

## Day #7

### 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  |
| sausage - turkey, Jimmy Dean Light          | 3.00     | ounce(s)  | 198.00   | 15.00   | 0.00          | 17.43 |
| Totals for Meal                             |          |           | 397.00   | 30.40   | 31.40         | 18.18 |
| Totals for Day                              |          |           | 1660.16  | 88.64   | 244.53        | 46.34 |

### 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 |          |         | 105.00   | 1.20    | 26.70         | 0.60  |
| Totals for Day  |          |         | 1660.16  | 88.64   | 244.53        | 46.34 |

### Lunch

| Food                           | Servings | Measure        | Calories | Protein | Carbohydrates | Fats  |
|--------------------------------|----------|----------------|----------|---------|---------------|-------|
| Chicken breast fillet sandwich | 1.00     | each           | 445.00   | 22.20   | 52.10         | 22.50 |
| Orange - medium                | 1.00     | each           | 69.00    | 1.10    | 17.40         | 0.30  |
| Tea - prepared w/tap water     | 12.00    | fluid ounce(s) | 0.00     | 0.00    | 1.00          | 0.00  |
| Totals for Meal                |          |                | 514.00   | 23.30   | 70.50         | 22.80 |
| Totals for Day                 |          |                | 1660.16  | 88.64   | 244.53        | 46.34 |

## Snack #2

| <b>Food</b>       | <b>Servings</b> | <b>Measure</b> | <b>Calories</b> | <b>Protein</b> | <b>Carbohydrates</b> | <b>Fats</b> |
|-------------------|-----------------|----------------|-----------------|----------------|----------------------|-------------|
| Grapes - American | 20.00           | each           | 40.00           | 0.40           | 8.20                 | 0.20        |
| Totals for Meal   |                 |                | 40.00           | 0.40           | 8.20                 | 0.20        |
| Totals for Day    |                 |                | 1660.16         | 88.64          | 244.53               | 46.34       |

## 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        |
| MAIN18 - Miami Shrimp & Scallops   | 1.00            | each           | 133.00          | 22.00          | 7.00                 | 1.00        |
| Ranch - no fat, KRAFT Free         | 2.00            | table spoon    | 32.00           | 0.00           | 6.00                 | 0.00        |
| Rice - white cook steamed          | 1.00            | cup            | 180.00          | 4.50           | 40.50                | 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                    |                 |                | 507.50          | 31.30          | 88.80                | 2.90        |
| Totals for Day                     |                 |                | 1660.16         | 88.64          | 244.53               | 46.34       |