

Weight Loss For Women with Kim Dawn MoreLifeFreedom.com

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vitamin K (phyloquinone) (µg)	2172	310	163	438	404	163	438	404	163
Fatty acids, total saturated (g)	123	17.6	12.4	15.2	27.7	12.4	15.2	27.7	12.4
Fatty acids, total monounsaturated (g)	288	41.1	42.6	50.6	29.4	42.6	50.6	29.4	42.6
Fatty acids, total polyunsaturated (g)	83.0	11.9	14.2	11.3	8.9	14.2	11.3	8.9	14.2
18:2 n-6 c,c (g)	41.3	5.9	6.1	6.0	5.5	6.1	6.0	5.5	6.1
18:2 CLAs (g)	0.01	0.0	0	0.01	0	0	0.01	0	0
18:3 n-3 c,c,c (ALA) (g)	15.4	2.2	3.4	1.7	0.9	3.4	1.7	0.9	3.4
20:5 n-3 (EPA) (g)	1.4	0.2	0.27	0	0.27	0.27	0	0.27	0.27
22:6 n-3 (DHA) (g)	4.9	0.7	0.95	0.06	0.97	0.95	0.06	0.97	0.95
Fatty acids, total trans (g)	0.19	0.03	0.02	0.05	0.01	0.02	0.05	0.01	0.02
Cholesterol (mg)	972	139	80.4	246	120	80.4	246	120	80.4
Phytosterols (mg)	884	126	106	208	75.5	106	208	75.5	106
Alcohol, ethyl (g)	0.41	0.06	0.08	0.08	0	0.08	0.08	0	0.08
Caffeine (mg)	20.8	3.0	4.2	4.2	0	4.2	4.2	0	4.2
Theobromine (mg)	100	33.3	37.5	37.5	0	37.5	37.5	0	37.5

Dietary Servings:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit	3.3	0.47	0.03	0.06	1.5	0.03	0.06	1.5	0.03
Grain	4.7	0.68	0.95	0	0.95	0.95	0	0.95	0.95
Meat	12.1	1.7	1.7	1.3	2.2	1.7	1.3	2.2	1.7
Meat Alternative	7.4	1.1	1.1	1.6	0.43	1.1	1.6	0.43	1.1
Milk Alternative	0.63	0.09	0	0.16	0.16	0	0.16	0.16	0
Vegetables	75.3	10.8	10.7	10.6	10.9	10.7	10.6	10.9	10.7

Macro-Nutrient Balance:

	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alcohol	0.03	0.04	0.04	0	0.04	0.04	0	0.04
Carbohydrates	33.8	37.2	28.4	33.9	37.2	28.4	33.9	37.2
Fat	49.1	48.0	54.1	46.0	48.0	54.1	46.0	48.0
Protein	17.1	14.8	17.5	20.1	14.8	17.5	20.1	14.8

Monday

Breakfast



Chia Fresca



**Turkey, Avocado & Hummus
Roll Ups (Copy)**

Lunch



**One Pan Roasted Salmon and
Veggies**

Dinner



Vegan Eggplant Meatballs



Zucchini fettuccine

Snack



**Dark Chocolate Coconut
Protein Balls**

Tuesday

Breakfast



Eggs Baked in Avocado

Lunch



Vegan Eggplant Meatballs (leftovers)



Zucchini fettuccine (leftovers)

Dinner



Chicken Breast with Shaved Brussels Sprouts

Snack



Dark Chocolate Coconut Protein Balls (leftovers)

Wednesday

Breakfast



Brain-Adrenal Balancing Smoothie

Lunch



Chicken Breast with Shaved Brussels Sprouts (leftovers)



Herbed Roasted Butternut Squash

Dinner



One Pan Roasted Salmon and Veggies (leftovers)

Snack

Apple
1 medium

Thursday

Breakfast



Chia Fresca (leftovers)



Turkey, Avocado & Hummus Roll Ups (Copy) (leftovers)

