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DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
Totals:			13.01	21.29	0.93	139.61
AM Snack						
0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch						
1	cup	Strawberries	1.00	9.00	0.00	60.00
0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
Totals:			4.92	50.30	5.97	274.06
PM Snack						
1	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			5.50	14.30	0.00	77.00
Dinner						
1	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
1	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
1	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
Totals:			5.92	43.46	29.84	453.20
Actual Totals for Day # 1:			36.00	175.00	46.93	1218.11
Actual % of Total Calories:			11.37	55.28	33.35	

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	each	Egg - boiled white only	7.00	0.60	0.00	34.00
16	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
2	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
1	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			9.97	29.96	0.67	156.73
AM Snack						
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0.5	1 cup slices	Peaches, raw	0.77	8.11	0.21	33.15
20	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
Totals:			5.02	13.15	10.10	150.52
Lunch						
2	slice	Pineapple - fresh, slice approx 3.5"	0.60	20.80	0.80	82.00
1	medium	Papaya - medium, raw, 3.5" diam.	1.90	29.80	0.40	119.00
1	1 cup, sliced	Mangos, raw	0.84	28.05	0.45	107.25
1	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
1	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.41	6.74	13.94	162.96
Totals:			18.48	97.73	16.92	549.41
PM Snack						
10	each	Grapes - American	0.20	4.10	0.10	20.00
2	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals:			2.84	19.78	0.38	90.52
Dinner						
1	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
1	1 cup	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.94	37.37	0.33	151.80
1	1 cup	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	28.02	0.32	114.08
Totals:			1.68	73.99	1.05	301.88
Actual Totals for Day # 2:			37.99	234.62	29.11	1249.06
Actual % of Total Calories:			11.24	69.39	19.37	

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
Totals:			20.65	15.50	12.83	258.20
AM Snack						
20	each	Grapes - American	0.40	8.20	0.20	40.00
15	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			3.58	12.16	7.61	128.62
Lunch						
1	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
1	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals:			7.61	89.23	15.87	494.40
PM Snack						
2	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals:			2.64	15.68	0.28	70.52
Dinner						
1	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
0.5	cup	Grapes, Concord	0.00	7.90	0.15	31.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			5.30	38.37	13.65	274.37
Actual Totals for Day # 3:			39.79	170.95	50.24	1226.11
Actual % of Total Calories:			12.29	52.80	34.91	

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.5	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
		Totals:	14.19	25.97	5.34	206.28
AM Snack						
1	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0.75	ounce(s)	Cashews - roasted, lightly salted Planters	3.75	6.75	9.75	120.00
		Totals:	4.05	39.89	14.73	288.73
Lunch						
25	1 almond	Nuts, almonds	5.31	5.42	12.36	143.75
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
		Totals:	5.90	17.32	12.45	189.75
PM Snack						
20	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
1	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
		Totals:	6.76	30.59	22.03	333.59
Dinner						
1	cup	Grapes, Concord	0.00	15.80	0.30	62.00
1	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
		Totals:	10.80	38.17	0.80	196.37
Actual Totals for Day # 4:			41.71	151.94	55.34	1214.72
Actual % of Total Calories:			13.11	47.75	39.14	

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
		Totals:	13.01	21.29	0.93	139.61
AM Snack						
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
		Totals:	6.65	45.66	10.18	274.24
Lunch						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
10	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
1	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
		Totals:	4.99	29.27	17.56	282.06
PM Snack						
2	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
		Totals:	9.00	14.60	0.00	94.00
Dinner						
1	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
1	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
1	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
		Totals:	5.92	43.46	29.84	453.20
Actual Totals for Day # 5:			39.57	154.27	58.52	1243.11
Actual % of Total Calories:			12.16	47.39	40.45	

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
		Totals:	13.01	21.29	0.93	139.61
AM Snack						
20	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
		Totals:	6.65	45.66	10.18	274.24
Lunch						
1	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
1	cup	Strawberries	1.00	9.00	0.00	60.00
0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
		Totals:	3.87	36.10	12.62	284.56
PM Snack						
3	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
2	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
		Totals:	12.50	14.90	0.00	111.00
Dinner						
1	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
1	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
1	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
		Totals:	5.92	43.46	29.84	453.20
Actual Totals for Day # 6:			41.95	161.40	53.58	1262.61
Actual % of Total Calories:			12.95	49.83	37.22	

