

7 DAY JUMPSTART

Prepared by: Sarah Fawcett

Created: 04-24-2020

DAY 1

Breakfast

7:00 AM

drinking water	2 Cup(s)	0 cal
whole eggs, scrambled	2 large	182 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
raisins, seedless	1/4 cup, packed	123 cal

MEAL TOTAL: **Calories** 405 cal / **Carbs** 53 g (52%) / **Protein** 13 g (13%) / **Fat** 16 g (35%) / **Fluid** 19

NOTES:

Snack

10:00 AM

smooth peanut butter, no salt	1 Tbsp	94 cal
apples	1/2 small	28 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, non-fat	3/4 Cup(s)	78 cal

MEAL TOTAL: **Calories** 200 cal / **Carbs** 18 g (35%) / **Protein** 15 g (31%) / **Fat** 8 g (38%) / **Fluid** 21

NOTES:

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
whole wheat tortillas	1/2 tortilla	64 cal
turkey breast, roasted	5 oz	193 cal
romaine lettuce	2 leaf	2 cal
hummus, lower sodium	1 Tbsp	26 cal

MEAL TOTAL: **Calories** 285 cal / **Carbs** 12 g (17%) / **Protein** 45 g (64%) / **Fat** 6 g (20%) / **Fluid** 20

NOTES:

Dinner

6:00 PM

cauliflower, no salt, boiled	1 Cup(s)	29 cal
yellowfin tuna fish, cooked	3 oz	111 cal
wild rice, cooked	1/2 Cup(s)	83 cal
lentil beans, no salt, boiled	1/3 Cup(s)	77 cal
extra virgin olive oil	1/2 tsp	20 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 36 g (45%) / **Protein** 36 g (46%) / **Fat** 4 g (11%) / **Fluid** 25

NOTES:

DAY 1 TOTAL: Calories 1,208 cal / **Carbs** 119 g (39%) / **Protein** 110 g (37%) / **Fat** 34 g (26%) / **Fluid** 86

DAY 2

Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
multi-grain cheerios cereal	1/2 Cup(s)	60 cal
whole eggs, scrambled	1 large	91 cal
egg whites, cooked	4 large	69 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 32 g (37%) / **Protein** 34 g (39%) / **Fat** 8 g (21%) / **Fluid** 25

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
cashews	1 oz	157 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 225 cal / **Carbs** 26 g (46%) / **Protein** 6 g (11%) / **Fat** 13 g (50%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 tsp	16 cal
iced tea, green	16 fl. oz.	0 cal
tomatoes	1/4 Cup(s)	8 cal
avocados	1/4 cup, sliced	58 cal
chicken, boneless, roasted	3 oz	142 cal
whole-wheat pita bread	1 small	74 cal

MEAL TOTAL: **Calories** 299 cal / **Carbs** 21 g (28%) / **Protein** 25 g (34%) / **Fat** 13 g (40%) / **Fluid** 21

NOTES:

Dinner

6:00 PM

green snap beans, no salt, boiled	1 Cup(s)	44 cal
yams, no salt, boiled or baked	1 1/2 Cup(s)	237 cal
drinking water	2 Cup(s)	0 cal
beef t-bone, broiled	3 oz	161 cal

MEAL TOTAL: **Calories** 441 cal / **Carbs** 66 g (60%) / **Protein** 28 g (25%) / **Fat** 8 g (16%) / **Fluid** 26

NOTES:

DAY 2 TOTAL: Calories 1,315 cal / **Carbs** 145 g (44%) / **Protein** 93 g (28%) / **Fat** 42 g (29%) / **Fluid** 92

DAY 3

Breakfast 7:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal
	whole wheat mini bagel	1/2 bagel	50 cal

MEAL TOTAL: Calories 321 cal / **Carbs** 33 g (41%) / **Protein** 21 g (26%) / **Fat** 13 g (37%) / **Fluid** 19

NOTES:

Snack 10:00 AM	bananas	1 small	90 cal
	drinking water	2 Cup(s)	0 cal
	nut and raisin granola bars	1/2 bar	64 cal

MEAL TOTAL: Calories 153 cal / **Carbs** 32 g (83%) / **Protein** 2 g (6%) / **Fat** 3 g (19%) / **Fluid** 19