Lunch



One Pan Roasted Salmon and Veggies (leftovers)

Dinner



Vegan Eggplant Meatballs (leftovers)



Zucchini fettuccine (leftovers)

Snack



Dark Chocolate Coconut Protein Balls (leftovers)

Friday

Breakfast



Eggs Baked in Avocado
(leftovers)

Lunch



Vegan Eggplant Meatballs
(leftovers)



Zucchini fettuccine (leftovers)

Dinner



Chicken Breast with Shaved Brussels Sprouts (leftovers)

Snack



Dark Chocolate Coconut Protein Balls (leftovers)

Saturday

Breakfast



Brain-Adrenal Balancing Smoothie (leftovers)

Lunch



Chicken Breast with Shaved Brussels Sprouts (leftovers)



Herbed Roasted Butternut Squash (leftovers)

Dinner



One Pan Roasted Salmon and Veggies (leftovers)

Snack

Apple
1 medium

Sunday

Breakfast



Chia Fresca (leftovers)



Turkey, Avocado & Hummus Roll Ups (Copy) (leftovers)

Lunch



One Pan Roasted Salmon and Veggies (leftovers)

Dinner



Vegan Eggplant Meatballs (leftovers)



Zucchini fettuccine (leftovers)

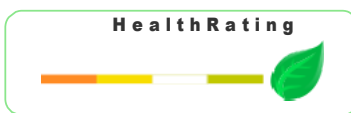
Snack



Dark Chocolate Coconut Protein Balls (leftovers)



Chia Fresca



Prep	Cook	Ready in	Servings
2 min	10 min	12 min	3

Ingredients for 3

- 3 cup **Coconut water, unsweetened, ready-to-drink (or water)**
- 2 1/4 tbsp **Chia seeds**
- 3/4 tbsp **Lemon juice (or lime juice)**
- 3/4 tbsp **Maple syrup (or sweetener of your choice)**

Instructions

Place chia and water in a large mason and shake vigorously. Add remaining ingredients and shake again. Let sit for 10 min. Shake vigorously again to remove any clumps (this is normal) and enjoy!

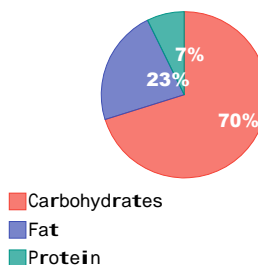
Pro tip: with stress comes inflammation in the body. This can aggravate fatigue and cause aches and pains. Try adding a scoop of clean bone broth protein OR collagen peptides to your Chia water. It is flavorless and a potent anti-inflammatory. Superfoods for the win!

Nutrition Facts	
Per Portion	
Calories	102
Calories from fat 22.5	
Calories from saturated fat 6.4	
Total Fat	2.5 g
Saturated Fat	0.7 g
Trans Fat	0 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	0.2 g
Cholesterol	0 mg
Sodium	69 mg
Potassium	455 mg
Total Carbohydrate	18.1 g
Dietary Fiber	3.1 g
Sugars	13.1 g
Protein	1.9 g

Dietary servings Per Portion

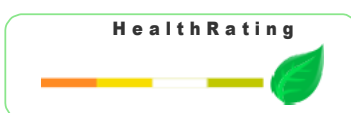
Meat Alternative 0.3

Energy sources





Turkey, Avocado & Hummus Roll Ups (Copy)



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 3

Ingredients for 3

6 slice **Turkey, deli cut**
 1/3 avocado(s) **Avocado(sliced)**
 3 tbsp **Hummus**

Instructions

Lay the turkey out flat. If using 2 slices then lay slices onto one another.

Spread hummus on top of the turkey. Add the avocado and roll up.

Enjoy!

