



Eating right, simplified.

Cam Lactose Free Muscle Building

Prepared by: Matt Stevens

Created: 02-24-2022

DAY 1

Breakfast 7:00 AM	blueberries	1 Cup(s)	83 cal
	egg (hard boiled)	3 large	233 cal
	whole grain rolled oats	1 1/2 Cup(s)	449 cal
	soy milk, calcium added	16 fl oz	211 cal
	lowfat turkey, pork, and beef sausage, low sodium	4 oz	115 cal

MEAL TOTAL: Calories 1,089 cal / **Carbs** 143 g (53%) / **Protein** 42 g (16%) / **Fat** 36 g (31%) / **Fluid** 26 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	4 leaf	4 cal
	turkey breast (cooked)	8 oz	308 cal
	hummus, lower sodium	3 1/2 Tbsp	92 cal
	drinking water	16 fl oz	0 cal
	baby carrots	15 large	79 cal
	whole wheat pita bread	2 large	340 cal
tomatoes	1/2 Cup(s)	16 cal	

MEAL TOTAL: Calories 839 cal / **Carbs** 101 g (46%) / **Protein** 86 g (40%) / **Fat** 14 g (14%) / **Fluid** 34 fl oz

NOTES:

Dinner 6:00 PM	black beans (boiled)	1 1/2 Cup(s)	341 cal
	broccoli (boiled)	8 spear	104 cal
	drinking water	16 fl oz	0 cal
	cod fish	8 oz	186 cal
	wild rice (cooked)	1 1/3 Cup(s)	221 cal

MEAL TOTAL: Calories 851 cal / **Carbs** 129 g (59%) / **Protein** 79 g (36%) / **Fat** 5 g (5%) / **Fluid** 43 fl oz

NOTES:

DAY 1 TOTAL: Calories 2,780 cal / **Carbs** 373 g (54%) / **Protein** 207 g (29%) / **Fat** 55 g (17%) / **Fluid** 103 fl oz

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DAY 2

Breakfast 7:00 AM	orange juice	1/2 Cup(s)	56 cal
	banana	1 extra large	135 cal
	soy milk, calcium added	16 fl oz	211 cal
	oat bran flakes cereal	1 2/3 Cup(s)	298 cal
	lowfat turkey, pork, and beef sausage, low sodium	6 oz	172 cal

MEAL TOTAL: Calories 871 cal / **Carbs** 152 g (68%) / **Protein** 37 g (17%) / **Fat** 15 g (15%) / **Fluid** 27 fl oz

NOTES:

Lunch 12:00 PM	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	dried cranberries, sweetened	1/4 Cup(s)	92 cal
	balsamic vinegar	1 Tbsp	14 cal
	boneless chicken (cooked)	7 oz	331 cal
	fire roasted southwestern vegetable soup	1 1/2 Cup(s)	210 cal
	drinking water	16 fl oz	0 cal
whole wheat dinner roll	2 roll	149 cal	

MEAL TOTAL: Calories 933 cal / **Carbs** 94 g (39%) / **Protein** 62 g (26%) / **Fat** 37 g (35%) / **Fluid** 25 fl oz

NOTES:

Dinner 6:00 PM	whole wheat pita bread	2 large	340 cal
	sweet potato (baked)	1 large	162 cal
	spinach (boiled)	2 Cup(s)	83 cal
	drinking water	16 fl oz	0 cal
	lean beef flank steak (broiled)	7 oz	381 cal

MEAL TOTAL: Calories 966 cal / **Carbs** 121 g (48%) / **Protein** 82 g (33%) / **Fat** 21 g (19%) / **Fluid** 37 fl oz

NOTES:

DAY 2 TOTAL: Calories 2,770 cal / **Carbs** 367 g (52%) / **Protein** 180 g (25%) / **Fat** 73 g (23%) / **Fluid** 89 fl oz

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DAY 3

Breakfast 7:00 AM	soy milk, calcium added	16 fl oz	211 cal
	whole wheat english muffin	2 muffin	268 cal
	blueberries	1 Cup(s)	83 cal
	almond butter	3 Tbsp	300 cal
	honey	1 Tbsp	64 cal

MEAL TOTAL: Calories 925 cal / **Carbs** 125 g (52%) / **Protein** 34 g (15%) / **Fat** 34 g (33%) / **Fluid** 21 fl oz

NOTES:

Lunch 12:00 PM	light olive oil mayonnaise	1 1/2 Tbsp	74 cal
	whole wheat bread	3 slice	300 cal
	drinking water	16 fl oz	0 cal
	baby carrots	15 large	79 cal
	romaine lettuce	4 leaf	4 cal
	tomatoes	1/2 Cup(s)	16 cal
	canned tuna fish in water, very low sodium	8 oz	224 cal
low fat black bean vegetable soup	1 Cup(s)	140 cal	

MEAL TOTAL: Calories 836 cal / **Carbs** 110 g (50%) / **Protein** 75 g (33%) / **Fat** 17 g (17%) / **Fluid** 27 fl oz

NOTES:

Dinner 6:00 PM	macaroni (cooked)	1 1/2 Cup(s)	260 cal
	drinking water	16 fl oz	0 cal
	kale (boiled)	2 Cup(s)	73 cal
	 marinated grilled shrimp	2 serving	580 cal

MEAL TOTAL: Calories 913 cal / **Carbs** 78 g (34%) / **Protein** 79 g (33%) / **Fat** 35 g (33%) / **Fluid** 42 fl oz

NOTES:


DAY 3 TOTAL: Calories 2,674 cal / **Carbs** 313 g (45%) / **Protein** 188 g (27%) / **Fat** 86 g (28%) / **Fluid** 90 fl oz

DAY 4

Breakfast 7:00 AM	egg (hard boiled)	2 large	155 cal
	whole grain rolled oats	1 3/4 Cup(s)	524 cal
	blueberries	1 Cup(s)	83 cal
	soy milk, calcium added	12 fl oz	158 cal

MEAL TOTAL: Calories 919 cal / **Carbs** 137 g (62%) / **Protein** 23 g (10%) / **Fat** 28 g (28%) / **Fluid** 18 fl oz

NOTES:

Lunch 12:00 PM	 marinated grilled shrimp	2 serving	580 cal
	whole wheat pita bread	1/2 large	85 cal
	macaroni (cooked)	1 Cup(s)	174 cal
	balsamic vinegar	1/4 Tbsp	4 cal
	romaine lettuce	1 Cup(s)	8 cal
	extra virgin olive oil	1/2 Tbsp	60 cal
	iced tea (brewed)	16 fl oz	0 cal

MEAL TOTAL: Calories 910 cal / **Carbs** 65 g (28%) / **Protein** 74 g (32%) / **Fat** 41 g (40%) / **Fluid** 35 fl oz

NOTES:

Dinner 6:00 PM	lean beef flank steak (broiled)	6 oz	327 cal
	summer squash (boiled)	2 Cup(s)	72 cal
	drinking water	16 fl oz	0 cal
	low fat black bean vegetable soup	1 1/3 Cup(s)	187 cal
	wild rice (cooked)	2 Cup(s)	331 cal

MEAL TOTAL: Calories 917 cal / **Carbs** 120 g (51%) / **Protein** 71 g (31%) / **Fat** 18 g (18%) / **Fluid** 39 fl oz

NOTES:

DAY 4 TOTAL: Calories 2,746 cal / **Carbs** 322 g (46%) / **Protein** 168 g (25%) / **Fat** 87 g (29%) / **Fluid** 92 fl oz



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DAY 5

Breakfast 7:00 AM	lowfat turkey, pork, and beef sausage, low sodium	6 oz	172 cal
	oat bran flakes cereal	1 1/2 Cup(s)	268 cal
	soy milk, calcium added	16 fl oz	211 cal
	banana	1 extra large	135 cal
	orange juice	1/2 Cup(s)	56 cal


MEAL TOTAL: Calories 841 cal / **Carbs** 146 g (68%) / **Protein** 36 g (17%) / **Fat** 14 g (15%) / **Fluid** 27 fl oz

NOTES:

Lunch 12:00 PM	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	4 leaf	4 cal
	drinking water	16 fl oz	0 cal
	turkey breast (cooked)	12 oz	463 cal
	hummus, lower sodium	2 Tbsp	52 cal
	whole wheat pita bread	2 large	340 cal

MEAL TOTAL: Calories 876 cal / **Carbs** 79 g (35%) / **Protein** 117 g (52%) / **Fat** 13 g (13%) / **Fluid** 29 fl oz

NOTES:

Dinner 6:00 PM	 almond chicken salad	2 serving	769 cal
	whole wheat dinner roll	3 roll	223 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 992 cal / **Carbs** 77 g (31%) / **Protein** 76 g (31%) / **Fat** 42 g (38%) / **Fluid** 24 fl oz

NOTES:

