

Day 2 Eat Clean

quantity	measure	description	protein (g)	carbs (g)	fat (g)	calories
Breakfast - Oatmeal with Pure Maple Syrup, Pecan & Blueberries						
1	table spoon	Pure Maple Syrup	0.00	13.25	0.00	50.00
1	cup	Oatmeal (Measured Uncooked)	13.20	56.00	6.00	300.00
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
0.5	table spoon	Milled (Ground) Flax Seeds	0.75	1.00	1.25	12.50
0.5	1 oz (20 halves)	Nuts, pecans	1.30	1.96	10.20	97.95
Totals:			15.79	82.72	17.69	501.77
AM Snack - Orange						
1	each	Orange - medium	1.10	17.40	0.30	69.00
Totals:			1.10	17.40	0.30	69.00
Lunch - Avocado Turkey Burger on Sprouted Grains & Grapes						
0.25	1 cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
10	each	Grapes	0.00	4.00	0.00	20.00
1	small	Tomato	1.00	5.70	0.00	26.00
6	ounce(s)	Turkey, ground, extra lean	39.00	0.00	2.25	168.00
1	each	Sprouted Grain English Muffin	8.00	30.00	1.00	160.00
Totals:			48.73	42.81	8.60	432.40
PM Snack - Cantaloupe						
2	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
Totals:			2.97	28.89	0.67	120.36
Dinner - Penne with Chicken, Asparagus, Garlic & Oil						
1	1 cup	Asparagus, raw	2.95	5.20	0.16	26.80
2	1 tablespoon	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
15	each	Cherry Tomato	2.50	12.50	2.50	52.50
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
1	cup	Whole Wheat Penne Pasta	9.00	54.00	2.00	280.00
1	tea spoon	Extra Virgin Olive Oil	0.00	0.00	4.50	40.00
Totals:			57.29	72.11	14.42	628.40
Evening Snack - Raw Cashews						
1	ounce(s)	Raw Cashews	5.00	9.00	12.00	157.00
Totals:			5.00	9.00	12.00	157.00
Actual Totals for Day # 2:			130.88	252.92	53.69	1908.93
Actual % of Total Calories:			25.94	50.12	23.94	

what you need:

- ___ Pecans
- ___ Milled Flax Seeds
- ___ Blueberries
- ___ Pure Maple Syrup
- ___ Oatmeal
- ___ Orange
- ___ Tomato
- ___ Grapes
- ___ Avocado
- ___ Extra Lean Ground Turkey
- ___ Sprouted Grain English Muffin
- ___ Cantaloupe
- ___ Asparagus
- ___ White Meat Chicken Breast
- ___ Cherry Tomato
- ___ Grated Parmesan Cheese
- ___ Whole Wheat Penne Pasta
- ___ Extra Virgin Olive Oil
- ___ Raw Cashews