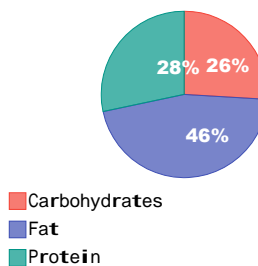
Nutrition Facts	
Per Portion	
Calories	131
Calories from fat	61
Calories from saturated fat	7.2
Total Fat	6.7 g
Saturated Fat	0.8 g
Trans Fat	0
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	3.4 g
Cholesterol	31 mg
Sodium	728 mg
Potassium	350 mg
Total Carbohydrate	8.5 g
Dietary Fiber	2.8 g
Sugars	2.4 g
Protein	9.2 g

Dietary servings

Per Portion

Meat 0.7
Vegetables 0.3

Energy sources





One Pan Roasted Salmon and Veggies

An easy week night meal or food prep option. Double the recipe for leftovers.



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	5

Ingredients for 5

5 cup	Broccoli florets (bite size)
2/3 medium pepper(s)	Red bell pepper (sliced long)
2/3 medium pepper(s)	Yellow bell pepper (sliced long)
1 1/4 large mushroom(s)	Portobello mushroom (sliced long)
426 gm	Atlantic salmon, wild, boneless (oz; fillet)
2 1/2 pinch	Salt and pepper (to taste)
5 tbsp	Avocado oil (divided between salmon and veggies)
1 1/4 tbsp	Garlic powder (to taste, divided between veggies and salmon)
10 cup	Arugula
2 1/2 cup	Brown rice, long-grain, cooked

Instructions

Preheat oven to 375 degrees.

Prepare veggies, add to a bowl and toss in half of the oil and seasonings.

Add a small amount of oil to the pan where you want to add salmon and then add salmon to pan, then add the rest of the oil and seasonings to the top of the salmon.

Place veggies around salmon and place in pre heated oven.

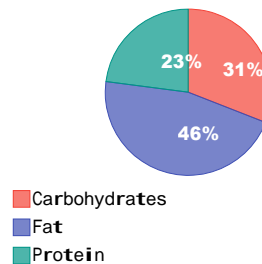
Cook for 20-30 minutes; shaking or flipping vegetables half way through. Ready to eat out of the oven. Serve on a bed of your choice of greens or with cauliflower rice or a small side 1/2 cup or less of rice of choice.

Nutrition Facts	
Per Portion	
Calories	421
Calories from fat	191
Calories from saturated fat	24.9
Total Fat	21.2 g
Saturated Fat	2.8 g
Trans Fat	0 g
Polyunsaturated Fat	4.7 g
Monounsaturated Fat	12.2 g
Cholesterol	47 mg
Sodium	117 mg
Potassium	1028 mg
Total Carbohydrate	33 g
Dietary Fiber	3.0 g
Sugars	2.4 g
Protein	24.0 g

Dietary servings Per Portion

Grain 0.9
Meat 0.9
Vegetables 3.4

Energy sources





Vegan Eggplant Meatballs



Prep	Cook	Ready in	Servings
15 min	50 min	1 h 5 min	5

Ingredients for 5

3 3/4 spray (about 1/3 second)	Olive oil cooking spray
1 1/4 tbsp	Extra virgin olive oil
1 1/4 eggplant	Eggplant (cut into 1-inch pieces)
1 1/4 tsp	Kosher salt
2/3 tsp	Black pepper
1 1/4 medium	Yellow onion (chopped)
1 1/4 tbsp	Garlic (minced)
1 1/4 cup	White beans, canned (rinsed, drained)
1/3 cup	Parsley, fresh (chopped)
1 1/4 cup	Bread crumbs, plain, gluten free
2 1/2 cup	Marinara pasta sauce
2/3 tsp	Hot pepper (chili) flakes (optional)

Instructions

Heat the oven to 375°. Spray a large rimmed baking sheet with cooking spray.

Place 1/2 tablespoon olive oil in a large nonstick skillet over medium high heat. When hot add the eggplant and 1/4 cup water. Season with salt and pepper and cook, stirring occasionally until tender, 10 to 15 minutes. Transfer to the bowl of a food processor.

