

# 5 meals/day - Anti-Inflammatory 1509 (D)

## DAY 1

<b>Breakfast</b> 7:00 AM	egg	1 large	91 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	spinach (boiled)	1/2 Cup(s)	21 cal
	black tea (brewed)	16 fl oz	28 cal
	garlic	1 clove	4 cal
	whole grain tortilla	1 tortilla	170 cal
	orange	1 fruit	69 cal

**MEAL TOTAL: Calories** 443 cal / **Carbs** 51 g (46%) / **Protein** 16 g (15%) / **Fat** 19 g (39%) / **Fluid** 24 fl oz

### NOTES:

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1/2 oz	92 cal
	pear	1 large	119 cal

**MEAL TOTAL: Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22 fl oz

### NOTES:

<b>Lunch</b> 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	tomatoes	1/4 Cup(s)	7 cal
	drinking water	16 fl oz	0 cal
	avocado	1/4 avocado	80 cal
	tempeh	2 oz	108 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	basmati rice(cooked)	1/2 Cup(s)	100 cal

**MEAL TOTAL: Calories** 363 cal / **Carbs** 36 g (37%) / **Protein** 14 g (15%) / **Fat** 21 g (48%) / **Fluid** 21 fl oz

### NOTES:

<b>Snack</b> 3:00 PM	edamame, shelled	1/2 Cup(s)	60 cal
	iced green tea	16 fl oz	0 cal
	swiss cheese	1 oz	108 cal
	brown rice crackers, no salt added	4 crackers	60 cal

**MEAL TOTAL: Calories** 228 cal / **Carbs** 17 g (29%) / **Protein** 14 g (25%) / **Fat** 11 g (46%) / **Fluid** 16 fl oz

### NOTES:

**Dinner**  
6:00 PM

drinking water	16 fl oz	0 cal
extra virgin olive oil	1/2 Tbsp	60 cal
cod fish (cooked)	2 oz	60 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal
buckwheat groats (cooked)	1/2 Cup(s)	77 cal
black eyed peas	1/2 Cup(s)	45 cal
sweet potato (baked)	1/2 Cup(s)	90 cal

**MEAL TOTAL: Calories** 360 cal / **Carbs** 51 g (55%) / **Protein** 23 g (24%) / **Fat** 9 g (21%) / **Fluid** 25 fl oz**NOTES:****DAY 1 TOTAL: Calories** 1,605 cal / **Carbs** 189 g (46%) / **Protein** 70 g (17%) / **Fat** 69 g (37%) / **Fluid** 108 fl oz

**DAY 2**

<b>Breakfast</b> 7:00 AM	black tea (brewed)	16 fl oz	28 cal
	nonfat plain greek yogurt	3 oz	50 cal
	blueberries	1/2 Cup(s)	41 cal
	sunflower flax bread	1 slice	135 cal
	chunky peanut butter, no added salt	1 Tbsp	94 cal

**MEAL TOTAL: Calories** 349 cal / **Carbs** 40 g (47%) / **Protein** 18 g (21%) / **Fat** 12 g (32%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	grapes	4 oz	65 cal
	almonds	1/2 oz	81 cal
	pear	1/2 large	60 cal

**MEAL TOTAL: Calories** 205 cal / **Carbs** 35 g (61%) / **Protein** 4 g (8%) / **Fat** 8 g (31%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	extra virgin olive oil	1/2 Tbsp	60 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	16 fl oz	0 cal
	tomatoes	1/2 Cup(s)	13 cal
	sweet potato (baked)	3/4 Cup(s)	135 cal
	atlantic herring (cooked)	3 oz	173 cal


**MEAL TOTAL: Calories** 397 cal / **Carbs** 37 g (37%) / **Protein** 24 g (24%) / **Fat** 18 g (39%) / **Fluid** 27 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	pear	1 large	119 cal

**MEAL TOTAL: Calories** 197 cal / **Carbs** 32 g (62%) / **Protein** 7 g (14%) / **Fat** 6 g (24%) / **Fluid** 23 fl oz

**NOTES:**

<b>Dinner</b> 6:00 PM	iced green tea	16 fl oz	0 cal
	 indian eggplant curry	1/2 serving	152 cal
	basmati rice(cooked)	1 Cup(s)	200 cal

**MEAL TOTAL: Calories** 352 cal / **Carbs** 65 g (71%) / **Protein** 8 g (8%) / **Fat** 9 g (21%) / **Fluid** 24 fl oz

**NOTES:**



Eating right, simplified.

