

Monday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>1 slice of toasted Schar Gluten Free Artisanal White Bread – 1 g</p> <p>2 Tbsp Nutella – 2 g</p> <p>100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 3.25 grams</p>	<p>1 slice of toasted Dave’s Killer White Bread – 3 g</p> <p>2 Tbsp Nutella – 2 g</p> <p>100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 5.25 grams</p>	<p>1 slice of toasted Dave’s Killer Good Seed Bread – 5 g</p> <p>2 Tbsp Almond Butter – 7 g</p> <p>100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 12.25 grams</p>
Lunch	<p>Veggie Wraps (makes 2 small wraps)</p> <p>2 Siete Cassava Flour Tortillas – 1 g</p> <p>2 slices Follow Your Heart American Cheese – 0 g</p> <p>1/4 cup (~28 g) grated carrots – 0.25 g</p> <p>25 g peeled cucumber – 0.15 g</p> <p>20 g portabella mushroom – 0.42 g</p> <p>20 g chopped tomato – 0.18 g</p> <p>8 g chopped spinach – 0.23 g</p> <p>2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 2.63 grams</p>	<p>Veggie Wraps (makes 2 small wraps)</p> <p>2 Siete Chickpea Flour Tortillas – 5 g</p> <p>2 slices Daiya Cheese – 2 g</p> <p>1/4 cup (~28 g) grated carrots – 0.25 g</p> <p>25 g peeled cucumber – 0.15 g</p> <p>20 g portabella mushroom – 0.42 g</p> <p>20 g chopped tomato – 0.18 g</p> <p>8 g chopped spinach – 0.23 g</p> <p>2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 8.63 grams</p>	<p>Veggie Wraps (makes 2 small wraps)</p> <p>2 Siete Chickpea Flour Tortillas – 5 g</p> <p>2 slices Daiya Cheese – 2 g</p> <p>1/4 cup (~28 g) grated carrots – 0.25 g</p> <p>25 g peeled cucumber – 0.15 g</p> <p>20 g portabella mushroom – 0.42 g</p> <p>20 g chopped tomato – 0.18 g</p> <p>8 g chopped spinach – 0.23 g</p> <p>2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Rold Gold Pretzels – 2</p> <p>Lunch total protein: 10.63 grams</p>
Dinner	<p>Macaroni and Cheese</p> <p>2 oz dry (57 g) Jovial Gluten Free Elbow Pasta – 1 g</p> <p>1/3 cup Cook For Love Macaroni and Cheese Sauce – 0.55 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 3.55 grams</p>	<p>Macaroni and Cheese</p> <p>2 oz dry (57 g) Barilla Gluten Free Elbow Pasta – 4 g</p> <p>1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 8.7 grams</p>	<p>Macaroni and Cheese</p> <p>2 oz dry (57 g) Barilla Elbow Pasta – 7 g</p> <p>1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 11.7 grams</p>
Monday Total	~9.4 grams	~22.6 grams	~34.6 grams

Tuesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>3 Cook For Love Pancakes – 0.9 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 1.2 grams</p>	<p>3 (52 grams mix) Birch Bender's Gluten Free Pancakes – 4.5 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 4.8 grams</p>	<p>3 (62 grams mix) Purely Elizabeth Ancient Grains Pancakes – 7 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 7.3 grams</p>
Lunch	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.21 g 2 Tbsp oil and vinegar dressing – 0 g</p> <p>1 serving of Snyder's Gluten Free Pretzels – free</p> <p>Lunch total protein: 3.51 grams</p>	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.21 g 25 grams croutons – 2.7 g 2 Tbsp oil and vinegar dressing – 0 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 7.91 grams</p>	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.21 g 25 grams croutons – 2.7 g 15 grams shredded cheddar cheese – 3.75 g 2 Tbsp oil and vinegar dressing – 0 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 11.66 grams</p>
Dinner	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Jovial grain free cassava spaghetti - 1 g 14 grams (0.5 oz) Follow Your Heart Parmesan Cheese – 0.06 grams</p> <p>Dinner total protein: 5.06 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Barilla Gluten Free Spaghetti – 4 g 14 grams (0.5 oz) Parmesan Cheese – 4 grams</p> <p>Dinner total protein: 12 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Barilla Spaghetti – 7 g 14 grams (0.5 oz) Parmesan Cheese – 4 grams</p> <p>Dinner total protein: 15 grams</p>
Tuesday Total	9.77 grams	24.71 grams	33.96 grams

Wednesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>1 Cook For Love Quick Cinnamon Bun, prepared – 0.6 g</p> <p>1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 grams</p> <p>Breakfast total protein: 1.25 grams</p>	<p>1 Annie's Organic Cinnamon Roll with Icing – 4 g</p> <p>1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 grams</p> <p>Breakfast total protein: 4.65 grams</p>	<p>1 Annie's Organic Cinnamon Roll with Icing – 4 g</p> <p>1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g</p> <p>Breakfast total protein: 10 grams</p>
Lunch	<p>Jackfruit Tacos</p> <p>2 Siete Cassava Flour Tortillas – 1 g</p> <p>1/2 cup shredded jackfruit (heated/sautéed with cumin, oregano, paprika, salt, 2 Tbsp BBQ sauce until slightly crisp) – 2.2 g</p> <p>4 Tbsp (28 g) Daiya Cheese Shreds – 1 g</p> <p>15 g shredded lettuce – 0.15 g</p> <p>20 grams diced tomatoes – 0.18 g</p> <p>Lunch total protein: 4.53 grams</p>	<p>Jackfruit Tacos</p> <p>2 Mission Street Tacos Flour Tortillas – 4 g</p> <p>1/2 cup shredded jackfruit (heated/sautéed with cumin, oregano, paprika, salt, 2 Tbsp BBQ sauce until slightly crisp) – 2.2 g</p> <p>4 Tbsp (28 g) Daiya Cheese Shreds – 1 g</p> <p>25 grams cooked black beans – 2.2 g</p> <p>15 g shredded lettuce – 0.15 g</p> <p>20 grams diced tomatoes – 0.18 g</p> <p>Lunch total protein: 9.73 grams</p>	<p>Jackfruit Tacos</p> <p>2 Siete Chickpea Flour Tortillas – 5 g</p> <p>1/2 cup shredded jackfruit (heated/sautéed with cumin, oregano, paprika, salt, 2 Tbsp BBQ sauce until slightly crisp) – 2.2 g</p> <p>4 Tbsp (28 g) Daiya Cheese Shreds – 1 g</p> <p>25 grams cooked black beans – 2.2 g</p> <p>15 g shredded lettuce – 0.15 g</p> <p>20 grams diced tomatoes – 0.18 g</p> <p>Lunch total protein: 10.73 grams</p>
Dinner	<p>Pasta Salad</p> <p>2 servings Cook for Love Pasta Salad – 3.8 g</p> <p>28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.12 g</p> <p>Lunch total protein: 3.8 grams</p>	<p>Pasta Salad</p> <p>56 grams (2 oz - dry) Barilla Gluten Free Rotini – 4 g</p> <p>1/4 cup (35 g) cooked corn kernels – 1.25 g</p> <p>1/4 cup (30 g) diced cucumber – 0.2 g</p> <p>1/2 cup (120 g) tomatoes – 1.15 g</p> <p>30 g chopped kalamata olives – 0.4 g</p> <p>14 g feta cheese – 2.0 g</p> <p><i>Tossed in dressing with 2 tbsp red wine vinegar, 2 tbsp olive oil, 1+1/2 Tbsp Dijon Mustard, ¼ tsp salt, and fresh ground pepper (free)</i></p> <p>Lunch total protein: 9 grams</p>	<p>Pasta Salad</p> <p>56 grams (2 oz - dry) Barilla Rotini Pasta – 7 g</p> <p>1/4 cup (35 g) cooked corn kernels – 1.25 g</p> <p>1/4 cup (30 g) diced cucumber – 0.2 g</p> <p>1/2 cup (120 g) tomatoes – 1.15 g</p> <p>30 g chopped kalamata olives – 0.4 g</p> <p>14 g feta cheese – 2.0 g</p> <p><i>Tossed in dressing with 2 tbsp red wine vinegar, 2 tbsp olive oil, 1+1/2 Tbsp Dijon Mustard, ¼ tsp salt, and fresh ground pepper (free)</i></p> <p>Lunch total protein: 12 grams</p>
Wed. Total	9.58 grams	23.38 grams	32.73 grams