Add the remaining 1/2 tablespoon of oil to the skillet with the onion and garlic and cook until translucent, 3 to 5 minutes. Add to the food processor along with the drained beans and parsley and pulse until well combined and chopped, but not pureed.

Combine the mixture with the breadcrumbs and red chili flakes if using. Taste for salt then roll into 12 meatballs, about 2-inches in diameter. Transfer to the prepared baking sheet and bake until firm and browned, about 25 to 30 minutes.

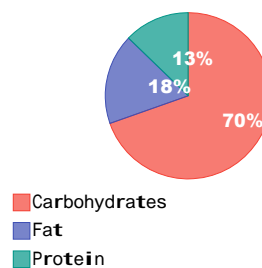
Meanwhile, warm the marinara sauce and serve with the meatballs over pasta, zucchini noodles or on a whole wheat roll.

Nutrition Facts	
Per Portion	
Calories	338
Calories from fat	58
Calories from saturated fat	8.6
Total Fat	6.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	3.2 g
Cholesterol	2.6 mg
Sodium	1267 mg
Potassium	1126 mg
Total Carbohydrate	59 g
Dietary Fiber	11.1 g
Sugars	11.6 g
Protein	10.9 g

Dietary servings Per Portion

Meat Alternative 0.3
Vegetables 4.0

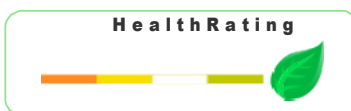
Energy sources





Zucchini fettuccine

Gorgeously green zucchini makes for pretty white and green zoodles. Add your favorite sauce and voila! Or cook your zoodles and use butter as your sauce.



Prep	Cook	Ready in	Servings
10 min	5 min	15 min	5

Ingredients for 5

5 medium	Zucchini
142 gm	Olive oil (or butter)
5 dash	Salt and pepper

Instructions

- 1 Plan for roughly one medium-sized zucchini per person.
- 2 Split the zucchini in half lengthwise.
- 3 Scoop the seeds with a spoon and slice the halves very thinly with a potato peeler or use a spiralizer to make zoodles.
- 4 Toss the zucchini noodles in a simmering sauce of your choice and serve immediately.
- 5 If you aren't serving your zucchini with a sauce, then boil half a gallon (a couple of liters) of salted water in a large pot and parboil the zucchini slices for a minute.
- 6 Drain the water and add olive oil or 2 or 3 tablespoons of butter. Salt and pepper to taste and stir.

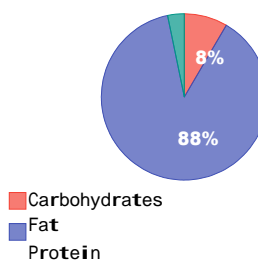


Nutrition Facts	
Per Portion	
Calories	295
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Calories from fat	261
<hr/>	
Calories from saturated fat	37
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Total Fat	29.0 g
<hr/>	
Saturated Fat	4.1 g
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Trans Fat	0.0 g
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Polyunsaturated Fat	3.2 g
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Monounsaturated Fat	20.7 g
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Cholesterol	0 mg
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Sodium	94 mg
<hr/>	
Potassium	514 mg
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Total Carbohydrate	6.2 g
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Dietary Fiber	2.0 g
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Sugars	4.9 g
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Protein	2.4 g

Dietary servings
Per Portion

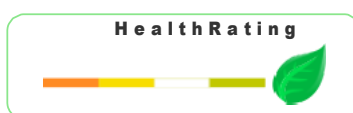
Vegetables 3.0

Energy sources





Dark Chocolate Coconut Protein Balls



Prep	Cook	Ready in	Servings
10 min	0 min	10 min	5

Ingredients for 5

- 2 1/4 tbsp **Almond butter**
- 1/8 cup **Chia seeds, ground**
- 1 2/3 tbsp **Cocoa powder, unsweetened**
- 1/8 cup **Coconut flakes (for rolling)**
- 1/8 cup **Coconut flakes**
- 1/2 tbsp **Coconut oil (melted)**
- 1/2 tbsp **Honey**
- 1/10 tsp **Sea salt**
- 1/4 tsp **Vanilla extract, pure**
- 1 2/3 tbsp **Whey protein powder, unflavoured**

