

Day #1

1,700 Calorie Daily Dietary Plan

Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Bagel - plain Lenders brand	1.00	each	210.00	10.00	40.00	1.50
Coffee - w/caffeine	12.00	ounce(s)	12.00	0.40	1.40	0.00
Egg Beaters - Fleischmann's	0.50	cup	50.00	10.00	2.00	0.00
Jelly - all flavors, Simply Fruit, Smuckers	2.00	tea spoon	32.00	0.00	8.00	0.00
Oatmeal - instant pkt.,maple, brn sugar Quaker	1.00	pack	152.00	4.50	31.60	2.10
Totals for Meal			456.00	24.90	83.00	3.60
Totals for Day			1680.00	125.22	224.80	33.08

Snack #1

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Apple - medium with peel	1.00	each	81.00	0.30	21.00	0.50
Totals for Meal			81.00	0.30	21.00	0.50
Totals for Day			1680.00	125.22	224.80	33.08

Lunch

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
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			270.00	28.60	29.00	2.40
Totals for Day			1680.00	125.22	224.80	33.08

Snack #2

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Cracker/Nabisco - Low Saltines	5.00	each	60.00	1.00	10.00	2.00
Mayonnaise - KRAFT Free, fat free	2.00	table spoon	16.00	0.00	6.00	0.00
Tuna Solid White -Water Sm. can	2.80	ounce(s)	98.00	21.00	1.40	1.40
Totals for Meal			174.00	22.00	17.40	3.40
Totals for Day			1680.00	125.22	224.80	33.08

Dinner

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Broccoli	1.00	spear	40.00	5.00	4.00	1.00
Corn - sweet ear, boiled, drained	1.00	each	83.00	2.60	19.30	1.00
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
Salmon - broiled	6.00	ounce(s)	348.00	37.62	0.00	21.00
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Totals for Meal			699.00	49.42	74.40	23.18
Totals for Day			1680.00	125.22	224.80	33.08