DAY 5 TOTAL: Calories 2,710 cal / **Carbs** 303 g (44%) / **Protein** 229 g (33%) / **Fat** 70 g (23%) / **Fluid** 81 fl oz




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DAY 6

Breakfast 7:00 AM	whole wheat english muffin	2 muffin	268 cal
	almond butter	2 1/2 Tbsp	250 cal
	honey	2/3 Tbsp	43 cal
	peach	2 large	122 cal
	soy milk, calcium added	20 fl oz	263 cal

MEAL TOTAL: Calories 946 cal / **Carbs** 132 g (54%) / **Protein** 38 g (16%) / **Fat** 33 g (30%) / **Fluid** 30 fl oz

NOTES:

Lunch 12:00 PM	 almond chicken salad	2 serving	769 cal
	whole wheat dinner roll	3 roll	223 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 992 cal / **Carbs** 77 g (31%) / **Protein** 76 g (31%) / **Fat** 42 g (38%) / **Fluid** 24 fl oz

NOTES:

Dinner 6:00 PM	spinach (boiled)	1 1/2 Cup(s)	62 cal
	black beans (boiled)	1 2/3 Cup(s)	378 cal
	salmon (cooked)	6 oz	260 cal
	drinking water	16 fl oz	0 cal
	wild rice (cooked)	1 2/3 Cup(s)	276 cal

MEAL TOTAL: Calories 977 cal / **Carbs** 136 g (55%) / **Protein** 86 g (34%) / **Fat** 12 g (11%) / **Fluid** 42 fl oz

NOTES:

DAY 6 TOTAL: Calories 2,916 cal / **Carbs** 346 g (47%) / **Protein** 200 g (27%) / **Fat** 87 g (26%) / **Fluid** 96 fl oz

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DAY 7

Breakfast 7:00 AM	honey	1 Tbsp	64 cal
	banana	1 extra large	135 cal
	egg (hard boiled)	3 large	233 cal
	drinking water	16 fl oz	0 cal
	whole wheat bread	2 slice	200 cal
	mixed berry soy yogurt	1 1/2 container	270 cal

MEAL TOTAL: Calories 902 cal / **Carbs** 145 g (60%) / **Protein** 40 g (17%) / **Fat** 25 g (23%) / **Fluid** 24 fl oz

NOTES:

Lunch 12:00 PM	whole wheat tortilla	3 tortilla	381 cal
	light olive oil mayonnaise	1 Tbsp	49 cal
	fire roasted southwestern vegetable soup	1 1/2 Cup(s)	210 cal
	tomatoes	1/2 Cup(s)	16 cal
	sliced roast beef	10 slices	150 cal
	iced tea (brewed)	16 fl oz	0 cal

MEAL TOTAL: Calories 807 cal / **Carbs** 98 g (48%) / **Protein** 44 g (21%) / **Fat** 29 g (31%) / **Fluid** 20 fl oz

NOTES:

Dinner 6:00 PM	whole wheat pita bread	2 large	340 cal
	kale (boiled)	1 Cup(s)	36 cal
	drinking water	16 fl oz	0 cal
	sweet potato (baked)	1 large	162 cal
	boneless chicken (cooked)	8 oz	379 cal

MEAL TOTAL: Calories 918 cal / **Carbs** 115 g (50%) / **Protein** 75 g (32%) / **Fat** 19 g (18%) / **Fluid** 31 fl oz

NOTES:

DAY 7 TOTAL: Calories 2,626 cal / **Carbs** 358 g (53%) / **Protein** 159 g (23%) / **Fat** 73 g (24%) / **Fluid** 75 fl oz



2 Servings

marinated grilled shrimp

Ingredients

garlic	1 clove
extra virgin olive oil	2 Tbsp
tomato sauce, no salt	1 1/2 Tbsp
red wine vinegar	1 tablespoon(s)
red pepper, spices	1/4 tsp
basil, dried	1 tsp
shrimp	16 oz

Nutrition Totals

Calories 580 / **Carbs** 8 g / **Protein** 63 g / **Fat** 33 g / **Fluid** 14 fl oz

Instructions

1. Mince garlic and place in a large bowl.
2. Add olive oil, tomato sauce, and red wine vinegar.
3. Season with cayenne, basil, and salt and pepper to taste.
4. Add shrimp to the bowl, and stir until evenly coated.
5. Cover, and refrigerate for 30 minutes to 1 hour.
6. Preheat grill to medium heat.
7. Thread shrimp onto skewers.
8. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side or until cooked through.