Instructions

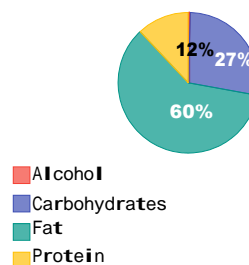
Mix all ingredients together, either by hand or in the food processor. Roll the dough into 1-1/2" balls and then roll each ball in shredded coconut. Pop in the refrigerator to set up. These will keep covered in a Tupperware in the refrigerator for up to a week. Enjoy!

Nutrition Facts Per Portion	
Calories	132
Calories from fat 79	
Calories from saturated fat 28.8	
Total Fat	8.8 g
Saturated Fat 3.2 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 2.1 g	
Monounsaturated Fat 3.1 g	
Cholesterol	0.3 mg
Sodium	51 mg
Potassium	108 mg
Total Carbohydrate	9.1 g
Dietary Fiber 3.3 g	
Sugars 3.6 g	
Protein	4.0 g

Dietary servings Per Portion

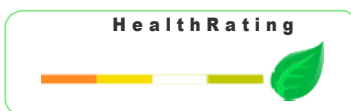
Meat Alternative 0.4

Energy sources





Eggs Baked in Avocado



Prep	Cook	Ready in	Servings
5 min	15 min	20 min	2

Ingredients for 2

1 avocado(s)	Avocado
2 medium egg	Egg
1 tsp	Extra virgin olive oil
1/8 tsp	Salt

Instructions

Cut the avocado in half and scoop out some of the flesh in the centers so that there is enough room for the eggs to sit. You can serve that part alongside with the cooked eggs.

Separate the yolks and whites. Put the whites in a bowl, yolks into two different bowls.

Add salt into whites and mix well.

Heat olive oil in a pan and sear the avocado halves, flesh side down for 15-20 seconds until a little golden.

Flip them over and share the egg whites into each. Don't worry if they overflow since it forms a very nice white plate on which avocado halves are set.

Put the lid on, turn the heat down and cook for 5-10 minutes until the whites inside avocados are set.

Slide the yolks into the avocados over the whites. Put the lid on and cook for 2-3 minutes. A thin white cover may appear on the yolks. This will disappear and the yolks will look really shiny and yellow after about a minute.

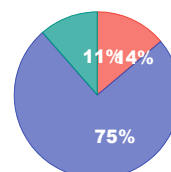
Serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	261
Calories from fat	195
Calories from saturated fat	35
Total Fat	21.7 g
Saturated Fat	3.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	13.5 g
Cholesterol	170 mg
Sodium	214 mg
Potassium	540 mg
Total Carbohydrate	9.0 g
Dietary Fiber	6.7 g
Sugars	1.0 g
Protein	7.5 g

Dietary servings
Per Portion

Meat Alternative 0.5
Vegetables 1

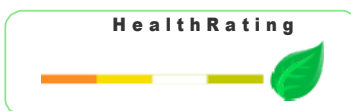
Energy sources



Carbohydrates
Fat
Protein



Chicken Breast with Shaved Brussels Sprouts



Prep	Cook	Ready in	Servings
15 min	15 min	30 min	4

Ingredients for 4

- 1/4 tsp **Black pepper**
- 2 head **Broccoli**
- 12 sprout **Brussels sprouts (thinly sliced)**
- 2 medium stalk(s) **Celery (thinly sliced)**
- 2 breast **Chicken breast, boneless, skinless**
- 2 tbsp **Extra virgin olive oil**
- 1/4 cup **Hazelnuts**
- 3/4 tsp **Kosher salt (divided)**
- 2 tbsp **Lemon juice**
- 5 tbsp **Parmesan cheese, grated**
- 1/4 cup **Parsley, Italian, fresh (coarsley chopped)**

Instructions

Place chicken and 1/2 teaspoon salt in a small saucepan and cover with water; bring to a boil. Immediately remove from heat, cover, and let stand 15 minutes. Drain chicken and run under cold water. Cool completely; set aside. Using 2 forks, shred into bite-size pieces; reserve.

