

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	cup	Egg Beaters - Fleischmann's	40.00	8.00	0.00	200.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
2	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
		Totals:	54.41	20.98	4.07	344.09
AM Snack						
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
		Totals:	0.60	13.35	0.30	52.50
Lunch						
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
		Totals:	30.80	60.40	4.40	412.00
PM Snack						
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1.5	each	Rice cake - plain, Quaker	1.20	10.65	0.45	52.50
3	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
		Totals:	23.70	18.15	1.95	173.50
Dinner						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
		Totals:	36.70	41.17	6.01	366.76
Actual Totals for 10/14/2014:			146.21	154.05	16.73	1348.85
Actual % of Total Calories:			43.27	45.59	11.14	

DAY # 2
(10/15/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
1	1 cup	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES	3.84	24.99	0.31	114.39
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
Totals:			13.92	71.25	1.49	335.54
AM Snack						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Lunch						
1	0.2 block	Tofu, extra firm, prepared with nigari	9.00	1.82	5.31	82.81
1	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.31	77.50
3	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			18.19	27.08	14.11	306.31
PM Snack						
1	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	0.67	2.67	1.00	23.00
Totals:			0.67	2.67	1.00	23.00
Dinner						
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	each	Bun - hamburger	3.70	21.60	2.20	123.00
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	1 patty	USDA Commodity, beef, patties (100%), frozen, cooked	14.71	0.58	10.48	159.36
1	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
Totals:			27.39	63.01	18.27	521.86
Actual Totals for 10/15/2014:			60.47	185.01	35.37	1267.71
Actual % of Total Calories:			18.60	56.92	24.48	

DAY # 3
(10/16/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0.5	cup	Cheese - Healthy Choice fat free shredded	18.00	4.00	0.00	90.00
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
Totals:			33.10	49.50	2.20	338.00
AM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Lunch						
0.5	1 cup	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.21	13.75	0.12	51.24
0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
2	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
1	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
3	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
2	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
Totals:			37.91	46.69	5.82	383.66
PM Snack						
0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:			14.54	10.55	1.22	111.28
Dinner						
1	each	Tortilla, 99% Fat Free Whole Wheat	2.00	12.00	0.00	60.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
Totals:			34.80	42.77	6.91	378.76
Actual Totals for 10/16/2014:			127.85	163.01	16.16	1301.70
Actual % of Total Calories:			39.07	49.82	11.11	

DAY # 4
(10/17/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
1	table spoon	Honey	0.10	17.30	0.00	64.00
Totals:			4.70	58.65	2.30	266.50
AM Snack						
20	each	Grapes - American	0.40	8.20	0.00	40.00
Totals:			0.40	8.20	0.00	40.00
Lunch						
6	1 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
4	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
1	1 cup	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2.78	15.33	1.14	83.49
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
Totals:			35.77	51.58	4.32	370.49
PM Snack						
1	1 cup, quartered or chopped	Apples, raw, with skin	0.33	17.26	0.21	65.00
2	table spoon	Peanut Butter, Jif Reduced Fat	8.00	15.00	12.00	190.00
Totals:			8.32	32.26	12.21	255.00
Dinner						
3	ounce(s)	Green beans - string boiled & drained	1.58	6.67	0.23	30.00
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	1 small	Sweet potato, cooked, baked in skin, without salt	1.21	12.43	0.09	54.00
4	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
Totals:			27.86	30.50	2.82	261.00
Actual Totals for 10/17/2014:			77.05	181.19	21.64	1192.99
Actual % of Total Calories:			25.10	59.03	15.87	

DAY # 5
(10/18/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.5	1 oz	Bread, Multi-Grain (includes whole-grain)	5.68	18.43	1.80	112.69
1	1 packet (0.5 oz)	Jams and preserves	0.05	9.64	0.01	38.92
1	each	Orange - medium	1.10	17.40	0.30	69.00
0.25	cup	Cheese - Healthy Choice fat free shredded	9.00	2.00	0.00	45.00
3	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
Totals:			26.33	48.37	2.11	316.61
AM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Lunch						
1	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
2	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
1	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
4	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
1	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
Totals:			47.92	38.57	7.86	420.12
PM Snack						
10	each	Grapes - American	0.20	4.10	0.00	20.00
Totals:			0.20	4.10	0.00	20.00
Dinner						
0.5	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.01	4.35	0.11	18.90
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
2	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
1	1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
Totals:			30.02	38.23	6.41	323.70
Evening Snack						
4	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals:			2.68	10.68	4.00	92.00
Actual Totals for 10/18/2014:			114.65	153.45	20.38	1262.43
Actual % of Total Calories:			36.52	48.87	14.61	

DAY # 6
(10/19/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	1 oz	Turkey bacon, cooked	8.29	0.87	7.81	106.96
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			14.46	65.38	10.49	387.61
AM Snack						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Lunch						
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1.5	3 oz	Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
Totals:			38.53	22.80	19.18	432.17
PM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
0.5	cup	Asparagus, fresh - boiled	2.30	3.80	0.30	22.00
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			38.24	35.75	12.06	409.05
Actual Totals for 10/19/2014:			99.02	158.43	42.22	1399.83
Actual % of Total Calories:			28.10	44.95	26.95	

DAY # 7
(10/20/2014)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	cup	Egg Beaters - Fleischmann's	40.00	8.00	0.00	200.00
2	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
Totals:			54.41	20.98	4.07	344.09
AM Snack						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1 tablespoon	Nuts, almond butter, plain, with salt added	2.41	3.40	9.46	101.28
Totals:			2.71	24.40	9.96	182.28
Lunch						
0.5	cup	Kidney bean / boiled	8.00	19.70	0.10	109.00
1	1 package yields	HEALTHY CHOICE Chicken Teriyaki w/Rice Medley Broccoli, frozen meal	15.69	35.66	4.77	249.60
Totals:			23.69	55.36	4.87	358.60
PM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
1	1 cup	Broccoli, chinese, cooked	1.00	3.35	0.63	19.36
1	each	MAIN06 - Orange Beef Stir-Fry	20.00	37.00	7.00	294.00
Totals:			21.00	40.35	7.63	313.36
Actual Totals for 10/20/2014:			109.32	154.59	26.53	1288.33
Actual % of Total Calories:			33.78	47.77	18.45	

Important Notes

- * If you have a medical condition, please consult with your doctor before following this meal plan.
- * According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- * Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.