



Tony's New Plan

Prepared by: Tony Reynolds

Created: 11-15-2020

DAY 1

Breakfast 7:00 AM	whole milk plain yogurt	5/8 Cup(s)	93 cal
	walnuts	5/8 oz	123 cal
	black tea (brewed)	16 fl oz	28 cal
	oatmeal prepared with quick oats	2 Cup(s)	300 cal
	ground cinnamon	1/2 tsp	3 cal
	banana	5/8 small	56 cal
	almonds	3/4 oz	122 cal

MEAL TOTAL: Calories 726 cal / **Carbs** 84 g (46%) / **Protein** 24 g (13%) / **Fat** 34 g (41%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	drinking water	16 fl oz	0 cal
	avocado	1/2 avocado	161 cal
	white beans (boiled)	1 Cup(s)	254 cal
	wild rice (cooked)	1 Cup(s)	166 cal
	boneless skinless chicken breast (uncooked)	4 oz	122 cal

MEAL TOTAL: Calories 711 cal / **Carbs** 91 g (50%) / **Protein** 48 g (26%) / **Fat** 20 g (24%) / **Fluid** 31 fl oz

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	extra virgin olive oil	2 Tbsp	240 cal
	shrimp (cooked)	3 1/2 oz	118 cal
	broccoli (boiled)	5/8 Cup(s)	34 cal
	spinach	2 Cup(s)	10 cal
	fava beans, no salt, boiled	9 1/4 oz	288 cal

MEAL TOTAL: Calories 691 cal / **Carbs** 67 g (36%) / **Protein** 47 g (25%) / **Fat** 31 g (39%) / **Fluid** 28 fl oz

NOTES:

DAY 1 TOTAL: Calories 2,128 cal / **Carbs** 242 g (43%) / **Protein** 119 g (22%) / **Fat** 85 g (35%) / **Fluid** 81 fl oz

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4 Servings

soba noodle salad

Ingredients

buckwheat soba noodles	8 oz
extra virgin olive oil	1/2 Tbsp
mushrooms shiitake raw	16 oz
onion	1 medium
carrots	1 medium
red pepper	1/2 Cup(s)
garlic	2 clove
ginger root	2 tsp
baby bok choy	2 Cup(s)
kale	2 Cup(s)
drinking water	1/4 Cup(s)
sesame oil	1 Tbsp
rice vinegar	1 oz
sriracha, hot chili sauce	1/4 tsp
teriyaki marinade & sauce, less sodium	2 Tbsp

Nutrition Totals

Calories 894 / **Carbs** 147 g / **Protein** 23 g / **Fat** 26 g / **Fluid** 27 fl oz

Instructions

1. Cook noodles according to package instructions. Drain, rinse, and place in a large bowl.
2. Chop mushrooms, onions, carrots, and peppers. Mince garlic and ginger.
3. Heat olive oil in a large skillet over medium-high heat. Add the mushrooms, onions, carrots, peppers, garlic and ginger.
4. Cook until tender. Place in the bowl with the noodles.
5. To the same skillet add the bok choy, kale and water. Cook until wilted, stirring constantly. Add to the noodle bowl.
6. Whisk together sesame oil, rice vinegar, hot chili sauce and teriyaki sauce. Pour over the salad and toss well.



Nutrition Label

Soba Noodle Salad	
Amount Per Serving	
Calories	223
% Daily Value*	
Total Fat 6.4g	10%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 377.8mg	16%
Total Carbohydrates 36.6g	12%
Dietary Fiber 6.5g	26%
Total Sugar 8.5g	
Protein 5.7g	
Vitamin D 20.4IU	3%
Calcium 114.7mg	11%
Iron 2.4mg	14%
Potassium 737.5mg	

* 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.



Shopping List

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Accompaniments

classic basil pesto	4 oz
honey	2 tsp
ranch salad dressing	3.75 Tbsp
rice vinegar	1 oz
sriracha, hot chili sauce	0.26 tsp
teriyaki marinade & sauce, less sodium	2 Tbsp

Beef

lean beef chuck	1.5 oz
lean grass-fed strip steak	6 oz

Beverages

black tea (brewed)	48 fl oz
coconut milk beverage, unsweetened	2 Cup(s)
drinking water	240 fl oz
	0.26 Cup(s)
iced green tea	48 fl oz

Bread

whole grain bread	8 slice
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Cereal & Grain Products

buckwheat soba noodles	8 oz
oatmeal prepared with quick oats	4 Cup(s)
wild rice	7.25 Cup(s)

Dairy & Egg

grated parmesan cheese	2 Tbsp
nonfat plain greek yogurt	38.88 oz
swiss cheese, reduced fat	4.88 oz
whole milk plain yogurt	0.63 Cup(s)

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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

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

Useful Examples

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