



Loadmoreplate weight loss program

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Loadmoreplate suggested - Day 01							
Breakfast - Frittatas							
0	1.00	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
5	0.02	1 cup, fluid (yields 2 cups whipped)	Cream, fluid, heavy whipping	0.10	0.13	1.76	16.42
0	0.50	pack	jimmy dean delights frittatas	6.50	4.50	9.50	130.00
<i>Totals for Breakfast</i>				6.63	4.75	11.26	147.42
Snack 1 - 12 Almonds							
14	0.25	1 cup, whole	Nuts, almonds	7.56	7.70	17.85	206.99
<i>Totals for Snack 1</i>				7.56	7.70	17.85	206.99
Lunch - Buffalo chicken soup							
0	1.00	each	Buffalo Chicken Soup	24.55	8.76	33.35	422.00
<i>Totals for Lunch</i>				24.55	8.76	33.35	422.00
Snack 2 - Avocados							
7	0.50	1 avocado, NS as to Florida or California	Avocados, raw, all commercial varieties	2.01	8.57	14.73	160.80
<i>Totals for Snack 2</i>				2.01	8.57	14.73	160.80
Dinner - Chicken, broiler							
6	2.00	cup	Baby Spinach	2.67	13.33	0.00	53.33
6	0.50	cup	Cauliflower Rice, raw	0.95	2.50	0.15	12.50
11	1.00	3 oz	Chicken, broiler, rotisserie, BBQ, back meat and skin	17.25	0.34	16.03	213.35
11	1.00	1 drumstick	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	18.21	0.09	8.14	146.26
11	1.00	1 thigh	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	21.38	0.11	14.33	214.70
11	1.00	1 wing	Chicken, broiler, rotisserie, BBQ, wing meat and skin	11.94	0.31	9.20	131.07
23	1.00	1 serving	Salad dressing, ranch dressing, commercial, regular	0.40	1.72	13.36	126.30
<i>Totals for Dinner</i>				72.80	18.40	61.21	897.51
Snack 3							
7	0.50	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
<i>Totals for Snack 3</i>				0.55	10.72	0.24	42.18
Totals For 1500 Calories Loadmoreplate suggested - Day 01				114.10	58.90	138.64	1876.90

1500 Calories Loadmoreplate suggested - Day 02

Breakfast

7	0.50	1 avocado, NS as to Florida or California	Avocados, raw, all commercial varieties	2.01	8.57	14.73	160.80
5	2.00	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
13	1.00	2 slices (6 per 6- oz pkg.)	Pork, cured, canadian-style bacon, grilled	11.39	0.63	3.97	86.95
Totals for Breakfast				25.98	10.32	29.31	402.75

Snack 1

3	5.00	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
14	2.00	1 tablespoon	Nuts, almond butter, plain, with salt added	6.71	6.02	17.76	196.48
Totals for Snack 1				9.21	16.02	17.76	246.48

Lunch

6	2.00	cup	Baby Spinach	2.67	13.33	0.00	53.33
23	2.00	1 tablespoon	Salad dressing, ranch dressing, commercial, regular	0.40	1.72	13.36	126.30
0	2.00	each	southern fried chicken	19.89	6.47	24.73	338.00
Totals for Lunch				22.96	21.52	38.09	517.63

Snack 2

5	1.00	each	Sargento String Cheese Snacks	8.00	1.00	6.00	80.00
Totals for Snack 2				8.00	1.00	6.00	80.00

Dinner

0	4.00	each	Low Carb Jerk BBQ Ribs	56.46	22.59	16.29	480.00
Totals for Dinner				56.46	22.59	16.29	480.00

Snack 3

7	0.25	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
Totals for Snack 3				0.27	5.36	0.12	21.09
Totals For 1500 Calories Loadmoreplate suggested - Day 02				122.88	76.81	107.57	1747.95

1500 Calories Loadmoreplate suggested - Day 03

Breakfast

19	2.00	slice	Bacon - Oscar Mayer Center Cut	4.00	0.02	3.60	50.00
0	1.00	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
0	1.00	each	Cream Cheese Pancakes	19.41	7.02	24.60	322.00
5	0.50	1 fl oz	Cream, fluid, heavy whipping	0.31	0.42	5.51	51.41
Totals for Breakfast				23.75	7.58	33.71	424.41

Snack 1

7	0.50	1 avocado, NS as to Florida or California	Avocados, raw, all commercial varieties	2.01	8.57	14.73	160.80
Totals for Snack 1				2.01	8.57	14.73	160.80

Lunch

0	0.25	each	Easy Cheesy Cauliflower Gratin	9.57	3.85	40.97	417.00
0	0.25	each	Ham, Cheese & mushroom Frittata	13.46	2.60	20.36	251.00
Totals for Lunch				23.03	6.45	61.33	668.00

