

Day #3

1,700 Calorie Daily Dietary Plan

Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Bagel - plain Lenders brand	0.50	each	105.00	5.00	20.00	0.75
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			351.00	19.90	63.00	2.85
Totals for Day			1614.00	127.70	180.90	40.99

Snack

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			1614.00	127.70	180.90	40.99

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			1614.00	127.70	180.90	40.99

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			1614.00	127.70	180.90	40.99

Dinner

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Beef, ground, extra lean, cooked, baked, medium	2.00	3 oz	425.00	41.60	0.00	27.44
Cheese - KRAFT Free slice	2.00	each	60.00	10.00	6.00	0.00
Ranch - no fat, KRAFT Free	2.00	table spoon	32.00	0.00	6.00	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Salsa - Chunky medium, Pace	6.00	table spoon	12.00	0.00	0.00	0.00
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Tortilla - flour, soft, 7" diam.	2.00	each	160.00	4.00	28.00	4.00
Totals for Meal			738.00	56.90	50.50	31.84
Totals for Day			1614.00	127.70	180.90	40.99