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	tuna fish, very low-sodium, in water	8 oz	224 cal
	romaine lettuce	2 leaf	2 cal
	olive oil, mayonnaise, light	1 tsp	16 cal
	whole wheat tortillas	1 tortilla	127 cal

MEAL TOTAL: Calories 369 cal / **Carbs** 20 g (21%) / **Protein** 55 g (60%) / **Fat** 9 g (22%) / **Fluid** 17

NOTES:

Dinner 6:00 PM	marinara spaghetti sauce, ready to serve	1/4 Cup(s)	31 cal
	green snap beans, no salt, boiled	1 1/2 Cup(s)	66 cal
	drinking water	2 Cup(s)	0 cal
	italian spiced pork chops	1 serving	100 cal
	rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: Calories 300 cal / **Carbs** 44 g (59%) / **Protein** 24 g (33%) / **Fat** 4 g (11%) / **Fluid** 26

NOTES:

DAY 3 TOTAL: Calories 1,144 cal / **Carbs** 128 g (45%) / **Protein** 103 g (36%) / **Fat** 29 g (23%) / **Fluid** 81

DAY 4

Breakfast

7:00 AM

bananas	1/2 small	45 cal
whole grain rolled oats, dry	1/3 Cup(s)	100 cal
whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 32 g (39%) / **Protein** 13 g (16%) / **Fat** 16 g (43%) / **Fluid** 20

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
oranges	1 fruit	69 cal
peanuts, no salt, dry-roasted	2/3 oz	111 cal

MEAL TOTAL: **Calories** 179 cal / **Carbs** 22 g (48%) / **Protein** 6 g (13%) / **Fat** 10 g (48%) / **Fluid** 20

NOTES:

Lunch

12:00 PM

italian spiced pork chops	1 serving	100 cal
extra virgin olive oil	1/2 Tbsp	60 cal
balsamic vinegar	1/2 Tbsp	7 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	1 Cup(s)	8 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 295 cal / **Carbs** 28 g (38%) / **Protein** 23 g (31%) / **Fat** 11 g (34%) / **Fluid** 22

NOTES:

Dinner

6:00 PM

wild rice, cooked	1/2 Cup(s)	83 cal
asparagus, boiled	6 spears	20 cal
beef t-bone, broiled	5 oz	268 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 371 cal / **Carbs** 21 g (23%) / **Protein** 42 g (46%) / **Fat** 13 g (31%) / **Fluid** 24

NOTES:

DAY 4 TOTAL: Calories 1,171 cal / **Carbs** 102 g (35%) / **Protein** 83 g (29%) / **Fat** 49 g (38%) / **Fluid** 86

DAY 5

Breakfast 7:00 AM	multi-grain cheerios cereal	1 Cup(s)	120 cal
	skim milk with calcium	1 1/2 Cup(s)	130 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 43 g (61%) / **Protein** 22 g (31%) / **Fat** 2 g (6%) / **Fluid** 21

NOTES:

Snack 10:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	drinking water	2 Cup(s)	0 cal
	apples	1/2 small	28 cal

MEAL TOTAL: **Calories** 169 cal / **Carbs** 12 g (28%) / **Protein** 6 g (15%) / **Fat** 12 g (65%) / **Fluid** 18

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole-wheat pita bread	1 small	74 cal
	turkey breast, roasted	4 oz	154 cal
	tomatoes	1/4 Cup(s)	8 cal
	avocados	1/4 cup, sliced	58 cal
	hummus, lower sodium	3 Tbsp	78 cal

MEAL TOTAL: **Calories** 374 cal / **Carbs** 27 g (29%) / **Protein** 41 g (44%) / **Fat** 13 g (31%) / **Fluid** 22

NOTES:

Dinner 6:00 PM	mediterranean chicken	1 serving	186 cal
	wild rice, cooked	2/3 Cup(s)	110 cal
	cauliflower, no salt, boiled	1 Cup(s)	29 cal
	drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 325 cal / **Carbs** 29 g (36%) / **Protein** 30 g (37%) / **Fat** 11 g (31%) / **Fluid** 26

NOTES:

DAY 5 TOTAL: Calories 1,151 cal / **Carbs** 112 g (39%) / **Protein** 99 g (34%) / **Fat** 38 g (30%) / **Fluid** 87

DAY 6

Breakfast 7:00 AM	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	whole wheat mini bagel	1/2 bagel	50 cal
	skim milk with calcium	1 Cup(s)	86 cal
	drinking water	1 Cup(s)	0 cal
	egg whites, cooked	4 large	69 cal

