

Day #6

1,700-Calorie Daily Dietary Plan

Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Shaklee Cinch - Vanilla Shake with/Lite Soy milk	1.00	cup	250.00	22.00	30.00	5.00
Totals for Meal			250.00	22.00	30.00	5.00
Totals for Day			1609.22	122.67	218.22	30.61

Snack #1

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Apple - medium with peel	1.00	each	81.00	0.30	21.00	0.50
Cracker/Nabisco - Low Saltines	7.00	each	84.00	1.40	14.00	2.80
Tuna Solid White -Water Sm. can	2.80	ounce(s)	98.00	21.00	1.40	1.40
Totals for Meal			263.00	22.70	36.40	4.70
Totals for Day			1609.22	122.67	218.22	30.61

Lunch

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Bread - slice rye 7 grain	2.00	each	180.00	5.00	36.00	2.00
Mayonnaise - KRAFT Free, fat free	3.00	table spoon	24.00	0.00	9.00	0.00
Soup, vegetable, canned, chunky, ready-to-serve, commercial	0.50	1 can (19 oz), ready-to-serve	137.45	3.93	21.34	4.15
Tea - prepared w/tap water	12.00	fluid ounce(s)	0.00	0.00	1.00	0.00
Turkey Breast / White Meat	4.00	ounce(s)	152.00	34.00	0.00	0.80
Totals for Meal			493.45	42.93	67.34	6.95
Totals for Day			1609.22	122.67	218.22	30.61

Snack #2

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Orange - medium	1.00	each	69.00	1.10	17.40	0.30
Totals for Meal			69.00	1.10	17.40	0.30
Totals for Day			1609.22	122.67	218.22	30.61

Dinner

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Chives, raw	2.00	1 tablespoon chopped	1.80	0.20	0.26	0.04
Croutons -plain	0.25	cup	30.50	0.90	5.50	0.50
Potato - white medium	6.00	ounce(s)	180.00	4.20	41.10	0.18
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
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			533.78	33.94	67.07	13.66
Totals for Day			1609.22	122.67	218.22	30.61