Meanwhile, use a vegetable peeler to remove outer layer of broccoli stems; discard. Continue peeling stems into long strips. In a large bowl, whisk together oil, lemon juice, and 1/4 teaspoon each salt and pepper. Add broccoli strips, Brussels sprouts, celery, hazelnuts, parsley, and reserved chicken to bowl with dressing; toss. Divide among bowls. Top with cheese.

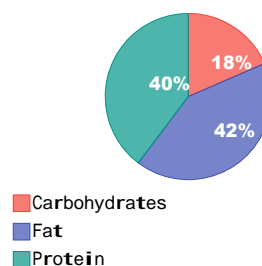
Serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	366
Calories from fat	154
Calories from saturated fat	29.2
Total Fat	17.1 g
Saturated Fat	3.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	10.3 g
Cholesterol	73 mg
Sodium	699 mg
Potassium	1067 mg
Total Carbohydrate	16.8 g
Dietary Fiber	6.7 g
Sugars	4.4 g
Protein	36 g

Dietary servings Per Portion

Meat	1.3
Meat Alternative	0.3
Milk Alternative	0.2
Vegetables	2.7

Energy sources





Brain-Adrenal Balancing Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Ingredients for 2

178 ml	Coconut milk
1/2 tbsp	Coconut oil
1/2 tsp	Ashwagandha powder
1/2 scoop	Collagen peptides
1/2 tsp	Rhodiola powder
1/2 tbsp	Maca powder
1/2 cup	Frozen berries
1/2 drop(s)	Stevia, liquid
1/2 cup	Spinach
2 1/2 medium	Brazil nuts

Instructions

Combine everything in a blender until smooth.

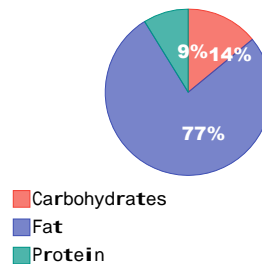
Serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	302
Calories from fat	232
Calories from saturated fat	185
Total Fat	25.8 g
Saturated Fat	20.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	2.1 g
Cholesterol	0 mg
Sodium	32 mg
Potassium	341 mg
Total Carbohydrate	10.8 g
Dietary Fiber	2.8 g
Sugars	3.8 g
Protein	6.7 g

Dietary servings Per Portion

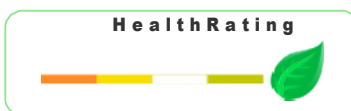
Fruit 0.5
Meat Alternative 0.1
Vegetables 0.2

Energy sources





Herbed Roasted Butternut Squash



Prep	Cook	Ready in	Servings
10 min	30 min	40 min	2

Ingredients for 2

1/2 squash	Butternut squash (seeded and cubed)
1/2 tbsp	Sage, fresh (or fresh rosemary or thyme)
1 tbsp	Extra virgin olive oil
1/4 tsp	Coarse salt
1/8 tsp	Black pepper (freshly ground)

Instructions

1. Preheat oven to 400°F. Wash squash and cut it in half lengthwise.
2. Using a spoon, scoop out and discard seeds. Peel with a vegetable peeler or cut into big chunks and keep steady on the cutting board while cutting off the peel with a knife.
3. Cut into 1 1/2 inch cubes and transfer to a large, rimmed baking sheet.
4. Toss with oil, salt, pepper, and 1 tbsp fresh sage and spread out in a single layer. Roast, tossing occasionally, until just tender and golden brown, about 30 minutes.

