

## Day #4

### 1,700 Calorie Daily Dietary Plan

#### Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Banana - med 8"	1.00	each	105.00	1.20	26.70	0.60
Coffee - w/caffeine	12.00	ounce(s)	12.00	0.40	1.40	0.00
Yogurt - Dannon, fat free, blended, all flavors	6.00	ounce(s)	162.00	7.00	33.00	0.00
Totals for Meal			<b>279.00</b>	8.60	61.10	0.60
Totals for Day			1592.88	117.18	236.89	20.06

#### Snack #1

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Orange - medium	1.00	each	69.00	1.10	17.40	0.30
Totals for Meal			<b>69.00</b>	1.10	17.40	0.30
Totals for Day			1592.88	117.18	236.89	20.06

#### Lunch

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
BBQ - Healthy Choice	3.00	table spoon	75.00	0.09	17.10	0.06
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Chives, raw	1.00	1 tablespoon chopped	0.90	0.10	0.13	0.02
Potato - white medium	5.00	ounce(s)	150.00	3.50	34.25	0.15
Sour cream, imitation, cultured	2.00	1 oz	116.48	1.34	3.71	10.93
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Totals for Meal			<b>466.38</b>	31.03	56.19	12.76
Totals for Day			1592.88	117.18	236.89	20.06

#### Snack #2

<b>Food</b>	<b>Servings</b>	<b>Measure</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Cottage Cheese - 1% fat	1.00	cup	164.00	28.00	6.20	2.30
Totals for Meal			<b>164.00</b>	28.00	6.20	2.30
Totals for Day			1592.88	117.18	236.89	20.06

## Dinner

<b>Food</b>	<b>Servings</b>	<b>Measure</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Broccoli	2.00	spear	80.00	10.00	8.00	2.00
Cheese - KRAFT Free slice	2.00	each	60.00	10.00	6.00	0.00
Chicken Breast / White Meat	3.00	ounce(s)	93.00	19.50	0.00	1.20
Croutons -plain	0.25	cup	30.50	0.90	5.50	0.50
Ranch - no fat, KRAFT Free	2.00	table spoon	32.00	0.00	6.00	0.00
Rice - white cook steamed	1.50	cup	270.00	6.75	60.75	0.00
Salad - sm. garden w/tomato, onion	1.00	small	49.00	1.30	9.50	0.40
Tea - prepared w/tap water	3.00	fluid ounce(s)	0.00	0.00	0.25	0.00
Totals for Meal			<b>614.50</b>	48.45	96.00	4.10
Totals for Day			1592.88	117.18	236.89	20.06