MEAL TOTAL: Calories 346 cal / **Carbs** 28 g (32%) / **Protein** 31 g (36%) / **Fat** 13 g (34%) / **Fluid** 20

NOTES:

Snack 10:00 AM	raisins, seedless	1/4 cup, packed	123 cal
	drinking water	2 Cup(s)	0 cal
	cottage cheese, non-fat	1 Cup(s)	104 cal

MEAL TOTAL: Calories 228 cal / **Carbs** 42 g (74%) / **Protein** 16 g (29%) / **Fat** 1 g (2%) / **Fluid** 20

NOTES:

Lunch 12:00 PM	whole-wheat pita bread	1 small	74 cal
	green snap beans, no salt, boiled	1/2 Cup(s)	22 cal
	drinking water	2 Cup(s)	0 cal
	mediterranean chicken	1 serving	186 cal

MEAL TOTAL: Calories 282 cal / **Carbs** 21 g (30%) / **Protein** 27 g (38%) / **Fat** 11 g (35%) / **Fluid** 21

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	salmon, cooked	5 oz	217 cal
	marinara spaghetti sauce, ready to serve	1/3 Cup(s)	41 cal
	asparagus, boiled	4 spears	13 cal
	rice penne pasta, low-carb	1 oz	104 cal

MEAL TOTAL: Calories 375 cal / **Carbs** 32 g (34%) / **Protein** 39 g (42%) / **Fat** 9 g (22%) / **Fluid** 24

NOTES:

DAY 6 TOTAL: Calories 1,231 cal / **Carbs** 123 g (40%) / **Protein** 114 g (37%) / **Fat** 34 g (25%) / **Fluid** 85

DAY 7

Breakfast 7:00 AM	skim milk with calcium	1 1/2 Cup(s)	130 cal
	whole wheat mini bagel	1 bagel	100 cal
	whole eggs, scrambled	1 large	91 cal
	drinking water	1 Cup(s)	0 cal

MEAL TOTAL: **Calories** 321 cal / **Carbs** 39 g (49%) / **Protein** 23 g (28%) / **Fat** 8 g (22%) / **Fluid** 21

NOTES:

Snack 10:00 AM	drinking water	2 Cup(s)	0 cal
	celery	5 medium stalk	32 cal
	smooth peanut butter, no salt	1 1/2 Tbsp	141 cal
	wheat thin crackers	5 crackers	40 cal

MEAL TOTAL: **Calories** 213 cal / **Carbs** 18 g (33%) / **Protein** 8 g (15%) / **Fat** 14 g (58%) / **Fluid** 22

NOTES:

Lunch 12:00 PM	whole wheat tortillas	1 tortilla	127 cal
	sliced ham, extra lean, low-sodium	4 oz	149 cal
	olive oil, mayonnaise, light	1 tsp	16 cal
	romaine lettuce	2 leaf	2 cal
	tomatoes	1/4 Cup(s)	8 cal
	iced tea, green	16 fl. oz.	0 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 22 g (30%) / **Protein** 24 g (31%) / **Fat** 10 g (29%) / **Fluid** 21

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	chicken, boneless, roasted	3 oz	142 cal
	yams, no salt, boiled or baked	1 Cup(s)	158 cal
	green snap beans, no salt, boiled	1 Cup(s)	44 cal
	extra virgin olive oil	1/2 Tbsp	60 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 47 g (47%) / **Protein** 26 g (25%) / **Fat** 13 g (29%) / **Fluid** 25

NOTES:

DAY 7 TOTAL: Calories 1,239 cal / **Carbs** 126 g (41%) / **Protein** 80 g (26%) / **Fat** 44 g (32%) / **Fluid** 89



2 Servings

italian spiced pork chops

Ingredients

sage, ground
1/4 tsp

onions
1/4 cup, sliced

pork tenderloin
6 oz

black pepper
2 dash

paprika
1/4 tsp

Nutrition Totals

Calories 199 / Carbs 3 g / Protein 36 g / Fat 4 g / Fluid 4.46 fl oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

Nutrition Label

Italian Spiced Pork Chops	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1.9g	3%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 55.2mg	18%
Sodium 45.8mg	2%
Total Carbohydrates 1.6g	1%
Dietary Fiber 0.3g	2%
Total Sugar 0.6g	
Protein 18g	
Vitamin D 6.8IU	1%
Calcium 10mg	1%
Iron 0.9mg	5%
Potassium 368.5mg	

