



Loadmoreplate weight loss program

Category	Food	Qty	Measure
Bars	Quest Bar Cookies & Cream	1.00	each
Beverages	Coffee - w/caffeine	4.00	ounce(s)
Custom Recipes	Buffalo Chicken Soup	1.25	each
	- Celery - raw stalk trimmed	2.00	each
	- Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	1.00	3 oz
	- Cream Cheese, Light, Phili brand	8.00	ounce(s)
	- Cream, fluid, heavy whipping	1.00	1 cup, whipped
	- Frank's Hot Sauce	2.00	tea spoon
	- Pork, cured, bacon, pre-sliced, cooked, pan-fried	7.00	1 slice cooked
	- Salad dressing, ranch dressing, commercial, regular	4.00	1 tablespoon
	- Soup, chicken broth, canned, less/reduced sodium	8.00	1 cup
Custom Recipes	southern fried chicken	4.00	each
	Sausage, Spinach & Feta Frittata	0.25	each
	- Almond Flour	2.00	1/4 cup
	- Egg whole w/ yolk	12.00	each
	- Pork sausage, link/patty, reduced fat, cooked, pan-fried	12.00	1 oz
	- Spinach, frozen, chopped or leaf, unprepared	1.00	1 package (10 oz)
	- Celery, cooked, boiled, drained, with salt	1.00	2 stalks
	- Chicken, broilers or fryers, thigh, meat only, cooked, fried	2.00	1 unit (yield from 1 lb ready-to-cook chicken)
	- Cream, fluid, heavy whipping	1.00	1 tablespoon
	- Egg whole w/ yolk	1.00	each
	- Spices, garlic powder	1.00	1 teaspoon
	- Spices, oregano, dried	1.00	1 teaspoon, ground
Custom Recipes	Low Carb Jerk BBQ Ribs	4.00	each
	Ham, Cheese & mushroom Frittata	0.25	each
	- Dijon mustard	3.00	tea spoon
	- Butter, salted	2.00	1 tablespoon
	- Egg whole w/ yolk	8.00	each
	- Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1.00	1 rack
	- Sauce, worcestershire	1.00	1 tablespoon
	- Soy sauce made from soy (tamari)	8.00	1 tablespoon
	- Spices, ginger, ground	2.00	1 tablespoon
	- Sweeteners, sugar substitute, granulated, brown	9.00	1 teaspoon
Custom Recipes	Raspberry Cheesecake Bars	0.25	each
	Cream Cheese Pancakes	1.00	each
	- Cream Cheese, Light, Phili brand	8.00	ounce(s)
	- Cream Cheese, Light, Phili brand	2.00	ounce(s)
	- Egg whole w/ yolk	2.00	each
	- Sweeteners, sugar substitute, granulated, brown	1.00	1 teaspoon
	- Leavening agents, baking powder, low-sodium	1.00	0.5 teaspoon
Custom Recipes	Easy Cheesy Cauliflower Gratin	0.25	each
	Cheesy Chili Spaghetti Squash Casserole	0.25	each

	- Butter, salted	12.00	1 tablespoon
	- Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	4.00	1 patty (yield from 1/4 lb raw meat)
	- Butter, salted	2.00	1 tablespoon
	- Sauce, salsa, ready-to-serve	1.00	0.5 cup
	- Spices, coriander seed	1.00	1 teaspoon
	- Spices, cumin seed	1.00	1 teaspoon, whole
	- Spices, oregano, dried	1.00	1 teaspoon, ground
	- Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	4.00	1 cup
	- Cauliflower, cooked, boiled, drained, without salt	6.00	0.5 cup (1" pieces)
	- Sargento Cheese - Pepper Jack Slices	6.00	slice
Custom Recipes	Anti Pasta Cauliflower Salad	0.50	each
	Sundried Tomato and Feta Meatballs	0.50	each
	- Artichoke heart - boiled, drained	3.00	ounce(s)
	- Almond Flour	1.00	1/4 cup
	- Egg whole w/ yolk	1.00	each
	- Spices, thyme, dried	1.00	1 tablespoon, ground
	- Turkey, ground, extra lean	16.00	ounce(s)
	- Water, tap, drinking	3.00	1 fl oz
	- Basil, fresh	1.00	0.25 cup leaves, whole
	- Cauliflower, cooked, boiled, drained, without salt	4.00	0.5 cup (1" pieces)
	- Garlic, raw	1.00	1 clove
	- Olives, ripe, canned (small-extra large)	3.00	1 tablespoon
	- Pompeian Organic Extra Virgin Olive Oil	3.00	tablespoon
	- Vinegar, balsamic	3.00	1 tablespoon
	Monte Cristo Breakfast Casserole	0.25	each
Custom Recipes	Pepperoni Pizza Cauliflower Casserole	0.30	each
	- Cream Cheese Pancakes	3.00	each
	- Butter, salted	1.00	1 tablespoon
	- Cauliflower, cooked, boiled, drained, without salt	8.00	0.5 cup (1" pieces)
	- Cream, fluid, heavy whipping	2.00	1 tablespoon
	- Pepperoni - slices, Perma Fresh	8.00	slice
	- Pork, cured, canadian-style bacon, grilled	2.00	1 package (6 oz) yields
Dairy	Cream, fluid, heavy whipping	0.02	1 cup, fluid (yields 2 cups whipped)
	Cream, fluid, heavy whipping	1.50	1 fl oz
	Egg, whole, cooked, hard-boiled	4.00	1 large
	Sargento String Cheese Snacks	2.00	each
Desserts	Lindt Chocolate - Excellence Dark Intense Orange	1.00	each
Fats & Oils	Salad dressing, italian dressing, reduced calorie	0.25	1 cup
	Salad dressing, ranch dressing, commercial, regular	1.00	1 serving
	Salad dressing, ranch dressing, commercial, regular	2.00	1 tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	10.00	each
Fruits & Fruit Juices	Avocados, raw, all commercial varieties	2.50	1 avocado, NS as to Florida or California
	Blueberries, raw	0.75	1 cup
	Pineapple, raw, all varieties	2.00	1 fruit
	Strawberries, raw	7.00	1 small (1" dia)
Meal Substitutes	Bluebonnet Nutrition 100% Natural Whey Protein Isolate Powder Chocolate Flavor	2.00	each

Meat Substitutes	Bluebonnet Nutrition 100% Natural Whey Protein Isolate Powder Chocolate Flavor	2.00	cup
	jimmy dean delights frittatas	0.50	pack
Misc. Meats	Bacon - Oscar Mayer Center Cut	2.00	slice
Nuts & Seeds	Nuts, almonds	12.00	1 almond
	Nuts, almonds	0.25	1 cup, whole
	Nuts, almond butter, plain, with salt added	4.00	1 tablespoon
Pork Products	Pork, cured, canadian-style bacon, grilled	1.00	2 slices (6 per 6-oz pkg.)
Poultry	Chicken, broiler, rotisserie, BBQ, back meat and skin	1.00	1 back
	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	2.00	1 drumstick
	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	2.00	1 thigh
	Chicken, broiler, rotisserie, BBQ, wing meat and skin	2.00	1 wing
	Chicken, broiler, rotisserie, BBQ, back meat and skin	1.00	3 oz
Vegetables	Cabbage, cooked, boiled, drained, without salt	1.00	0.5 cup, shredded
	Baby Spinach	6.00	cup
	Cauliflower Rice, raw	0.50	cup