Shrimp Scampi w/ Zoodles (1.5 serv)	Creamy Chicken Enchiladas (2 serv), 1 cup cooked sliced zucchini
	Calorie	400	540	520	410	440	460	800
	Protein	53	64	44	39	46	45	70
	#VALUE!	0.53	0.4740740741	0.3384615385	0.3804878049	0.4181818182	0.3913043478	0.35
	Dinner	Chicken Cacciatore(3 serv) with zucchini noodles (3 serv)	Rosemary Beef Kabobs (2 serv) 1 with 2 cup cooked broccoli	Ranch-rubbed Chicken (1.5 serv) and White and Green Bean Salad (1 serv)	Rustic Irish Potato and Cabbage Soup (1.5 serv), whole grain cornbread (1 serv), 12 ounces skim milk	Chicken Veggie Bowl (1 serv), 16 oz skim milk	Slow Cooker Teriyaki Chicken (2 serv), cauliflower rice (2 serv)	Greek Meatloaf (2 serv), green salad (1 serv). 12 oz skim milk
	Calorie	620	850	380	610	580	650	590
	Protein	58	81	45	46	61	78	52
		0.3741935484	0.3811764706	0.4736842105	0.3016393443	0.4206896552	0.48	0.3525423729
	Snack	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)	Average Nourish Protein Drink (WL/LT)
	Calorie	122	122	122	122	122	122	122
	Protein	22	22	22	22	22	22	22
#DIV/0!	#VALUE!	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754	0.7213114754
	Snack	1 container light and fit greek yogurt with 1 cup blueberries	1 part skim mozz cheese stick, 1 cup diced watermelon	monkey wrap	pepperjack wrap	peanut butter apple wrap	soy berry smoothie	1 part skim mozz cheese stick, 1 cup diced watermelon
	Calorie	160	125	340	330	330	310	125
	Protein	13	9	9	21	9	14	9
		0.325	0.288		0.2545454545		0.1806451613	
	Snack	1 cup Edamame beans	1 med pear	1 cup Edamame beans	1 container light and fit greek yogurt with 1 cup blueberries	3/4 cup Edamame beans		
	Calorie	300	100	300	160	230		
	Protein	24	1	24	13	18		
Totals	**Calorie**	2202	2197	2222	2222	2162	2192	2207
	Protein (g)	217	216	186	187	208	208	220
		0.3941871026	0.3932635412	0.3348334833	0.3366336634	0.3848288622	0.3795620438	0.3987313095
		168	150	252	213	215	174	204
		73	80	53	71	56	74	55
		X	X	X	X	X	X	X
								Carb %
								Fat %

Averages

1200 Calories- Vegan

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant) Blueberry Banana Muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
	% Cals from Protei	0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Burrito Salad (1 serving) Sub Tofu For Chicken	Red Lentil Dhal (1 serv)	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving) Sub tofu for shrimp can still grill	Pan-seared tofu with pineapple salsa	Vegetarian Pad Thai Salad (1 serv) 16 ounces non fat soy milk	Veggie Hummus Sandwich	Pumpkin Quinoa Chili
	Calorie	330	320	290	180	280	330	300
	Protein	34	22	27	14	19	14	13
	% Cals from Protei	0.4121212121	0.275	0.3724137931	0.3111111111	0.2714285714	0.1696969697	0.1733333333
	Dinner	Kung Pao Chicken with Zoodles (1 serv) Sub Tofu For Chicken	Lemon Asparagus Pasta Salad	Carribean Chicken Salad (1 serv) Sub tofu for chicken	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv) Sub beef with Tempeh	Tofu Tacos with Red Peppers	Sage Butternut Squash Gnocchi	Veggie Quinoa Burger(1 serv)
	Calorie	320	340	390	350	420	300	430
	Protein (g)	32	19	40	27	17	10	15
	% Cals from Protei	0.4	0.2235294118	0.4102564103	0.3085714286	0.1619047619	0.1333333333	0.1395348837
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
	% Cals from Protei	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
	Snack 1	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam
	Calorie	150	150	150	150	150	150	150
	Protein	12	12	12	12	12	12	12
	% Cals from Protei	0.32	0.32	0.32	0.32	0.32	0.32	0.32
	Snack 2							
	Calorie							
	Protein							
	% Cals from Protei	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Totals	**Calorie**	1200	1240	1210	1240	1210	1170	1180
	Protein (g)	119	96	120	101	89	76	80
	% Cals from Protein	0.3966666667	0.3096774194	0.3966942149	0.3258064516	0.294214876	0.2598290598	0.2711864407