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**DAY 2 TOTAL: Calories 1,500 cal / Carbs 209 g (54%) / Protein 61 g (16%) / Fat 52 g (30%) / Fluid 117 fl oz**

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**DAY 3**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	blueberries	1/2 Cup(s)	41 cal
	nonfat plain greek yogurt	3 oz	50 cal
	sunflower flax bread	1 slice	135 cal
	chunky peanut butter, no added salt	1 Tbsp	94 cal

**MEAL TOTAL: Calories** 321 cal / **Carbs** 39 g (46%) / **Protein** 18 g (22%) / **Fat** 12 g (32%) / **Fluid** 21 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	3/4 oz	137 cal
	orange	1 fruit	69 cal

**MEAL TOTAL: Calories** 206 cal / **Carbs** 20 g (36%) / **Protein** 4 g (8%) / **Fat** 14 g (56%) / **Fluid** 20 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	edamame, shelled	1/2 Cup(s)	60 cal
	tomatoes	1/2 Cup(s)	13 cal
	lemon juice	2 Tbsp	7 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal
	buckwheat groats (cooked)	1/2 Cup(s)	77 cal

**MEAL TOTAL: Calories** 355 cal / **Carbs** 29 g (31%) / **Protein** 21 g (23%) / **Fat** 19 g (46%) / **Fluid** 26 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	red pepper	1 medium	37 cal
	swiss cheese	1 oz	108 cal
	brown rice crackers, no salt added	4 crackers	60 cal

**MEAL TOTAL: Calories** 205 cal / **Carbs** 20 g (39%) / **Protein** 10 g (20%) / **Fat** 9 g (41%) / **Fluid** 20 fl oz

**NOTES:**


<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	 indian eggplant curry	1/2 serving	152 cal
	basmati rice(cooked)	1 Cup(s)	200 cal

**MEAL TOTAL: Calories** 352 cal / **Carbs** 65 g (71%) / **Protein** 8 g (8%) / **Fat** 9 g (21%) / **Fluid** 24 fl oz

**NOTES:**

**DAY 3 TOTAL: Calories** 1,438 cal / **Carbs** 172 g (46%) / **Protein** 62 g (16%) / **Fat** 63 g (38%) / **Fluid** 111 fl oz

**DAY 4**

<b>Breakfast</b> 7:00 AM	blueberries	1/2 Cup(s)	41 cal
	drinking water	16 fl oz	0 cal
	 breakfast stuffed peppers	1 serving	189 cal
	sunflower flax bread	1 slice	135 cal

**MEAL TOTAL: Calories** 366 cal / **Carbs** 41 g (43%) / **Protein** 17 g (18%) / **Fat** 16 g (39%) / **Fluid** 22 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	pear	1 large	119 cal
	walnuts	1/2 oz	92 cal

**MEAL TOTAL: Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	iced green tea	16 fl oz	0 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	whole grain tortilla	1 tortilla	170 cal
	canned tuna fish in water, very low sodium	2 oz	56 cal
	tomatoes	1/2 Cup(s)	13 cal
	orange	1 fruit	69 cal

**MEAL TOTAL: Calories** 376 cal / **Carbs** 49 g (49%) / **Protein** 21 g (21%) / **Fat** 13 g (30%) / **Fluid** 24 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	provolone cheese	3/4 oz	75 cal
	brown rice crackers, no salt added	4 crackers	60 cal
	edamame, shelled	1/2 Cup(s)	60 cal

**MEAL TOTAL: Calories** 195 cal / **Carbs** 15 g (32%) / **Protein** 12 g (25%) / **Fat** 9 g (43%) / **Fluid** 16 fl oz

**NOTES:**

**Dinner**  
6:00 PM

salmon (cooked)	3 oz	130 cal
black tea (brewed)	16 fl oz	28 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal
beets	1/2 Cup(s)	29 cal
black eyed peas	1/2 Cup(s)	45 cal
basmati rice(cooked)	3/4 Cup(s)	150 cal

**MEAL TOTAL: Calories** 411 cal / **Carbs** 57 g (58%) / **Protein** 30 g (31%) / **Fat** 5 g (11%) / **Fluid** 22 fl oz**NOTES:****DAY 4 TOTAL: Calories** 1,558 cal / **Carbs** 197 g (49%) / **Protein** 83 g (21%) / **Fat** 53 g (30%) / **Fluid** 106 fl oz



**DAY 5**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	breakfast stuffed peppers	1 serving	189 cal
	sunflower flax bread	1 slice	135 cal
	nectarine	1 fruit	60 cal

**MEAL TOTAL: Calories** 384 cal / **Carbs** 45 g (45%) / **Protein** 18 g (18%) / **Fat** 17 g (37%) / **Fluid** 24 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	pear	1 large	119 cal
	walnuts	3/4 oz	137 cal

**MEAL TOTAL: Calories** 256 cal / **Carbs** 35 g (49%) / **Protein** 4 g (6%) / **Fat** 14 g (45%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1/2 Cup(s)	13 cal
	romaine lettuce	1 Cup(s)	8 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal
	whole grain tortilla	1 tortilla	170 cal
	red pepper	1 medium	37 cal
	orange	1 fruit	69 cal

**MEAL TOTAL: Calories** 358 cal / **Carbs** 56 g (60%) / **Protein** 21 g (22%) / **Fat** 8 g (18%) / **Fluid** 29 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	3 oz	50 cal
	walnuts	3/4 oz	137 cal
	blueberries	1/2 Cup(s)	41 cal

**MEAL TOTAL: Calories** 229 cal / **Carbs** 16 g (27%) / **Protein** 12 g (20%) / **Fat** 14 g (53%) / **Fluid** 21 fl oz

**NOTES:**

**Dinner**  
6:00 PM

shrimp (cooked)	2 oz	67 cal
edamame, shelled	1/2 Cup(s)	60 cal
extra virgin olive oil	1/2 Tbsp	60 cal
iced green tea	16 fl oz	0 cal
basmati rice(cooked)	3/4 Cup(s)	150 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal

**MEAL TOTAL: Calories** 366 cal / **Carbs** 45 g (49%) / **Protein** 23 g (25%) / **Fat** 11 g (26%) / **Fluid** 20 fl oz**NOTES:****DAY 5 TOTAL: Calories** 1,593 cal / **Carbs** 198 g (47%) / **Protein** 79 g (19%) / **Fat** 63 g (34%) / **Fluid** 115 fl oz

**DAY 6**

<b>Breakfast</b> 7:00 AM	drinking water	16 fl oz	0 cal
	blueberries	1/2 Cup(s)	41 cal
	nonfat plain greek yogurt	6 oz	100 cal
	chia seeds	1/2 oz	69 cal
	sunflower flax bread	1/2 slice	68 cal
	chunky peanut butter, no added salt	1/2 Tbsp	47 cal

**MEAL TOTAL: Calories** 325 cal / **Carbs** 35 g (42%) / **Protein** 25 g (29%) / **Fat** 11 g (29%) / **Fluid** 23 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	walnuts	1/2 oz	92 cal
	pear	1 large	119 cal

**MEAL TOTAL: Calories** 211 cal / **Carbs** 34 g (58%) / **Protein** 3 g (5%) / **Fat** 9 g (37%) / **Fluid** 22 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	tomatoes	1/2 Cup(s)	13 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	boneless skinless chicken breast (uncooked)	2 oz	61 cal
	buckwheat groats (cooked)	1/2 Cup(s)	77 cal
	black eyed peas	1/3 Cup(s)	30 cal
	sweet potato (baked)	1/2 Cup(s)	90 cal

**MEAL TOTAL: Calories** 348 cal / **Carbs** 49 g (54%) / **Protein** 20 g (22%) / **Fat** 10 g (24%) / **Fluid** 28 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	iced green tea	16 fl oz	0 cal
	pear	1 large	119 cal
	swiss cheese	1/2 oz	54 cal
	brown rice crackers, no salt added	2 crackers	30 cal

**MEAL TOTAL: Calories** 203 cal / **Carbs** 38 g (70%) / **Protein** 5 g (10%) / **Fat** 5 g (20%) / **Fluid** 22 fl oz

**NOTES:**

**Dinner**  
6:00 PM

drinking water	16 fl oz	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish (cooked)	3 oz	89 cal
 roasted beet and chickpea salad	1/2 serving	104 cal
brussels sprouts (boiled)	1 Cup(s)	28 cal

**MEAL TOTAL: Calories** 342 cal / **Carbs** 43 g (38%) / **Protein** 25 g (22%) / **Fat** 21 g (40%) / **Fluid** 23 fl oz**NOTES:****DAY 6 TOTAL: Calories** 1,428 cal / **Carbs** 200 g (50%) / **Protein** 78 g (19%) / **Fat** 56 g (31%) / **Fluid** 117 fl oz

**DAY 7**

<b>Breakfast</b> 7:00 AM	egg (hard boiled)	1 large	78 cal
	drinking water	16 fl oz	0 cal
	nonfat plain greek yogurt	6 oz	100 cal
	nectarine	1 fruit	60 cal
	chia seeds	3/4 oz	103 cal

**MEAL TOTAL: Calories** 341 cal / **Carbs** 30 g (34%) / **Protein** 29 g (33%) / **Fat** 13 g (33%) / **Fluid** 26 fl oz

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	16 fl oz	0 cal
	tomatoes	1 Cup(s)	27 cal
	provolone cheese	1 oz	100 cal
	brown rice crackers, no salt added	8 crackers	120 cal

**MEAL TOTAL: Calories** 246 cal / **Carbs** 28 g (45%) / **Protein** 12 g (19%) / **Fat** 10 g (36%) / **Fluid** 21 fl oz

**NOTES:**

<b>Lunch</b> 12:00 PM	drinking water	16 fl oz	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	tempeh	2 oz	108 cal
	sweet potato (baked)	3/4 Cup(s)	135 cal
	brussels sprouts (boiled)	1 Cup(s)	28 cal


**MEAL TOTAL: Calories** 391 cal / **Carbs** 42 g (40%) / **Protein** 15 g (15%) / **Fat** 21 g (45%) / **Fluid** 23 fl oz

**NOTES:**

<b>Snack</b> 3:00 PM	walnuts	3/4 oz	137 cal
	iced green tea	16 fl oz	0 cal
	orange	1 fruit	69 cal

**MEAL TOTAL: Calories** 206 cal / **Carbs** 20 g (36%) / **Protein** 4 g (8%) / **Fat** 14 g (56%) / **Fluid** 20 fl oz

**NOTES:**

<b>Dinner</b> 6:00 PM	drinking water	16 fl oz	0 cal
	boneless skinless chicken breast (uncooked)	3 oz	92 cal
	 roasted beet and chickpea salad	1/2 serving	104 cal
	buckwheat groats (cooked)	3/4 Cup(s)	116 cal
	mushrooms	1 Cup(s)	15 cal

**MEAL TOTAL: Calories** 327 cal / **Carbs** 65 g (58%) / **Protein** 27 g (24%) / **Fat** 9 g (18%) / **Fluid** 26 fl oz

**NOTES:**



Eating right, simplified.

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**DAY 7 TOTAL: Calories** 1,512 cal / **Carbs** 186 g (44%) / **Protein** 87 g (21%) / **Fat** 66 g (35%) / **Fluid** 117 fl oz

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2 Servings

# indian eggplant curry

## Ingredients

eggplant	1 eggplant
extra virgin olive oil	2 Tbsp
onion	2 medium
garlic	2 clove
ginger root	2 Tbsp
cumin ground	1 tsp
tomatoes	1 medium
curry powder	2 tsp
whole milk plain yogurt	1/2 Cup(s)
jalapeno pepper	1 pepper
kosher salt	1/8 tsp
fresh cilantro leaves	1/2 Cup(s)

## Nutrition Totals

**Calories** 607 / **Carbs** 71 g / **Protein** 15 g / **Fat** 35 g / **Fluid** 32 fl oz

## Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat.
4. Dice onions, and mince garlic and ginger. Add to hot oil.
5. Stir in cumin and continue to cook until onions are tender.
6. Dice tomatoes and add to pan, along with curry powder.
7. Stir in yogurt, diced jalapeno pepper, cooked eggplant, and season with a pinch of kosher salt.
8. Cook 10 minutes over medium heat, stirring constantly.
9. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.

# Nutrition Label

<b>Indian Eggplant Curry</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>304</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.3g	<b>27%</b>
Saturated Fat 3.4g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 7.9mg	<b>3%</b>
<b>Sodium</b> 66.3mg	<b>3%</b>
<b>Total Carbohydrates</b> 35.7g	<b>12%</b>
Dietary Fiber 12.2g	<b>49%</b>
Total Sugar 19.2g	
<b>Protein</b> 7.4g	
<b>Vitamin D</b> 1.2IU	<b>0%</b>
<b>Calcium</b> 148.6mg	<b>15%</b>
<b>Iron</b> 1.5mg	<b>9%</b>
<b>Potassium</b> 1111.6mg	

\* 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

# breakfast stuffed peppers

## Ingredients

extra virgin olive oil	1 Tbsp
onion	1/2 medium
garlic	2 clove
mushrooms	1/2 Cup(s)
tomatoes	1 medium
spinach	2 Cup(s)
kosher salt	1/8 tsp
black pepper	1/4 tsp
red pepper	2 medium
egg (whole)	4 egg
swiss cheese	2 oz

## Nutrition Totals

**Calories** 757 / **Carbs** 38 g / **Protein** 47 g / **Fat** 51 g / **Fluid** 15 fl oz

## Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over medium-heat.
3. Dice onion and mince garlic and add to hot pan. Sauté until tender.
4. Slice mushrooms and tomatoes and add to pan.
5. Add fresh spinach and cook until spinach is wilted.
6. Season to taste with salt and pepper. Turn off heat and set aside.
7. Cut two bell peppers in half (from top to bottom) and remove core/seeds. Place on baking sheet covered with foil.
8. In a small bowl whisk the 4 eggs until well beaten.
9. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
10. Place the stuffed peppers in the oven and bake for 30 minutes.
11. Remove from oven and top each pepper with 0.5 oz of Swiss cheese.

12. Place back in the oven for 5 minutes, or until cheese is melted and eggs are cooked through.

# Nutrition Label

<b>Breakfast Stuffed Peppers</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>189</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12.7g	<b>20%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 13mg	<b>4%</b>
<b>Sodium</b> 51.2mg	<b>2%</b>
<b>Total Carbohydrates</b> 9.4g	<b>3%</b>
Dietary Fiber 3.7g	<b>15%</b>
Total Sugar 4.2g	
<b>Protein</b> 11.7g	
<b>Vitamin D</b> 3.4IU	<b>1%</b>
<b>Calcium</b> 141mg	<b>14%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
<b>Potassium</b> 264.9mg	

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4 Servings

# roasted beet and chickpea salad

## Ingredients

beets	3 Beet
garlic	2 clove
fresh rosemary	2 tsp
extra virgin olive oil	2 Tbsp
kosher salt	1/8 tsp
black pepper	1/4 tsp
canned chickpeas (drained)	8 oz
onion	1 medium
lemon juice	2 Tbsp
cotija cheese	2 Tbsp
fresh cilantro leaves	1/2 Cup(s)

## Nutrition Totals

**Calories** 834 / **Carbs** 304 g / **Protein** 28 g / **Fat** 44 g / **Fluid** 17 fl oz

## Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half of salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for 45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces.
7. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.