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
3	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
1	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals:			18.46	12.04	7.77	194.12
AM Snack						
20	each	Grapes - American	0.40	8.20	0.20	40.00
1	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
25	1 almond	Nuts, almonds	5.31	5.42	12.36	143.75
Totals:			5.70	14.33	12.55	186.12
Lunch						
1	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
2	1 cup, shredded	Lettuce, green leaf, raw	0.98	2.01	0.11	10.80
0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals:			6.51	88.20	15.38	481.20
PM Snack						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	table spoon	Almond Butter	2.00	3.00	9.00	101.00
Totals:			2.30	24.00	9.50	182.00
Dinner						
2	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
1	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1	cup	Grapes, Concord	0.00	15.80	0.30	62.00
1	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0.5	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
Totals:			3.19	24.62	6.97	163.89
Actual Totals for Day # 7:			36.16	163.19	52.17	1207.33
Actual % of Total Calories:			11.42	51.52	37.06	

Important Notes

- * If you have a medical condition, please consult with your doctor before following this meal plan.
- * According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- * Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Egg whole w/ yolk	2	each
Egg Whites - scrambled/boiled	6	each
Fibrous Carbohydrates (Healthy)		
Wasa Crackers, light rye	6	each
Jams/ Spreads/Sauces/ Syrups		
Almond Butter	1	table spoon
Fruits & Fruit Juices		
Grapes, Concord	2.5	cup
Plum - fresh, 2.25" diam	1	each
Pineapple - fresh, slice approx 3.5"	2	slice
Papaya - medium, raw, 3.5" diam.	1	medium
Grapefruit - pink or red 4" diam.	.5	each
Strawberries	2	cup
Banana - med 8"	1	each
Apricots, dehydrated (low-moisture), sulfured, stewed	1.5	1 cup
Blackberries, raw	4	1 cup
Blueberries, raw	.5	1 cup
Cranberries, dried, sweetened	3	0.333 cup
Grape juice, canned or bottled, unsweetened, without added ascorbic acid	1	1 cup
Mangos, raw	1	1 cup, sliced
Melons, cantaloupe, raw	2	1 cup, balls
Peaches, raw	.5	1 cup slices
Prunes, dehydrated (low-moisture), stewed	2	1 cup
Raisins, seedless	1	1 miniature box (.5 oz)
Strawberries, raw	2	1 cup, halves
Apple juice, canned or bottled, unsweetened, with added ascorbic acid	1	1 cup
Protein Snack Foods (Healthy)		
Egg - boiled white only	23	each
Fats & Oils		
Olive oil - pure	4.5	table spoon
Cereals		
Cereals ready-to-eat, corn flakes, low sodium	.5	1 cup
Vegetables		
Green salad w/ raw vegetables	3	cup
Beets, raw	4	1 beet (2" dia)
Lettuce, cos or romaine, raw	2	0.5 cup, shredded
Lettuce, green leaf, raw	2	1 cup, shredded
Lettuce, red leaf, raw	3	1 cup, shredded
Spinach, raw	1	1 bunch
Carb. Snack Foods (Healthy)		
Grapes - American	50	each

Food	Quantity	Measure
Performance Carbohydrates		
Apple - medium with peel	6.5	each
Beverages		
water, arrowhead	16	fluid ounce(s)
Ice cubes	1	1/2 cup
Tea, brewed, prepared with tap water, decaffeinated	9	1 cup (8 fl oz)
Tea, herb, other than chamomile, brewed	1	1 cup (8 fl oz)
Tea, herb, chamomile, brewed	3	1 cup (8 fl oz)
Nuts & Seeds		
Cashews - roasted, lightly salted Planters	2.25	ounce(s)
Seeds, sunflower seed kernels, dry roasted, without salt	1	1 oz
Nuts, almonds	175	1 almond
Seeds, flaxseed	5	1 tablespoon
Dressings		
Balsamic Vinegar	3	table spoon
Beans, Lentils		
Walnuts, dried	5	ounce(s)
Recipes (Custom)		
Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	2	each