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Sweet Chickpea salad(1 serv) on 2 Romaine lettuce leaves with 1/4 cups raw pumpkin seeds	Berry Kale Salad	Sweet Potato Power Bowl	Sweet potato Black bean burrito(1 serv)	Kale Conversion Bowl	One-pot Pasta Primavera	Lemon Tabbouleh Salad (2 serv)
	Calorie	320	400	300	320	320	300	260
	Protein	13	11	9	15	13	14	8
	#VALUE!	0.1625	0.11	0.12	0.1875	0.1625	0.1866666667	0.1230769231
	Dinner	Vegan Enchiladas	Pumpkin Quinoa Chili	Chopped Thai Salad (1.5 serv)	Balsamic Chicken and Veggies (1 serv) Sub tofu for chicken	Southwest Bean Salad (2 serv)	Vegan Caesar Salad (1 serv) with nonfat Soy milk 16 oz	Smoked Sweet Potato Sliders (camp Chef), 2 cups cooked broccoli, 16 ounces soy milk
	Calorie	370	300	480	380	520	370	670
	Protein	14	13	20	43	14	22	33
	#VALUE!	0.1513513514	0.1733333333	0.1666666667	0.4526315789	0.1076923077	0.2378378378	0.1970149254
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
e beans	**Snack**	1/2 cup Edamame beans					1/2 cup Edamame beans	
	Calorie	150					150	
	Protein	12					12	
		0.32						
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1240	1130	1160	1260	1200	1210	1230
	Protein (g)	80	67	70	106	68	88	81
		0.2580645161	0.2371681416	0.2413793103	0.3365079365	0.2266666667	0.2909090909	0.2634146341

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	150	150
	Protein	21	23	21	28	21	20	20
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.5333333333	0.5333333333
	Lunch	Honey Sriracha Chicken Rice Bowl (1 serv) Sub tempeh for chicken and don't cook in the crockpot	Vegan "Tuna" Salad (2 serv), 2 slices whole wheat bread, apple	Veggie Hummus Sandwich	Pan-seared tofu with pineapple salsa	One-pot Thai Noodles	Burrito Salad (1 serving) Sub Tofu For Chicken	Veggie Quinoa Burger(1 serv)
	Calorie	320	510	330	180	230	330	430
	Protein	30	14	14	14	9	34	15
	#VALUE!	0.375	0.1098039216	0.1696969697	0.3111111111	0.1565217391	0.4121212121	0.1395348837
	Dinner	Curried Tomato Pasta (2 serv), green salad	Roasted Veggie Freekah Salad (3 serv)	Spicy White Vegan Chili	Mushroom Chickpea Tacos	Korean Pork Veggie Quinoa Bowl (2 serv) Sub tempeh for chicken and don't cook in the crockpot	Sweet Potato Black Bean Salad (2 serv)	Mediterranean couscous salad
	Calorie	550	360	310	410	680	400	590
	Protein	21	15	10	13	58	10	20
	#VALUE!	0.1527272727	0.1666666667	0.1290322581	0.1268292683	0.3411764706	0.1	0.1355932203
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
#DIV/0!	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
	Snack			1/2 cup Edamame beans			1/2 cup Edamame beans	
	Calorie			150			150	
	Protein			12			12	
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1270	1300	1170	1150	1270	1180	1320
	Protein (g)	92	72	77	75	108	96	75
		0.2897637795	0.2215384615	0.2632478632	0.2608695652	0.3401574803	0.3254237288	0.2272727273

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Chopped Thai Salad (1.5 serv)	Plum Arugula Salad (2 serv) sub goat cheese for soy/nut alterantive	Harvest Quinoa Salad (1serv), 8 ounes nonfat soy milk	Berry Kale Salad	Pan-seared tofu with pineapple salsa (1 serv) 1/2 cup cooked brown rice and 2 cups cooked broccoli	Spicy Bean and Rice Sauté	Vegan Enchiladas
	Calorie	480	440	410	400	350	300	370
	Protein	20	14	12	11	21	9	14
	#VALUE!	0.1666666667	0.1272727273	0.1170731707	0.11	0.24	0.12	0.1513513514
	Dinner	Sweet Potato Power Bowl	Slow Cooker Chickpea Curry (1 serv), 1 cup cooked quinoa	Jamaican Jalapeño Salad	Red Lentil Dhal (1 serv)	Pumpkin Quinoa Chili (1.5)	Mediterranean Arugula Salad and 16 ounces nonfat soy milk	Lemongrass Succotash
	Calorie	300	390	500	320	450	530	310
	Protein	9	14	16	22	19	26	10
		0.12	0.1435897436	0.128	0.275	0.1688888889	0.1962264151	0.1290322581
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
#DIV/0!	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
	Snack							1/2 cup Edamam
	Calorie							150
	Protein							12
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1180	1260	1290	1280	1160	1220	1130
	Protein (g)	70	71	69	81	81	75	76
		0.2372881356	0.2253968254	0.2139534884	0.253125	0.2793103448	0.2459016393	0.2690265487