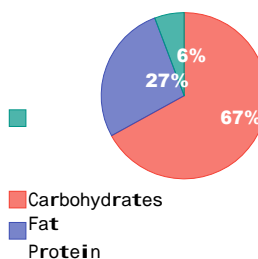
Tip: Keep the seeds and and roast in the oven at 300°F for 10-15 minutes until crispy for a healthy snack!

Nutrition Facts Per Portion	
Calories	240
Calories from fat 65	
Calories from saturated fat 9.5	
Total Fat	7.3 g
Saturated Fat 1.1 g	
Trans Fat 0.0 g	
Polyunsaturated Fat 0.9 g	
Monounsaturated Fat 5.0 g	
Cholesterol	0 mg
Sodium	300 mg
Potassium	1204 mg
Total Carbohydrate	40 g
Dietary Fiber 5.2 g	
Sugars 7.5 g	
Protein	3.5 g

Dietary servings Per Portion

Vegetables 4.6

Energy sources



Grocery List

Snacks & Nuts

Almond butter	36.0 gm
Brazil nuts	8.9 gm
Chia seeds	24.3 gm
Chia seeds, ground	25.0 gm
Coconut flakes	21.7 gm
Hazelnuts	35.6 gm

Fruits

Apple	2.0 medium
Avocado	1.4 avocado(s)

Vegetables

Arugula	211.3 gm
Broccoli	2 head
Broccoli florets	2.6 bag (16 oz)
Brussels sprouts	228 gm
Butternut squash	0.5 squash
	2 medium stalk(s)
Celery	
Eggplant	1.3 eggplant
Garlic	0.4 bulb
Parsley, Italian, fresh	15.9 gm
Parsley, fresh	19.8 gm
	1.8 medium mushroom(s)
Portobello mushroom	0.6 medium pepper(s)
	15.9 gm
Red bell pepper	0.6 medium pepper(s)
Spinach	15.9 gm
	0.6 medium pepper(s)
Yellow bell pepper	1.3 medium
Yellow onion	1.3 medium
Zucchini	5 medium

Various Groceries

Ashwagandha powder	2.5 ml
Bread crumbs, plain, gluten free	150 gm
Collagen peptides	4.3 ml
Hummus	42.6 gm
Rhodiola powder	12.5 capsule

Seafood

Atlantic salmon, wild, boneless	425.2 gm
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Condiments

Avocado oil	77.0 ml
Coconut oil	14.6 gm
Extra virgin olive oil	68.7 ml
Marinara pasta sauce	0.9 can (26oz)
Olive oil	155.3 ml
Olive oil cooking spray	1.1 gm
Vanilla extract, pure	1.4 ml

Spices & Herbs

Black pepper	2.1 gm
Coarse salt	1.5 gm
Garlic powder	10.6 gm
Hot pepper (chili) flakes	1.2 gm
Kosher salt	12.2 gm
Sage, fresh	1.0 gm
Salt	0.8 gm
Salt and pepper	3 gm
Sea salt	0.4 gm

Other

Brown rice, long-grain, cooked	516.1 gm
Maca powder	7 gm
Whey protein powder, unflavoured	10.2 gm
White beans, canned	0.8 can (15oz)

Meat

Chicken breast, boneless, skinless	2.0 breast
Turkey, deli cut	168 gm

Baking

Cocoa powder, unsweetened	9.1 gm
Honey	11.9 gm
Maple syrup	11.1 ml
	0.2 2-4 drops (tsp sugar)
Stevia, liquid	

Canned Food

Coconut milk	176.7 ml
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Beverage

Coconut water, unsweetened, ready-to-drink	750 ml
Lemon juice	41.2 ml

Dairy & Cheese

Egg	2 medium egg
Parmesan cheese, grated	31.7 gm

Frozen & Refrigerated Foods

Frozen berries	70 gm
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