Nutrition Label

Marinated Grilled Shrimp		
Amount Per Serving		
Calories		290
		% Daily Value*
Total Fat	16.3g	25%
Saturated Fat	2.6g	13%
Trans Fat	0g	
Cholesterol	285.7mg	95%
Sodium	506.1mg	21%
Total Carbohydrates	3.7g	1%
Dietary Fiber	0.5g	2%
Total Sugar	0.5g	
Protein	31.2g	
Vitamin D	4.5IU	1%
Calcium	142.6mg	14%
Iron	1.2mg	7%
Potassium	323.3mg	

* 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.



2 Servings

almond chicken salad

Ingredients

green onions, tops only	1/4 Cup(s)
carrots	1/2 large
red pepper	1/3 Cup(s)
chicken breast (cooked)	6 oz
sugar snap peas	1 Cup(s)
slivered almonds	2 oz
white wine vinegar	1 Tbsp
sesame oil	1 Tbsp
mustard powder	1 1/2 tsp

Nutrition Totals

Calories 769 / **Carbs** 34 g / **Protein** 69 g / **Fat** 38 g / **Fluid** 7 fl oz

Instructions

1. Slice green onions, shred carrots, thinly slice red peppers, and shred chicken. Place in a large bowl.
2. Add in peas and almonds.
3. In a small bowl, whisk together vinegar, sesame oil, and dry mustard until smooth.
4. Drizzle over salad and gently toss.

Nutrition Label

Almond Chicken Salad	
Amount Per Serving	
Calories	385
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Cholesterol 72.2mg	24%
Sodium 78.1mg	3%
Total Carbohydrates 17g	6%
Dietary Fiber 3.5g	14%
Total Sugar 3.6g	
Protein 34.3g	
Vitamin D 4.2IU	1%
Calcium 111.7mg	11%
Iron 2.6mg	15%
Potassium 346.8mg	

* 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.



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Shopping List

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Accompaniments

honey	2.67 Tbsp
light olive oil mayonnaise	2.5 Tbsp
tomato sauce, no salt	3 Tbsp
white wine vinegar	2 Tbsp

Beef

lean beef flank steak	13 oz
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Beverages

drinking water	208 fl oz
iced tea	32 fl oz
soy milk, calcium added	96 fl oz

Bread

whole wheat bread	5 slice
whole wheat dinner roll	8 roll
whole wheat english muffin	4 muffin
whole wheat pita bread	8.5 large
whole wheat tortilla	3 tortilla

Cereal & Grain Products

macaroni	2.5 Cup(s)
oat bran flakes cereal	3.17 Cup(s)
whole grain rolled oats	3.25 Cup(s)
wild rice	5 Cup(s)

Dairy & Egg

egg	8 large
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Desserts

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mixed berry soy yogurt

1.5 container

Fats & Oils

extra virgin olive oil

5.5 Tbsp

sesame oil

2 Tbsp

Finfish & Shellfish

canned tuna fish in water, very low sodium

8 oz

cod fish

8 oz

salmon

6 oz

shrimp

32 oz

Fruits & Juices

banana

3 extra large

blueberries

3 Cup(s)

dried cranberries, sweetened

0.25 Cup(s)

orange juice

1 Cup(s)

peach

2 large

Ingredients

balsamic vinegar

1.25 Tbsp

mustard powder

3 tsp

red wine vinegar

2 tablespoon(s)

Legumes & Beans

black beans

3.17 Cup(s)

hummus, lower sodium

5.5 Tbsp

Nuts & Seeds

almond butter

5.5 Tbsp

slivered almonds

4 oz

Poultry

boneless chicken

15 oz

chicken breast

12 oz

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turkey breast (cooked)

20 oz

Sausages & Meats

lowfat turkey, pork, and beef sausage, low sodium

16 oz

sliced roast beef

10 slices

Soup

fire roasted southwestern vegetable soup

3 Cup(s)

low fat black bean vegetable soup

2.33 Cup(s)

Spices & Herbs

basil, dried

2 tsp

red pepper, spices

0.5 tsp

Uncategorized

sugar snap peas

2 Cup(s)

Vegetables

baby carrots

30 large

broccoli

8 spear

carrots

1 large

garlic

2 clove

green onions, tops only

0.5 Cup(s)

kale

3 Cup(s)

red pepper

0.66 Cup(s)

romaine lettuce

12 leaf

3 Cup(s)

spinach

3.5 Cup(s)

summer squash

2 Cup(s)

sweet potato

2 large

tomatoes

2 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 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