Averages

e beans

Averages

1216.428571

84.25

0.2771593219

1200 Calories- Vegan

Week 1 (5,9)	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant) Blueberry Banana Muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
	% Cals from Protei	0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Burrito Salad (1 serving) Sub Tofu For Chicken	Red Lentil Dhal (1 serv), 1 cup brown rice	Cajun grilled shrimp (1 serving) with Mango quinoa salad (1 serving) Sub tofu for shrimp can still grill	Pan-seared tofu with pineapple salsa (1 serv) 1/2 cup cooked brown rice and 2 cups cooked broccoli	Vegetarian Pad Thai Salad (1 serv) 16 ounces non fat soy milk	Veggie Hummus Sandwich	Pumpkin Quinoa Chili (2 serv)
	Calorie	330	540	290	350	280	330	600
	Protein	34	27	27	21	19	14	26
	% Cals from Protei	0.4121212121	0.2	0.3724137931	0.24	0.2714285714	0.1696969697	0.1733333333
	Dinner	Kung Pao Chicken with Zoodles (2 serv) Sub Tofu For Chicken	Lemon Asparagus Pasta Salad (2 serv)	Carribean Chicken Salad (1 serv) Sub tofu for chicken	Beef Veggie Stir Fry (1.33 serv) w/ cauliflower rice (1 serv) Sub beef with Tempeh	Tofu Tacos with Red Peppers (1.5 serv)	Sage Butternut Squash Gnocchi (2 serv)	Veggie Quinoa Burger(1 serv)
	Calorie	640	540	390	350	630	600	430
	Protein (g)	64	46	40	27	25	20	15
	% Cals from Protei	0.4	0.3407407407	0.4102564103	0.3085714286	0.1587301587	0.1333333333	0.1395348837
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
	% Cals from Protei	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
	Snack 1	1/2 cup Edamame beans		1 cup Edamame	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam	1/2 cup Edamam
	Calorie	150		300	150	150	150	150
	Protein	12		24	12	12	12	12
	% Cals from Protei	0.32	#DIV/0!	0.32	0.32	0.32	0.32	0.32
	Snack 2			1 pear	1 apple	1 cup raspberries		
	Calorie			100	90	60		
	Protein			1	1	1		
	% Cals from Protei	#DIV/0!	#DIV/0!	0.04	0.04444444444	0.06666666667	#DIV/0!	#DIV/0!
Totals	**Calorie**	1520	1510	1460	1500	1480	1470	1480
	Protein (g)	151	116	133	109	98	86	93
	% Cals from Protein	0.3973684211	0.3072847682	0.3643835616	0.2906666667	0.2648648649	0.2340136054	0.2513513514

Week 2 (6,10)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Sweet Chickpea salad(1 serv) on 2 Romaine lettuce leaves with 1/4 cups raw pumpkin seeds	Berry Kale Salad	Sweet Potato Power Bowl (2 serv)	Sweet potato Black bean burrito(1 serv)	Kale Conversion Bowl (2 serv)	One-pot Pasta Primavera (2 serv)	Lemon Tabbouleh Salad (2 serv)
	Calorie	320	400	600	320	640	600	260
	Protein	13	11	18	15	26	28	8
	#VALUE!	0.1625	0.11	0.12	0.1875	0.1625	0.1866666667	0.1230769231
	Dinner	Vegan Enchiladas (2 serv)	Pumpkin Quinoa Chili (1.5)	Chopped Thai Salad (1.5 serv)	Balsamic Chicken and Veggies (1 serv) Sub tofu for chicken	Southwest Bean Salad (2 serv)	Vegan Caesar Salad (1 serv) with nonfat Soy milk 16 oz	Smoked Sweet Potato Sliders (camp Chef), 2 cups cooked broccoli, 16 ounces soy milk
	Calorie	740	450	480	380	520	370	670
	Protein	28	19	20	43	14	22	33
	#VALUE!	0.1513513514	0.1688888889	0.1666666667	0.4526315789	0.1076923077	0.2378378378	0.1970149254
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
e beans	**Snack**	1 cup raspberries	1/2 cup Edamame beans		1 cup Edamame beans		1/2 cup Edamam	1 cup Edamame
	Calorie	60	150		300		150	300
	Protein	1	12		24		12	24
	Snack		1 cup raspberries					
	Calorie		60					
	Protein		1					
Totals	**Calorie**	1520	1490	1460	1560	1520	1510	1530
	Protein (g)	83	86	79	130	81	102	105
		0.2184210526	0.2308724832	0.2164383562	0.3333333333	0.2131578947	0.2701986755	0.2745098039