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



4 Servings

mediterranean chicken

Ingredients

chicken breast, boneless skinless
16 oz

olive oil
2 Tbsp

lemon juice
1 1/2 fl. oz.

garlic
1 clove

Nutrition Totals

Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13.09 fl oz

Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

Nutrition Label

Mediterranean Chicken	
Amount Per Serving	
Calories	186
% Daily Value*	
Total Fat 10.1g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 72.5mg	24%
Sodium 196.5mg	8%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugar 0.2g	
Protein 23.1g	
Vitamin D 2.2IU	0%
Calcium 7.7mg	1%
Iron 0.4mg	2%
Potassium 391.3mg	
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>	

Shopping List

Prepared by: Sarah Fawcett

Created: 04-24-2020

Accompaniments

marinara spaghetti sauce, ready to serve

0.58 Cup(s)

olive oil, mayonnaise, light

3 tsp

Beef

beef t-bone, broiled

8 oz

Beverages

drinking water

47 Cup(s)

iced tea, green

32 fl. oz.

Bread

whole-wheat pita bread

3 small

whole wheat dinner rolls

1.5 roll

whole wheat mini bagel

2 bagel

whole wheat tortillas

2.5 tortilla

Cereal & Grain Products

multi-grain cheerios cereal

1.5 Cup(s)

rice penne pasta, low-carb

2 oz

whole grain rolled oats, dry

0.66 Cup(s)

wild rice, cooked

1.67 Cup(s)

Cookies & Crackers

wheat thin crackers
5 crackers

Dairy & Egg

cottage cheese, non-fat
1.75 Cup(s)
egg whites, cooked
10 large
skim milk with calcium
7 Cup(s)
whole eggs, scrambled
6 large

Fats & Oils

extra virgin olive oil
0.5 tsp
1 Tbsp
olive oil
1 Tbsp

Finfish & Shellfish

salmon, cooked
5 oz
tuna fish, very low-sodium, in water
8 oz
yellowfin tuna fish, cooked
3 oz

Fruits & Juices

apples
1 small
avocados
0.5 cup, sliced
bananas
1.5 small
lemon juice
0.76 fl. oz.
oranges
2 fruit
raisins, seedless
0.5 cup, packed

Ingredients

balsamic vinegar
0.5 Tbsp

Legumes & Beans

green snap beans, no salt, boiled
4 Cup(s)
hummus, lower sodium
4 Tbsp
lentil beans, no salt, boiled
0.33 Cup(s)

Nuts & Seeds

cashews
1 oz
peanuts, no salt, dry-roasted
0.67 oz
smooth peanut butter, no salt
7 Tbsp

Pork

pork tenderloin
6 oz

Poultry

chicken, boneless, roasted
6 oz
chicken breast, boneless skinless
8 oz
turkey breast, roasted
9 oz

Sausages & Meats

sliced ham, extra lean, low-sodium
4 oz

Snacks

nut and raisin granola bars
0.5 bar

Spices & Herbs

black pepper
2 dash
paprika
0.26 tsp
sage, ground
0.26 tsp














Vegetables

asparagus, boiled
10 spears
cauliflower, no salt, boiled
2 Cup(s)
celery
5 medium stalk
garlic
0.5 clove
onions
0.26 cup, sliced
romaine lettuce
6 leaf
1 Cup(s)
tomatoes
1 Cup(s)
yams, no salt, boiled or baked
2.5 Cup(s)







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

				
Golf Ball	Tennis Ball	Computer Mouse	Baseball	Rounded Handful
1/4 cup / 1 oz / 2 tbsp	1/3 cup	1/2 cup	1 cup	1/2 cup 1 oz dried goods
				
Hockey Puck	Matchbox	Deck of Cards	This Paperback Book	Thumb
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
Poker Chip	Shot Glass	CD	3 Dice	Kids' Milk Carton
1 tbsp	1 oz / 2 tbsp	1 slice of bread 1 oz lunch meat	1 1/2 oz cheese	8 oz drink

Useful Examples

		
Bread & Grains	Fruits & Vegetables	Meats, Fish & Nuts
1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
Dairy & Cheese	Fats & Oils	Sweets & Treats
1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox