



# T2 Nutrition

## Monday

### Breakfast: (Scrambled Eggs/Broccoli/Oats/Blueberries (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Broccoli, Raw, 1 Cup	31	2.5g	5.6g	0g	30mg	0mg	2g	2.6g
Oatmeal Old Fashioned (Quaker Oats), 0.5 Cup	150	5g	27g	3g	0mg	0mg	1g	4g
Blueberries, 0.5 Cup	42	0.55g	10.5g	0.25g	0.5mg	0mg	7.2g	1.75g
Walnuts, Chopped, 0.25 cups	180	4g	4g	18g	0.83mg	0mg	1g	2g
<b>Meal Totals:</b>	<b>550</b>	<b>35.7g</b>	<b>53.7 g</b>	<b>26.25g</b>	<b>355.33mg</b>	<b>186mg</b>	<b>11.4g</b>	<b>12.95g</b>

\* Blueberries, walnuts for oatmeal click recipe for preparation

### Lunch: (Chicken/Vegetables/Rice/Black Beans/Avocado (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Boneless Skinless Chicken Breast (Organic Valley), 8 oz	240	52g	0g	3g	150mg	130mg	0g	0g
Onion, Grilled, 1 Cup	60	1g	14g	0g	300mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Rice, Whole Grain Brown Rice (Uncle Ben's), 0.5 Cup	61	1.5g	12.5g	0.35g	7.5mg	0mg	0g	0.7g
Beans, Black, .5 cups	110	7g	19g	1g	0mg	0mg	0g	0g
Avocado, Raw, 0.5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>650</b>	<b>64.2g</b>	<b>60 g</b>	<b>17.7g</b>	<b>464.5mg</b>	<b>130mg</b>	<b>4g</b>	<b>9.6g</b>

\* Click recipe for preparation

### Dinner: (Sirloin/Cauliflower/Pasta/Pear (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Beef Sirloin, Lean (Grass Fed), 6 oz	210	39g	0g	6g	90mg	0mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
<b>Meal Totals:</b>	<b>700</b>	<b>62.6g</b>	<b>51.6 g</b>	<b>26.06g</b>	<b>186.8mg</b>	<b>151.2mg</b>	<b>6g</b>	<b>10g</b>

\* Season and grill meat, roast cauliflower and mix with pasta and add olive oil and maybe some preferred seasoning or pinch of parmeson

**Day Totals: 1900 162.5g 165.3g 70g 1006.6mg 467.2mg 21.4g 32.6g**



# T2 Nutrition

## Tuesday

### Breakfast: (Scrambled Eggs/Vegetables/Toast (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Egg, Large, Whole, 2 whole	144	12.6g	2g	10g	140mg	372mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Scallions, 1 Cup	32	2g	7.2g	0.2g	16mg	0mg	2.3g	2.6g
Bread, White Wheat (Natures Own), 2 Slice	220	12g	46g	4g	440mg	0mg	4g	8g
Peanut Butter (Jif), 2 Tbsp	190	7g	8g	16g	80mg	0mg	3g	2g
<b>Meal Totals:</b>	<b>600</b>	<b>46.6g</b>	<b>48.2 g</b>	<b>29.2g</b>	<b>686mg</b>	<b>372mg</b>	<b>13.3g</b>	<b>11.6g</b>

\* Peanut butter for toast Click recipe for preparation

### Lunch: (Tuna Sandwich/Cottage Cheese(MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Bread, Wheat (Natures Own), 2 slices	80	5g	19g	1g	200mg	0mg	1g	5g
Tuna, White, Canned in Water (Starkist), 4 oz	120	26g	0g	1g	280mg	50mg	0g	0g
Healthy Mayo (Home Made), 1 tbsp	11	1.1g	1.2g	0g	50mg	6.9mg	1.2g	0g
Cheese, Cottage Low-Fat W/Pineapple (Breakstones), 1 container	100	8g	10g	2g	310mg	10mg	8g	0g
Avocado, Raw, .5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>450</b>	<b>37.1g</b>	<b>37.7 g</b>	<b>17.02g</b>	<b>833.67mg</b>	<b>50.23mg</b>	<b>10.2g</b>	<b>10.9g</b>

\* Prepare sandwich cottage cheese on the side

### Dinner: (Chicken Thighs/Cauliflower/Pasta/Pear (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Chicken Thighs, Skinless (Tyson), 6 Ounce	240	28.5g	0g	15g	112.5mg	135mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Pear, Fresh, 0.5 whole	61	0.4g	16.2g	0.5g	0mg	0mg	10.25g	3.25g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
Milk, 1% Lowfat (Garelick Farms), 1.5 Cup	165	12g	19.5g	3.75g	195mg	15mg	18g	0g
<b>Meal Totals:</b>	<b>850</b>	<b>51.9g</b>	<b>87.3 g</b>	<b>34.75g</b>	<b>381.5mg</b>	<b>150mg</b>	<b>34.25g</b>	<b>13.25g</b>

**Day Totals:** 1900 135.6g 173.1g 81g 1901.2mg 572.2mg 57.8g 35.8g



# T2 Nutrition

## Wednesday

### Breakfast: (Scrambled Eggs/Broccoli/Oats/Blueberries (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Broccoli, Raw, 1 Cup	31	2.5g	5.6g	0g	30mg	0mg	2g	2.6g
Oatmeal Old Fashioned (Quaker Oats), 0.5 Cup	150	5g	27g	3g	0mg	0mg	1g	4g
Blueberries, 0.5 Cup	42	0.55g	10.5g	0.25g	0.5mg	0mg	7.2g	1.75g
Walnuts, Chopped, 0.25 cups	180	4g	4g	18g	0.83mg	0mg	1g	2g
<b>Meal Totals:</b>	<b>550</b>	<b>35.7g</b>	<b>53.7 g</b>	<b>26.25g</b>	<b>355.33mg</b>	<b>186mg</b>	<b>11.4g</b>	<b>12.95g</b>

\* Blueberries, walnuts for oatmeal click recipe for preparation

### Lunch: (Chicken/Vegetables/Rice/Black Beans/Avocado (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Boneless Skinless Chicken Breast (Organic Valley), 8 oz	240	52g	0g	3g	150mg	130mg	0g	0g
Onion, Grilled, 1 Cup	60	1g	14g	0g	300mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Rice, Whole Grain Brown Rice (Uncle Ben's), 0.5 Cup	61	1.5g	12.5g	0.35g	7.5mg	0mg	0g	0.7g
Beans, Black, .5 cups	110	7g	19g	1g	0mg	0mg	0g	0g
Avocado, Raw, 0.5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>650</b>	<b>64.2g</b>	<b>60 g</b>	<b>17.7g</b>	<b>464.5mg</b>	<b>130mg</b>	<b>4g</b>	<b>9.6g</b>

\* Click recipe for preparation

### Dinner: (Sirloin/Cauliflower/Pasta/Pear (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Beef Sirloin, Lean (Grass Fed), 6 oz	210	39g	0g	6g	90mg	0mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
<b>Meal Totals:</b>	<b>700</b>	<b>62.6g</b>	<b>51.6 g</b>	<b>26.06g</b>	<b>186.8mg</b>	<b>151.2mg</b>	<b>6g</b>	<b>10g</b>

\* Season and grill meat, roast cauliflower and mix with pasta and add olive oil and maybe some preferred seasoning or pinch of parmeson

**Day Totals:** 1900 162.5g 165.3g 70g 1006.6mg 467.2mg 21.4g 32.6g



# T2 Nutrition

## Thursday

### Breakfast: (Scrambled Eggs/Vegetables/Toast (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Egg, Large, Whole, 2 whole	144	12.6g	2g	10g	140mg	372mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Scallions, 1 Cup	32	2g	7.2g	0.2g	16mg	0mg	2.3g	2.6g
Bread, White Wheat (Natures Own), 2 Slice	220	12g	46g	4g	440mg	0mg	4g	8g
Peanut Butter (Jif), 2 Tbsp	190	7g	8g	16g	80mg	0mg	3g	2g
<b>Meal Totals:</b>	<b>600</b>	<b>46.6g</b>	<b>48.2 g</b>	<b>29.2g</b>	<b>686mg</b>	<b>372mg</b>	<b>13.3g</b>	<b>11.6g</b>

\* Peanut butter for toast Click recipe for preparation

### Lunch: (Tuna Sandwich/Cottage Cheese(MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Bread, Wheat (Natures Own), 2 slices	80	5g	19g	1g	200mg	0mg	1g	5g
Tuna, White, Canned in Water (Starkist), 4 oz	120	26g	0g	1g	280mg	50mg	0g	0g
Healthy Mayo (Home Made), 1 tbsp	11	1.1g	1.2g	0g	50mg	6.9mg	1.2g	0g
Cheese, Cottage Low-Fat W/Pineapple (Breakstones), 1 container	100	8g	10g	2g	310mg	10mg	8g	0g
Avocado, Raw, .5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>450</b>	<b>37.1g</b>	<b>37.7 g</b>	<b>17.02g</b>	<b>833.67mg</b>	<b>50.23mg</b>	<b>10.2g</b>	<b>10.9g</b>

\* Prepare sandwich cottage cheese on the side

### Dinner: (Chicken Thighs/Cauliflower/Pasta/Pear (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Chicken Thighs, Skinless (Tyson), 6 Ounce	240	28.5g	0g	15g	112.5mg	135mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Pear, Fresh, 0.5 whole	61	0.4g	16.2g	0.5g	0mg	0mg	10.25g	3.25g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
Milk, 1% Lowfat (Garelick Farms), 1.5 Cup	165	12g	19.5g	3.75g	195mg	15mg	18g	0g
<b>Meal Totals:</b>	<b>850</b>	<b>51.9g</b>	<b>87.3 g</b>	<b>34.75g</b>	<b>381.5mg</b>	<b>150mg</b>	<b>34.25g</b>	<b>13.25g</b>

**Day Totals:** 1900 135.6g 173.1g 81g 1901.2mg 572.2mg 57.8g 35.8g



# T2 Nutrition

## Friday

### Breakfast: (Scrambled Eggs/Broccoli/Oats/Blueberries (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Egg, Large, Whole, 1 whole	72	6.3g	1g	5g	70mg	186mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Broccoli, Raw, 1 Cup	31	2.5g	5.6g	0g	30mg	0mg	2g	2.6g
Oatmeal Old Fashioned (Quaker Oats), 0.5 Cup	150	5g	27g	3g	0mg	0mg	1g	4g
Blueberries, 0.5 Cup	42	0.55g	10.5g	0.25g	0.5mg	0mg	7.2g	1.75g
Walnuts, Chopped, 0.25 cups	180	4g	4g	18g	0.83mg	0mg	1g	2g
<b>Meal Totals:</b>	<b>550</b>	<b>35.7g</b>	<b>53.7 g</b>	<b>26.25g</b>	<b>355.33mg</b>	<b>186mg</b>	<b>11.4g</b>	<b>12.95g</b>

\* Blueberries, walnuts for oatmeal click recipe for preparation

### Lunch: (Chicken/Vegetables/Rice/Black Beans/Avocado (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Boneless Skinless Chicken Breast (Organic Valley), 8 oz	240	52g	0g	3g	150mg	130mg	0g	0g
Onion, Grilled, 1 Cup	60	1g	14g	0g	300mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Rice, Whole Grain Brown Rice (Uncle Ben's), 0.5 Cup	61	1.5g	12.5g	0.35g	7.5mg	0mg	0g	0.7g
Beans, Black, .5 cups	110	7g	19g	1g	0mg	0mg	0g	0g
Avocado, Raw, 0.5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>650</b>	<b>64.2g</b>	<b>60 g</b>	<b>17.7g</b>	<b>464.5mg</b>	<b>130mg</b>	<b>4g</b>	<b>9.6g</b>

\* Click recipe for preparation

### Dinner: (Sirloin/Cauliflower/Pasta/Pear (MCM))

	Calories	Protein	Carbs	Fat	Sodium	Cholest	Sugar	Fiber
Beef Sirloin, Lean (Grass Fed), 6 oz	210	39g	0g	6g	90mg	0mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
<b>Meal Totals:</b>	<b>700</b>	<b>62.6g</b>	<b>51.6 g</b>	<b>26.06g</b>	<b>186.8mg</b>	<b>151.2mg</b>	<b>6g</b>	<b>10g</b>

\* Season and grill meat, roast cauliflower and mix with pasta and add olive oil and maybe some preferred seasoning or pinch of parmesan

**Day Totals:** 1900 162.5g 165.3g 70g 1006.6mg 467.2mg 21.4g 32.6g



# T2 Nutrition

## Saturday

### Breakfast: (Scrambled Eggs/Vegetables/Toast (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Egg, Large, Whole, 2 whole	144	12.6g	2g	10g	140mg	372mg	0g	0g
Egg, Large, White Only, 4 whole	68	16g	0g	0g	220mg	0mg	0g	0g
Peppers, Green, Grilled, 1 Cup	30	1g	7g	0g	0mg	0mg	4g	3g
Scallions, 1 Cup	32	2g	7.2g	0.2g	16mg	0mg	2.3g	2.6g
Bread, White Wheat (Natures Own), 2 Slice	220	12g	46g	4g	440mg	0mg	4g	8g
Peanut Butter (Jif), 2 Tbsp	190	7g	8g	16g	80mg	0mg	3g	2g
<b>Meal Totals:</b>	<b>600</b>	<b>46.6g</b>	<b>48.2 g</b>	<b>29.2g</b>	<b>686mg</b>	<b>372mg</b>	<b>13.3g</b>	<b>11.6g</b>

\* Peanut butter for toast Click recipe for preparation

### Lunch: (Tuna Sandwich/Cottage Cheese(MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Bread, Wheat (Natures Own), 2 slices	80	5g	19g	1g	200mg	0mg	1g	5g
Tuna, White, Canned in Water (Starkist), 4 oz	120	26g	0g	1g	280mg	50mg	0g	0g
Healthy Mayo (Home Made), 1 tbsp	11	1.1g	1.2g	0g	50mg	6.9mg	1.2g	0g
Cheese, Cottage Low-Fat W/Pineapple (Breakstones), 1 container	100	8g	10g	2g	310mg	10mg	8g	0g
Avocado, Raw, .5 med	145	1.7g	7.5g	13.35g	7mg	0mg	0g	5.9g
<b>Meal Totals:</b>	<b>450</b>	<b>37.1g</b>	<b>37.7 g</b>	<b>17.02g</b>	<b>833.67mg</b>	<b>50.23mg</b>	<b>10.2g</b>	<b>10.9g</b>

\* Prepare sandwich cottage cheese on the side

### Dinner: (Chicken Thighs/Cauliflower/Pasta/Pear (MCM))

	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Sodium</u>	<u>Cholest</u>	<u>Sugar</u>	<u>Fiber</u>
Chicken Thighs, Skinless (Tyson), 6 Ounce	240	28.5g	0g	15g	112.5mg	135mg	0g	0g
Cauliflower, Roasted, 2 Cup	54	4g	10.6g	0g	64mg	0mg	4g	4g
Whole Grain Penne (Barilla), 2 oz	200	7g	41g	1.5g	10mg	0mg	2g	6g
Pear, Fresh, 0.5 whole	61	0.4g	16.2g	0.5g	0mg	0mg	10.25g	3.25g
Oil, Olive, 1 tbsp	120	0g	0g	14g	0mg	0mg	0g	0g
Milk, 1% Lowfat (Garelick Farms), 1.5 Cup	165	12g	19.5g	3.75g	195mg	15mg	18g	0g
<b>Meal Totals:</b>	<b>850</b>	<b>51.9g</b>	<b>87.3 g</b>	<b>34.75g</b>	<b>381.5mg</b>	<b>150mg</b>	<b>34.25g</b>	<b>13.25g</b>

**Day Totals:** 1900 135.6g 173.1g 81g 1901.2mg 572.2mg 57.8g 35.8g

On Sundays you have your choice to repeat any of the days you wish.