



TCM Nutrition Weight Loss Menu (No Added Sugar, Dairy, Grains)



Daily Requirements: Male-2500 kCal, Female-2000 kCal Weight Loss at 1lb per week, drop 500 kCal daily from diet, add more proteins, less carbs & fat

RDA: Protein 10-35%, Carbs 45-65%, Fat 30% Weight Loss RDA: Protein 30% or more, Carbs 45% or less, Fat 25% 1gr Protein/Carb = 4kCal 1gr Fat=9kCal

	Plant	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast	2 boiled eggs + 100gr Quinoa + 1/2 avocado Totals: 389kCal (21.5gr Fat, 17 gr Protein, 27.8 gr Carbs, 5 gr Fiber, 0 Sugar)	2 boiled eggs + banana +orange Totals: 291 kCal (10 gr Fat, 13 gr Protein, 34 gr Carbs, 4 gr Fiber, 21 gr Sugar)	2 Fried Eggs + Avocado + potato vegan cheese slice Totals: 370 kCal (28.5 gr Fat, 15 gr Protein, 9.8 gr Carbs, 3 gr Fiber)	2 boiled eggs + Quinoa + 10 pecans Totals: 273 kCal (18 gr Fat, 22 gr Protein, 22 gr Carbs, 2 gr Fiber)	2 boiled eggs + banana +orange Totals: 291 kCal (10 gr Fat, 13 gr Protein, 34 gr Carbs, 4 gr Fiber, 21 gr Sugar)	2 boiled eggs + banana +orange Totals: 291 kCal (10 gr Fat, 13 gr Protein, 34 gr Carbs, 4 gr Fiber, 21 gr Sugar)	Rx Bar 210 kCal (8gr Fat, 12 gr Protein, 24 gr Carb)
	Lunch	2 oz. Sockeye Salmon + 1/2 tomato + 1/2 cucumber Totals: 95 kCal (4 gr Fat, 12 gr Protein, 5 gr Carbs, 1 gr Fiber, 3 gr Sugar)	Trader Joes, Chinese Inspired Salad w/ Chicken Totals: 200 kCal w/o dressing (with 270) (6gr Fat, 20 gr Protein, 34 gr Carbs, 4 gr Fiber)	4 oz Sockeye Salmon 140 kCal (0 gr Fat, 24 gr Protein, 0 fr Carbs)	Trader Joes, Chinese Inspired Salad w/ Chicken Totals: 200 kCal w/o dressing (with 270) (6gr Fat, 20 gr Protein, 34 gr Carbs, 4 gr Fiber)	Can of Albacore Tuna in water 4 oz 120 kCal (2 gr Fat, 26 gr Protein) Celery 16 kCal (2 gr Carbs, 1 gr Fiber, 1 gr Sugars) Mustard 5 kCal Pepper, turmeric, basil	Can of Albacore Tuna in water 4 oz 120 kCal (2 gr Fat, 26 gr Protein) Celery 16 kCal (2 gr Carbs, 1 gr Fiber, 1 gr Sugars) Mustard 5 kCal Pepper, turmeric, basil	2 boiled eggs + banana +orange Totals: 291 kCal (10 gr Fat, 13 gr Protein, 34 gr Carbs, 4 gr Fiber, 21 gr Sugar)
	Dinner	Soup Made for 3 days: Includes Turkey bone broth 8oz., Chicken, Sweet potatoes, Green beans, Radish, Turnip, Collards, Mushrooms w/ ginger root. 100gr=3.5 oz of each.Totals: 465 kCal/3 = ~150 kCal/day	Soup Totals: 155kCal (5 gr Fat, 11.5 gr Protein, 14.6 gr Carbs, 3.6 gr Fiber, 4 gr Sugar)	Soup Totals: 155kCal (5 gr Fat, 11.5 gr Protein, 14.6 gr Carbs, 3.6 gr Fiber, 4 gr Sugar)	Soup #2 for 3 days: Includes Butternut squash, radish, turnip, collards, pinto beans, black eyed peas, turkey bone broth, pumpkin seeds, chia seeds, celery root. 100 gr = 1cup/ 3.5oz of each. Totals: 1018 KCal (5 gr Fat, 67 gr Protein, 190 gr Carbs, 55 gr Fiber, 19.6 gr Sugars)	Soup Totals: 339 kCal (1.6 gr Fat, 22.3 gr Protein, 63 gr Carbs, 18.3 gr Fiber, 6.5 gr Natural Sugars)	Soup Totals: 339 kCal (1.6 gr Fat, 22.3 gr Protein, 63 gr Carbs, 18.3 gr Fiber, 6.5 gr Natural Sugars)	Thai Tom Yum Soup w/ coconut milk 393 kCal (20 gr Fat, 10 gr Protein, 43 gr Carbs, 6 gr Fiber)