Week 3 (7,11)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), peanut butter fruit toast
	Calorie	250	280	230	410	210	410	410
	Protein	21	23	21	28	21	28	28
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.2731707317	0.2731707317
	Lunch	Honey Sriracha Chicken Rice Bowl (2 serv) Sub tempeh for chicken and don't cook in the crockpot	Vegan "Tuna" Salad (2 serv), 2 slices whole wheat bread, apple	Veggie Hummus Sandwich	Pan-seared tofu with pineapple salsa (1 serv) 1/2 cup cooked brown rice and 2 cups cooked broccoli	One-pot Thai Noodles (2 serv)	Burrito Salad (1 serving) Sub Tofu For Chicken	Veggie Quinoa Burger(1 serv)
	Calorie	640	510	330	350	460	330	430
	Protein	60	14	14	21	18	34	15
	#VALUE!	0.375	0.1098039216	0.1696969697	0.24	0.1565217391	0.4121212121	0.1395348837
	Dinner	Curried Tomato Pasta (1 serv), green salad	Roasted Veggie Freekah Salad (3 serv)	Spicy White Vegan Chili (2 serv)	Mushroom Chickpea Tacos (1.5 serv)	Korean Pork Veggie Quinoa Bowl (2 serv) Sub tempeh for chicken and don't cook in the crockpot	Sweet Potato Black Bean Salad (2 serv)	Mediterranean couscous salad
	Calorie	550	360	610	615	680	400	590
	Protein	21	15	20	19	58	10	20
	#VALUE!	0.1527272727	0.1666666667	0.131147541	0.1235772358	0.3411764706	0.1	0.1355932203
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
#DIV/0!	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
beans	**Snack**		1/2 cup Edamam	1/2 cup Edamame beans			1/2 cup Edamame beans	
	Calorie		150	150			150	
	Protein		12	12			12	
	Snack		1 cup raspberries					
	Calorie		60					
	Protein		1					
Totals	**Calorie**	1590	1510	1470	1525	1500	1440	1580
	Protein (g)	122	85	87	88	117	104	83
		0.306918239	0.2251655629	0.2367346939	0.2308196721	0.312	0.2888888889	0.2101265823

Week 4 (8,12)	**Meal**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
	Breakfast	Average Nourish Protein Drink (Plant), pear	Average Nourish Protein Drink (Plant), blueberry banana muffin	Average Nourish Protein Drink (Plant), 1 cup blueberries	Average Nourish Protein Drink (Plant), peanut butter fruit toast	Average Nourish Protein Drink (Plant), orange	Average Nourish Protein Drink (Plant) 1 med Apple	Average Nourish Protein Drink (Plant)
	Calorie	250	280	230	410	210	240	150
	Protein	21	23	21	28	21	20	20
		0.336	0.3285714286	0.3652173913	0.2731707317	0.4	0.3333333333	0.5333333333
	Lunch	Chopped Thai Salad (1.5 serv)	Plum Arugula Salad (2 serv) sub goat cheese for soy/nut alterantive	Harvest Quinoa Salad (1.5 serv), 12 ounes nonfat soy milk	Berry Kale Salad	Pan-seared tofu with pineapple salsa (1 serv) 1/2 cup cooked brown rice and 2 cups cooked broccoli	Spicy Bean and Rice Sauté (2 serv)	Vegan Enchiladas
	Calorie	480	440	615	400	350	600	370
	Protein	20	14	18	11	21	18	14
	#VALUE!	0.1666666667	0.1272727273	0.1170731707	0.11	0.24	0.12	0.1513513514
	Dinner	Sweet Potato Power Bowl (2 serv)	Slow Cooker Chickpea Curry (1.5 serv), 1 1/2 cup cooked quinoa	Jamaican Jalapeño Salad	Red Lentil Dhal (1 serv), 1 cup brown rice	Pumpkin Quinoa Chili (2 serv)	Mediterranean Arugula Salad and 16 ounces nonfat soy milk	Lemongrass Succotash (2 serv)
	Calorie	600	580	500	540	600	530	620
	Protein	18	21	16	27	26	26	20
		0.12	0.1448275862	0.128	0.2	0.1733333333	0.1962264151	0.1290322581
	Post Workout Snack	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)	Average Nourish Protein Drink (Plant)
	Calorie	150	150	150	150	150	150	150
	Protein	20	20	20	20	20	20	20
#DIV/0!	#VALUE!	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333	0.5333333333
	Snack					1/2 cup Edamame beans		1/2 cup Edamam
	Calorie					150		150
	Protein					12		12
	Snack							
	Calorie							
	Protein							
Totals	**Calorie**	1480	1450	1495	1500	1460	1520	1440
	Protein (g)	79	78	75	86	100	84	86
		0.2135135135	0.2151724138	0.2006688963	0.2293333333	0.2739726027	0.2210526316	0.2388888889

Averages

e beans

Averages

1498.928571

97.35714286

0.2596471699