

## Nutritional Guidelines Sample

**Total Calories a Day: 1200 calories**  
**Total Portions of Protein: 5 portions**  
**Total Portions of Carbohydrates: 6 portions**  
**Total Portions of Fat: 3 portions**  
**Total Portions of Fiber: 8 portions**

### **3 Meal Day Plan**

#### **Meal 1-**

**1.6 protein**  
**2.0 carbs**  
**0.9 fats**  
**2.5 fibers**

#### **Meal 2-**

**1.6 protein**  
**2.0 carbs**  
**0.9 fat**  
**2.5 fibers**

#### **Meal 3-**

**1.6 protein**  
**2.0 carbs**  
**0.9 fats**  
**2.5 fiber**

## **Day 1**

**Bfast- scrambled eggs with spinach  
and mixed fruit**

**Cook eggs in olive oil or coconut oil  
(1tsp)**

**4 eggs**

**1 cup raw spinach**

**1 cup fruit**

**Lunch-Salad with oil/vinegar salad dressing (cook in olive oil or coconut oil)**

**1 (4oz) Chicken breast dry rub seasoning**

**1 cups of raw spinach**

**handful of mixed colored veggies**

**Dinner-Steak with Mixed greens olive oil dressing**

**1 (4oz) piece of steak**

**1 large mixed green salad**

## **Day 2**

**Bfast-protein shake with greens an frozen fruit**

**1 scoop of protein powder**

**1/4 cup of Chard**

**1/2 cup spinach**

**1 cup mixed berries**

**1tsp of coconut oil**

**Lunch- tuna salad with mixed greens**

**1 (4oz) can of tuna**

**2 hard boiled eggs**

**2 cups mixed green salad**

**1 tsp sauté of oil/vinegar dressing**

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**Dinner- Grilled Chicken and Sautéed veggies(sautee in olive oil)**

**6 oz of chicken breast or 6 oz chicken thigh  
1.5 cup sautéed spinach  
1/4 cup squash  
1/4 mushrooms**

**Day 3**

**Bfast- scrambled eggs with spinach and mixed fruit  
Cook eggs in olive oil or coconut oil (1tsp)**

**4 eggs  
1 cup raw spinach  
1 cup fruit**

**Lunch- Salad with steak**

**6oz of steak  
2 cups mixed greens  
1tsp oil/vinegar dressing**

**Dinner-Grilled Salmon with mixed green salad and eggplant**

**6oz of salmon  
2 cup mixed greens  
3 pieces of baked eggplant**

**Day 4**

**Bfast- Greek yogurt fresh fruit**

**1.5 cup greek yogurt  
1 cup fresh fruit  
1tsp coconut oil**

**Lunch- Mixed veggies and Chicken breast  
Cook chicken in 1tps olive oil**

**6oz baked chicken breast  
Hand full of raw bell peppers  
Hand full of raw cucumbers  
Hand full of raw broccoli**

**Dinner- baked white fish and sautéed veggies(sautee in olive oil)**

**6oz baked Orange Ruffy  
1 cup sautéed spinach  
1/4 cup sautéed mushrooms  
1/4 cup sautéed yellow and green squash  
1/4 cup sautéed sweet onion**

**Day 5**

**Bfast-protein shake with greens an frozen fruit**

**1 scoop of protein powder  
1/4 cup of Chard  
1/2 cup spinach  
1 cup mixed berried  
1tsp of coconut oil**

**Lunch- Salad with oil/vinegar salad dressing**

**2 hard boiled eggs  
1 Chicken breast  
1 cups of raw spinach  
handful of mixed colored veggies**

**Dinner- Bunless Burgers with mixed green salad**

**5oz lean ground beef  
1 slice cheese  
1/8 avocado  
2 cups mixed green salad**

**Day 6**

**Bfast- Greek yogurt fresh fruit**

**1.5 cup greek yogurt  
1 cup fresh fruit  
1tsp coconut oil**

**Lunch- tuna salad with mixed greens**

**1 (4oz) can of tuna  
2 hard boiled eggs  
2 cups mixed green salad  
handful of mixed colored veggies  
1 tps of oil/vinegar dressing**

**Dinner-Grilled Salmon with mixed green salad and eggplant**

**6oz of salmon  
2 cup mixed greens  
3 pieces of baked eggplant**

**Day 7**

**Bfast- scrambled eggs with spinach and mixed fruit  
Cook eggs in olive oil or coconut oil (1tsp)**

**4 eggs  
1 cup raw spinach  
1 cup fruit**

**Lunch-Mixed veggies and Chicken breast  
Cook chicken in 1tps olive oil**

**6oz baked chicken breast  
Hand full of raw bell peppers  
Hand full of raw cucumbers  
Hand full of raw broccoli**

**Dinner-White fish with Mixed green salad**

**6oz White fish grilled  
Mixed dark greens with dried cranberries and walnuts and balsamic vinaigrette**

**REPEAT MEALS FOR SECOND WEEK OF 14  
DAY DIET**

**Use dry rubs only for meat**

**Can use Salsa as needed**