	Snacks	Raisins 100gr = 299 kCal (3 gr Protein, 79 gr Carbs, 3 gr Fiber, 59 gr Sugar) - Almonds or other Tree Nut 23 almonds=1 serving (162 kCal, 14 gr Fat, 6 gr Protein) Apple (95 kCal, 25 gr Carbs, 4.4 Fiber, 19 gr Sugar) Rx Bar 210 kCal (8gr Fat, 12 gr Protein, 24 gr Carb)	Grapes 100 gr = 69 kCal (18 gr Carbs,, 15 gr Sugar) Sugar Snap Peas 2/3 cup = 35 cKal (2 gr Protein, 6 gr Carbs 2 gr Fiber, 3 gr Sugar) Rx Bar 210 kCal (8gr Fat, 12 gr Protein, 24 gr Carb) Raisins 100gr = 299 kCal (3 gr Protein, 79 gr Carbs, 3 gr Fiber, 59 gr Sugar) - Almonds or other Tree Nut 23 almonds=1 serving (162 kCal, 14 gr Fat, 6 gr Protein)	Apple (95 kCal, 25 gr Carbs, 4.4 Fiber, 19 gr Sugar) Rx Bar 210 kCal (8gr Fat, 12 gr Protein, 24 gr Carb)	Cucumber 12 KCal (2 gr Carbs, 1 gr Sugar) Sugar Snap Peas 2/3 cup = 35 cKal (2 gr Protein, 6 gr Carbs 2 gr Fiber, 3 gr Sugar) Apple (95 kCal, 25 gr Carbs, 4.4 Fiber, 19 gr Sugar) Celery 16 kCal (2 gr Carbs, 1 gr Fiber, 1 gr Sugars) Banana 105 kCal (0.4 gr Fat, 1.3 gr Protein, 27 gr Carbs, 3.1 gr Fiber, 14 gr Sugars)	Frozen Mango 90 kCal for 3/4 cup serving (1 gr Protein, 21 gr Carbs, 2 gr Fiber, 13 gr Sugar) Almonds or other Tree Nut 23 almonds=1 serving (162 kCal, 14 gr Fat, 6 gr Protein) Raisins 1/4 cup serving 130 kCal (0.2 gr Fat, 1.3 gr Protein, 34 gr Carbs, 1.6 gr Fiber, 25 gr Sugars)	Apple (95 kCal, 25 gr Carbs, 4.4 Fiber, 19 gr Sugar) Rx Bar 210 kCal (8gr Fat, 12 gr Protein, 24 gr Carb)	Frozen Mango 90 kCal for 3/4 cup serving (1 gr Protein, 21 gr Carbs, 2 gr Fiber, 13 gr Sugar) Almonds or other Tree Nut 23 almonds=1 serving (162 kCal, 14 gr Fat, 6 gr Protein) Raisins 1/4 cup serving 130 kCal (0.2 gr Fat, 1.3 gr Protein, 34 gr Carbs, 1.6 gr Fiber, 25 gr Sugars)
	Totals	Totals 1400 kCal Fat 52.5gr x 9 = 472.5 (33%) - Protein 61.5gr x 4= 246 (17.5%) Carbs 175.4 gr x 4 = 701.6 (50%) 17 gr of Fiber Natural Sugar 85 gr x 4 = 340 (24%)	Totals 1421 kCal Fat 43 gr x 9 = 387 (27%) Protein 67.5 x 4 = 270 (19%) Carbs 209.6 gr x 4 = 838 (59%) 16.6 gr Fiber Natural Sugars 102 gr x 4 = 408 (28%)	Totals 970 kCal Fats 41.5 gr x 9 = 373.5 (38%) Proteins 62.5 x 4 = 250 (25%) Carbs 73.4 x 2 = 293.6 (30%) Fiber 11 gr Fiber Natural Sugars 23 gr x 4 = 92 (9%)	Totals 1075 kCal Fats 25.6 gr x 9 = 230.4 (21%) Proteins 67.6 x 4 = 270.4 (25%) Carbs 181 gr x 4 = 724 (74%) Natural Sugars 44.5 gr x 4 = 178 (18%)	Totals 1132 kCal Fats 27.8 gr x 9 = 250.2 (22%) Proteins 69.6 gr x 4 = 278.4 (24%) Carbs 159 gr x 4 = 636 (56%) Fiber 27 gr Natural Sugars 66.5 gr x 4 = 266 (23%)	Totals 1071 Fats 21.6 r x 9 = 194.4 (18%) Proteins 73.3 x 4 = 293.2 (27%) Carbs 148 x 4 = 592 (55%) Fiber 27.7 gr Natural Sugars 47.5 x 4 = 190 (17%)	Totals 1276 Fats 52 gr x 9 = 468 (36%) Proteins 43.3 gr x 4 = 173.2 (13%) Carbs 156 gr x 4 = 624 (48%) Fiber 13.6 gr Natural Sugars 59 gr x 4 = 236 (18%)