

30g Protein

Yogurt Bowl:

- +1 cup 2% plain Greek yogurt
- +1oz sliced almonds
- +1/2 cup raspberries



Calories: 362
 Fat: 19g
 Carbs: 22g
 Sugar: 13g
 Fiber: 7g

29g Protein

Omelet:

- +1 egg
- +2 egg whites
- +2oz chicken apple sausage
- +1/2 cup spinach



Calories: 276
 Fat: 16g
 Carbs: 5g
 Sugar: 2g
 Fiber: 1g

30g Protein

Breakfast Burrito:

- +1 whole-wheat tortilla
- +1 egg
- +2 egg whites
- +1/4 cup black beans
- +1/4 cup shredded cheese
- +3 slices tomato



Calories: 399
 Fat: 17g
 Carbs: 37g
 Sugar: 6g
 Fiber: 8g

30g Protein

Avocado Toast:

- +1 slice whole-wheat toast
- +1/4 avocado
- +3oz smoked salmon
- +1 fried egg



Calories: 290
 Fat: 18g
 Carbs: 21g
 Sugar: 6g
 Fiber: 5g

29g Protein

Cereal:

- +1 1/2 cups Kashi GOLEAN cereal
- +1 cup skim milk
- +2 tbsp hemp seeds
- 1/3 cup blueberries



Calories: 399
 Fat: 17g
 Carbs: 37g
 Sugar: 6g
 Fiber: 8g

29g Protein

Banana PB Smoothie:

- +1 cup 2% plain Greek yogurt
- +1 small frozen banana
- +2 tsp peanut butter
- +1 tsp chia seeds
- 1 tsp cocoa powder
- +1/2 cup unsweetened almond milk



Calories: 423
 Fat: 15g
 Carbs: 48g
 Sugar: 10g
 Fiber: 12g

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National Agricultural Library (U.S.)



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Catalog Food and Nutrition Information Center (U.S.),1974 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),
Service , Medical-surgical Nursing Care Planning Guides Susan Puderbaugh Ulrich,Suzanne Weyland Canale,Sharon Andrea Wendell,1998 This edition aims to provide the tools to plan comprehensive and individualized patient care in an efficient timely manner helping the reader incorporate nursing diagnosis into nursing practice It includes detailed care plans rationales for the actions in each plan and a separate chapter that addresses 24 of the most commonly used nursing diagnoses in medical surgical nursing Each care plan includes an explanation of the disease process or surgical procedure lists of common diagnostic tests discharge criteria nursing and collaborative diagnoses their aetiologies and actions and specific outcomes and nursing actions for each diagnosis The book comes with a diskette containing 20 care plans

Nursing Care Planning Guides Susan Puderbaugh Ulrich,Suzanne Weyland Canale,2001 This comprehensive reference helps in creating care plans for clients in the medical surgical extended care or home care environments Covering over 60 individual disorders these detailed care plans feature a definition discussion of the disorder outcome discharge criteria nursing and collaborative diagnoses and more It can be used as a resource to assist students and practicing nurses in planning individualized care for medical surgical clients Nursing Care Planning Guides for Home Health Care Mary Caturia Jennings,1988 **IAAPA International Directory & Buyer's Guide** ,2002 *Bowker's Complete Video Directory*, 1998 ,1998 **The Outlook** ,2000 *Food and Nutrition Bibliography* ,1980 *Better Homes and Gardens* ,1981
Food Service Programs for Children National Agricultural Library (U.S.),1975 *Extension Circular - Agricultural Extension Service, University of Arkansas* University of Arkansas, Fayetteville. Agricultural Extension Service,1923 Includes its Annual report **Bibliography of Agriculture** ,1999 **Journal of the Canadian Dietetic Association** Canadian Dietetic Association,1994 **Institutions** ,1957 Magazine of mass feeding mass housing **The Publishers Weekly** ,2006

The Cooking Cardiologist Richard E. Collins,Richard E Collins, M.D.,1999 Hear Healthy cooking secrets to Avoid Fatigue Over 350 delicious recipes to help lower cholesterol reduce risk of heart disease control weight increase vitality and longevity *Bibliographies on Nursing: Books, Pamphlets, Articles, Audio-visual Aids* National League of Nursing Education (U.S.),1952 American Cookery ,1943

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