

## Day #5

### 1,700-Calorie Daily Dietary Plan

### Breakfast

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Bran Flakes - cereal	1.00	cup	180.00	6.00	46.00	0.00
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
Milk - skim, no fat	1.00	cup	86.00	8.40	11.90	0.40
Totals for Meal			<b>328.00</b>	24.80	61.30	0.40
Totals for Day			1689.98	121.29	219.36	37.05

### Snack #1

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Grapes - American	20.00	each	40.00	0.40	8.20	0.20
Totals for Meal			<b>40.00</b>	0.40	8.20	0.20
Totals for Day			1689.98	121.29	219.36	37.05

### Lunch

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Chicken Breast / White Meat	4.00	ounce(s)	124.00	26.00	0.00	1.60
Rice - white cook steamed	0.50	cup	90.00	2.25	20.25	0.00
Salsa - Chunky medium, Pace	6.00	table spoon	12.00	0.00	0.00	0.00
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
Tortilla - flour, soft, 7" diam.	3.00	each	240.00	6.00	42.00	6.00
Totals for Meal			<b>582.48</b>	35.59	66.96	18.53
Totals for Day			1689.98	121.29	219.36	37.05

## 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			<b>174.00</b>	22.00	17.40	3.40
Totals for Day			1689.98	121.29	219.36	37.05

## Dinner

Food	Servings	Measure	Calories	Protein	Carbohydrates	Fats
Catfish - dry heat cooked	6.00	ounce(s)	258.00	31.80	0.00	13.62
Croutons -plain	0.25	cup	30.50	0.90	5.50	0.50
Ranch - no fat, KRAFT Free	3.00	table spoon	48.00	0.00	9.00	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			<b>565.50</b>	38.50	65.50	14.52
Totals for Day			1689.98	121.29	219.36	37.05