Thursday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Breakfast Hash 1 cup Simply Potatoes shredded hash brown potatoes – 2 g 30 grams sliced peppers – 0.3 g 25 grams diced tomato – 0.2 g 20 grams yellow onion – 0.2 28 grams (1/4 cup) shredded Daiya cheese – 1 g</p> <p><i>Sautee in olive oil with salt/pepper to taste, with a splash of protein-free sauce of choice!</i></p> <p>Breakfast total protein: 3.7 grams</p>	<p>Breakfast Hash 1 cup Simply Potatoes shredded hash brown potatoes – 2 g 30 grams sliced peppers – 0.3 g 25 5grams diced tomato – 0.2 g 2 grams yellow onion – 0.25 28 grams (1/4 cup) shredded cheddar cheese – 6 g</p> <p><i>Sautee in olive oil with salt/pepper to taste, with a splash of protein-free sauce of choice!</i></p> <p>Breakfast total protein: 8.75 grams</p>	<p>Breakfast Hash 1 cup Simply Potatoes shredded hash brown potatoes – 2 g 30 grams sliced peppers – 0.3 g 25 grams diced tomato – 0.2 g 25 grams yellow onion – 0.25 28 grams (1/4 cup) shredded cheddar cheese – 6 g</p> <p><i>Sautee in olive oil with salt/pepper to taste, with a splash of protein-free sauce of choice!</i></p> <p>Breakfast total protein: 8.75 grams</p>
Lunch	<p>3 Cook For Love Zucchini Fritters – 1.8 g</p> <p>Fruit salad made with: 75 grams chopped apple – 0.1 g 50 grams grapes – 0.3 g 30 grams banana – 0.3 g 25 grams kiwi – 0.25 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 2.75 grams</p>	<p>4 Dr. Praeger’s Veggie Nuggets – 7.2 g</p> <p>Fruit salad made with: 75 grams chopped apple – 0.1 g 50 grams grapes – 0.3 g 30 grams banana – 0.3 g 25 grams kiwi – 0.25 g</p> <p>4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g</p> <p>Lunch total protein: 9.65 grams</p>	<p>4 Morningstar Farms Chik’n Nuggets – 13 g</p> <p>Fruit salad made with: 75 grams chopped apple – 0.1 g 50 grams grapes – 0.3 g 30 grams banana – 0.3 g 25 grams kiwi – 0.25 g</p> <p>4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g</p> <p>Lunch total protein: 13.95 grams</p>
Dinner	<p>Macaroni and Cheese 2 oz dry (57 g) Jovial Gluten Free Pasta – 1 g 1/3 cup Cook For Love Macaroni and Cheese Sauce – 0.55 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 3.55 grams</p>	<p>Macaroni and Cheese 2 oz dry (57 g) Barilla Gluten Free Pasta – 4 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 8.7 grams</p>	<p>Macaroni and Cheese 2 oz dry (57 g) Barilla Elbow Pasta – 7 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 11.7 grams</p>
Thursday Total	10.0 grams	27.1 grams	34.4 grams

Friday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Fruit, Yogurt and Granola 1 6oz SoDelicious Coconut Milk Yogurt (Raspberry, Strawberry or Plain) – 0.55 g</p> <p><i>Topped with:</i> 1/2 cup (8 grams) Nature’s Path Rice Puffs Cereal – 0.5 g 40 grams banana slices – 0.4 g 40 grams blueberries – 0.3 g 50 grams strawberry slices – 0.3 g Tastes great with cinnamon and honey drizzled on top! (free)</p> <p>Breakfast total protein: 2.05 grams</p>	<p>Fruit, Yogurt and Granola Parfait 1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g</p> <p><i>Topped with:</i> 1/2 cup (8 grams) Nature’s Path Rice Puffs Cereal – 0.5 g 40 grams banana slices – 0.4 g 40 grams blueberries – 0.3 g 50 grams strawberry slices – 0.3 g Tastes great with cinnamon and honey drizzled on top! (free)</p> <p>Breakfast total protein: 7.5 grams</p>	<p>Fruit, Yogurt and Granola Parfait 1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g</p> <p><i>Topped with:</i> 1/3 cup (30 grams) Purely Elizabeth Ancient Grain Granola - 3 g 40 grams banana slices – 0.4 g 40 grams blueberries – 0.3 g 50 grams strawberry slices – 0.3 g Tastes great with cinnamon and honey drizzled on top! (free)</p> <p>Breakfast total protein: 10 grams</p>
Lunch	<p>Asian Stir Fry Pasta 125 grams (cooked) Rice Noodles – 2.0 g 1/3 cup (33 grams) grated carrots – 0.3 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower - 0.25g</p> <p><i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 3.2 grams</p>	<p>Asian Stir Fry Pasta 112 grams (dry) Barilla Gluten Free Spaghetti N – 8 g 1/3 cup (33 grams) grated carrots – 0.3 g 1/4 cup (17 grams) white mushrooms - 0.25g 1/4 cup (26 grams) chopped cauliflower 0.25 g</p> <p><i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 8.8 grams</p>	<p>Asian Stir Fry Pasta 112 grams (dry) Barilla Gluten Free Spaghetti N – 8 g 1/3 cup (33 grams) grated carrots – 0.3 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g</p> <p><i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 8.8 grams</p>
Dinner	<p>Rice Bowl 1 cup cooked Bird’s Eye Cauliflower Rice – 1.5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 2 Tbsp (14 g) Daiya Cheese Shreds – 0.5 g 10 grams plain tortilla chips – 0.7 g</p> <p>Lunch total protein: 4.6 grams</p>	<p>Rice Bowl 1 cup Minute Brown Rice Cup – 5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 28 grams yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 9.8 grams</p>	<p>Rice Bowl 1 cup Minute Brown Rice Cup – 5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 4 Tbsp (28 g) shredded mexican cheese – 6.6 g 28 grams yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 15.4 grams</p>
Friday Total	9.85 grams	26.1 grams	34.2 grams