Snack 2

3	5.00	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
14	2.00	1 tablespoon	Nuts, almond butter, plain, with salt added	6.71	6.02	17.76	196.48
Totals for Snack 2				9.21	16.02	17.76	246.48

Dinner

0	0.25	each	Buffalo Chicken Soup	6.14	2.19	8.34	105.50
6	1.00	0.5 cup, shredded	Cabbage, cooked, boiled, drained, without salt	0.95	4.13	0.04	17.25
Totals for Dinner				7.09	6.32	8.38	122.75

Snack 3

0	0.25	each	Raspberry Cheesecake Bars	6.00	4.29	10.00	120.50
Totals for Snack 3				6.00	4.29	10.00	120.50
Totals For 1500 Calories Loadmoreplate suggested - Day 03				71.09	49.23	145.91	1742.94

Breakfast

0	1.00	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
5	0.50	1 fl oz	Cream, fluid, heavy whipping	0.31	0.42	5.51	51.41
0	0.25	each	Sausage, Spinach & Feta Frittata	19.02	1.82	18.53	250.25
Totals for Breakfast				19.36	2.36	24.04	302.66

Snack 1

7	0.50	1 avocado, NS as to Florida or California	Avocados, raw, all commercial varieties	2.01	8.57	14.73	160.80
Totals for Snack 1				2.01	8.57	14.73	160.80

Lunch

0	0.25	each	Cheesy Chili Spaghetti Squash Casserole	23.33	12.99	12.01	249.50
Totals for Lunch				23.33	12.99	12.01	249.50

Snack 2

0	1.00	each	Quest Bar Cookies & Cream	21.00	22.00	7.00	180.00
Totals for Snack 2				21.00	22.00	7.00	180.00

Dinner

0	0.50	each	Anti Pasta Cauliflower Salad	4.16	15.31	22.94	267.50
6	2.00	cup	Baby Spinach	2.67	13.33	0.00	53.33
23	0.25	1 cup	Salad dressing, italian dressing, reduced calorie	0.16	3.62	10.80	108.00
0	0.50	each	Sundried Tomato and Feta Meatballs	59.05	3.02	14.31	370.00
Totals for Dinner				66.04	35.28	48.05	798.83

Snack 3

0	1.00	each	Lindt Chocolate - Excellence Dark Intense Orange	0.75	5.75	3.25	47.50
Totals for Snack 3				0.75	5.75	3.25	47.50
Totals For 1500 Calories Loadmoreplate suggested - Day 04				132.49	86.95	109.08	1739.29

Breakfast

7	0.50	1 avocado, NS as to Florida or California	Avocados, raw, all commercial varieties	2.01	8.57	14.73	160.80
0	1.00	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
5	0.50	1 fl oz	Cream, fluid, heavy whipping	0.31	0.42	5.51	51.41
5	2.00	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
Totals for Breakfast				14.93	10.23	30.85	368.21

Snack 1

14	12.00	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
Totals for Snack 1				3.05	3.10	7.19	83.38

Lunch

0	0.25	each	Monte Cristo Breakfast Casserole	31.40	6.21	24.32	370.00
Totals for Lunch				31.40	6.21	24.32	370.00

Snack 2

5	1.00	each	Sargento String Cheese Snacks	8.00	1.00	6.00	80.00
Totals for Snack 2				8.00	1.00	6.00	80.00

Dinner

0	0.30	each	Pepperoni Pizza Cauliflower Casserole	6.56	6.37	15.85	192.00
0	2.00	each	southern fried chicken	19.89	6.47	24.73	338.00
Totals for Dinner				26.45	12.84	40.58	530.00

Snack 3

7	7.00	1 small (1" dia)	Strawberries, raw	0.33	3.76	0.15	15.68
Totals for Snack 3				0.33	3.76	0.15	15.68
Totals For 1500 Calories Loadmoreplate suggested - Day 05				84.16	37.14	109.09	1447.27

1500 Calories Loadmoreplate suggested - Day 06

Breakfast - ReFeed

11	1.00	1 back	Chicken, broiler, rotisserie, BBQ, back meat and skin	36.93	0.73	34.33	456.82
11	1.00	1 drumstick	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	18.21	0.09	8.14	146.26
11	1.00	1 thigh	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	21.38	0.11	14.33	214.70
11	1.00	1 wing	Chicken, broiler, rotisserie, BBQ, wing meat and skin	11.94	0.31	9.20	131.07
7	2.00	1 fruit	Pineapple, raw, all varieties	9.77	237.47	2.17	905.00
Totals For 1500 Calories Loadmoreplate suggested - Day 06				98.23	238.71	68.17	1853.85

1500 Calories Loadmoreplate suggested - Day 07

Breakfast - Fast

0	2.00	each	Bluebonnet Nutrition 100% Natural Whey Protein Isolate Powder Chocolate Flavor	52.00	0.00	0.00	250.00
Totals For 1500 Calories Loadmoreplate suggested - Day 07				52.00	0.00	0.00	250.00