

## Day #1

### 1,700 Calorie Daily Dietary Plan

#### Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Corn - sweet ear, boiled, drained	1.00	each	83.00	2.60	19.30	1.00
Croutons -plain	0.25	cup	30.50	0.90	5.50	0.50
Flank - fat trimmed off, braised	5.00	ounce(s)	335.00	39.65	0.00	18.35
Potato - white medium	6.00	ounce(s)	180.00	4.20	41.10	0.18
Ranch - no fat, KRAFT Free	3.00	table spoon	48.00	0.00	9.00	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Totals for Meal			<b>725.50</b>	48.65	85.40	20.43
Totals for Day			1710.50	143.55	214.80	30.13

#### Snack #1

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Banana - med 8"	1.00	each	105.00	1.20	26.70	0.60
Totals for Meal			<b>105.00</b>	1.20	26.70	0.60
Totals for Day			1710.50	143.55	214.80	30.13

#### Lunch

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Orange - medium	1.00	each	69.00	1.10	17.40	0.30
Ranch - no fat, KRAFT Free	3.00	table spoon	48.00	0.00	9.00	0.00
Salad - lrg. garden w/tomato & onion	1.00	large	98.00	2.60	19.00	0.80
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Totals for Meal			<b>339.00</b>	29.70	46.40	2.70
Totals for Day			1710.50	143.55	214.80	30.13

#### Snack #2

<b>Food</b>	<b>Servings</b>	<b>Measure</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Bread - slice rye 7 grain	2.00	each	180.00	5.00	36.00	2.00
Mayonnaise - KRAFT Free, fat free	1.00	table spoon	8.00	0.00	3.00	0.00
Tuna Solid White in water	0.50	cup	140.00	30.00	0.00	2.00
Totals for Meal			<b>328.00</b>	35.00	39.00	4.00
Totals for Day			1710.50	143.55	214.80	30.13

## Dinner

<b>Food</b>	<b>Servings</b>	<b>Measure</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Corn - sweet ear, boiled, drained	1.00	each	83.00	2.60	19.30	1.00
Croutons -plain	0.25	cup	30.50	0.90	5.50	0.50
Flank - fat trimmed off, braised	5.00	ounce(s)	335.00	39.65	0.00	18.35
Potato - white medium	6.00	ounce(s)	180.00	4.20	41.10	0.18
Ranch - no fat, KRAFT Free	3.00	table spoon	48.00	0.00	9.00	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Totals for Meal			725.50	48.65	85.40	20.43
Totals for Day			1710.50	143.55	214.80	30.13