# Nutrition Label

<b>Roasted Beet And Chickpea Salad</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>209</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	11g	<b>17%</b>
Saturated Fat	2.4g	<b>12%</b>
Trans Fat	0g	
<b>Cholesterol</b>	7.5mg	<b>3%</b>
<b>Sodium</b>	305.3mg	<b>13%</b>
<b>Total Carbohydrates</b>	75.8g	<b>25%</b>
Dietary Fiber	5.9g	<b>24%</b>
Total Sugar	7.8g	
<b>Protein</b>	6.9g	
<b>Vitamin D</b>	1.5IU	<b>0%</b>
<b>Calcium</b>	106.8mg	<b>11%</b>
<b>Iron</b>	1.2mg	<b>7%</b>
<b>Potassium</b>	341mg	

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# Shopping List

## Accompaniments

kosher salt	0.16 tsp
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## Beverages

black tea (brewed)	48 fl oz
drinking water	416 fl oz
iced green tea	96 fl oz

## Bread

sunflower flax bread	4.5 slice
whole grain tortilla	3 tortilla

## Cereal & Grain Products

basmati rice(cooked)	4 Cup(s)
buckwheat groats	2.25 Cup(s)

## Dairy & Egg

egg	3 large 2 egg
nonfat plain greek yogurt	21 oz
provone cheese	1.75 oz
whole milk plain yogurt	0.26 Cup(s)

## Fats & Oils

extra virgin olive oil	8.5 Tbsp
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## Finfish & Shellfish

atlantic herring	3 oz
canned tuna fish in water, very low sodium	2 oz
cod fish	5 oz
salmon	3 oz
shrimp	2 oz

## Fruits & Juices

avocado	0.25 avocado
blueberries	2.5 Cup(s)
grapes	4 oz
lemon juice	2.5 Tbsp
nectarine	2 fruit
orange	5 fruit
pear	6.5 large

## Legumes & Beans

black eyed peas	1.33 Cup(s)
canned chickpeas	2 oz
edamame, shelled	2 Cup(s)

## Nuts & Seeds

almonds	0.5 oz
chunky peanut butter, no added salt	2.5 Tbsp
walnuts	4.5 oz

## Poultry

boneless skinless chicken breast (uncooked)	9 oz
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## Snacks

brown rice crackers, no salt added	22 crackers
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## Spices & Herbs

black pepper	0.18 tsp
cumin ground	0.5 tsp
curry powder	1 tsp
fresh rosemary	0.5 tsp

## Uncategorized

chia seeds	1.25 oz
cotija cheese	0.5 Tbsp
swiss cheese	3.5 oz

## Vegetables

beets	0.5 Cup(s) 0.76 Beet
brussels sprouts	5 Cup(s)
eggplant	0.5 eggplant
fresh cilantro leaves	0.38 Cup(s)
garlic	3.5 clove
ginger root	1 Tbsp
jalapeno pepper	0.5 pepper
mushrooms	1.26 Cup(s)
onion	1.52 medium
red pepper	3 medium
romaine lettuce	9 Cup(s)
spinach	1.5 Cup(s)
sweet potato	2.5 Cup(s)
tomatoes	3.75 Cup(s) 1 medium

## Vegetarian Products








tempeh	4 oz
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## 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

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

### Useful Examples

		
<b>Bread &amp; Grains</b> 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	<b>Fruits &amp; Vegetables</b> 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	<b>Meats, Fish &amp; Nuts</b> 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
		
<b>Dairy &amp; Cheese</b> 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	<b>Fats &amp; Oils</b> 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	<b>Sweets &amp; Treats</b> 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox