



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Energy Booster - Day 01							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	3.01	38.07	0.99	90.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				12.01	64.03	1.69	230.87
Snack 1							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Snack 1</i>				7.85	32.64	0.54	161.68
Lunch							
6	0.5	1 cup	Alfalfa seeds, sprouted, raw	0.66	0.35	0.11	3.80
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				30.17	46.98	15.25	439.71
Snack 2							
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	14.04	18.82	0.44	137.20
<i>Totals for Snack 2</i>				15.34	39.12	0.71	216.52
Dinner							
6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
1	7.0	ounce(s)	Chicken Breast / White Meat	45.50	0.00	2.80	217.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				57.12	37.22	9.09	458.33
Snack 3							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.5	tablespoon	peanut butter reduced fat	6.00	11.25	9.00	142.50
<i>Totals for Snack 3</i>				6.15	21.75	9.25	183.00
Totals For 1700 Calories Energy Booster - Day 01				128.64	241.74	36.53	1690.11

1700 Calories Energy Booster - Day 02**Breakfast**

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				21.36	42.51	4.40	293.18

Snack 1

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	peanut butter reduced fat	8.00	15.00	12.00	190.00
<i>Totals for Snack 1</i>				19.06	43.77	13.46	355.57

Lunch

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.51	3.72	6.70	79.05
0	1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	11.69	30.46	2.25	188.76
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				15.65	43.07	9.14	311.81

Snack 2

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	0.5	1 cup	Kiwifruit, green, raw	1.01	12.97	0.46	53.99
0	4.0	ounce(s)	Pineapple juice - bottled, Dole	0.53	16.93	0.13	68.00
<i>Totals for Snack 2</i>				2.14	43.25	0.89	174.49

Dinner

6	0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	2.82	6.45	0.30	32.55
17	0.8	1 cup, cooked	Couscous, cooked	4.46	27.34	0.19	131.88
12	2.0	3 oz	Fish, salmon, pink, cooked, dry heat	41.79	0.00	8.98	260.10
21	1.5	tablespoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.50	7.50	0.00	45.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				50.57	41.29	9.47	469.53

Snack 3

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 3</i>				8.83	22.99	0.46	127.86

Totals For 1700 Calories Energy Booster - Day 02				117.61	236.88	37.82	1732.44
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1700 Calories Energy Booster - Day 03

Breakfast

16	2.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	4.55	27.30	2.45	140.70
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
21	1.0	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	6.50	0.00	25.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				6.79	61.23	2.62	280.66

Snack 1

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
Totals for Snack 1				12.55	32.11	12.70	278.72

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
0	0.5	1 cup	Soup, black bean, canned, prepared with equal volume water	2.99	9.52	0.82	56.81
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				15.45	27.22	10.47	257.51

Snack 2

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	peanut butter reduced fat	8.00	15.00	12.00	190.00
Totals for Snack 2				19.06	43.77	13.46	355.57

Dinner

6	0.8	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	4.28	7.38	0.17	38.64
6	0.8	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.64	8.46	0.74	40.52
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	22.13	0.00	3.37	124.95
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
21	1.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				41.74	57.45	10.95	484.65

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals for Snack 3				2.01	8.01	3.00	69.00

Totals For 1700 Calories Energy Booster - Day 03				97.60	229.79	53.20	1726.11
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1700 Calories Energy Booster - Day 04

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.01	25.38	0.66	60.00
7	0.5	1 cup, balls	Melons, honeydew, raw	0.48	8.04	0.12	31.86
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				8.79	43.05	1.08	158.73

Snack 1

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Snack 1</i>				5.47	24.31	0.32	119.09

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				30.81	46.72	19.49	483.10

Snack 2

7	0.8	1 cup, halves	Apricots, canned, juice pack, with skin, solids and liquids	1.15	22.58	0.07	87.84
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
5	1.0	0.5 container (4 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	6.47	8.68	0.20	63.28
<i>Totals for Snack 2</i>				8.62	44.26	0.27	206.12

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	1.0	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
1	6.0	ounce(s)	Shrimp - boiled or steamed	35.52	0.00	1.80	168.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
<i>Totals for Dinner</i>				62.22	62.82	24.59	709.20

Snack 3

7	1.0	cup	Watermelon - fresh, diced	1.00	11.50	0.70	51.00
<i>Totals for Snack 3</i>				1.00	11.50	0.70	51.00

Totals For 1700 Calories Energy Booster - Day 04				116.91	232.66	46.45	1727.24
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1700 Calories Energy Booster - Day 05**Breakfast**

5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				23.68	47.72	16.23	425.98

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				16.54	36.61	5.60	260.76

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.5	tablespoon	Onion - chopped	0.15	1.35	0.00	6.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup	Soup, black bean, canned, prepared with equal volume water	5.98	19.04	1.63	113.62
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				35.63	35.39	9.83	376.62

Snack 2

7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	0.8	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	10.53	14.11	0.33	102.90
<i>Totals for Snack 2</i>				11.83	34.41	0.60	182.22

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.85	11.29	0.99	54.02
6	1.0	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.82	8.64	0.23	34.65
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
1	5.0	ounce(s)	Turkey, ground, extra lean	32.50	0.00	1.88	140.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				36.24	32.85	8.16	328.37

Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 3</i>				4.30	28.50	6.50	176.00

Totals For 1700 Calories Energy Booster - Day 05				128.22	215.48	46.92	1749.95
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1700 Calories Energy Booster - Day 06

Breakfast

7	1.0	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	0.95	13.11	0.17	51.66
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				11.95	59.73	2.43	290.40

Snack 1

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 1</i>				14.61	35.63	13.46	305.79

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				29.94	48.61	15.22	445.01

Snack 2

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
<i>Totals for Snack 2</i>				8.07	33.78	0.42	168.09

Dinner

6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				36.70	73.54	20.80	570.34

Totals For 1700 Calories Energy Booster - Day 06				101.27	251.29	52.33	1779.63
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1700 Calories Energy Booster - Day 07

Breakfast

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
21	0.5	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	3.25	0.00	12.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				11.68	42.51	1.63	226.22

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
5	8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	10.00	18.00	0.00	120.00
Totals for Snack 1				21.14	44.09	5.70	312.26

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				21.88	41.79	13.28	363.22

Snack 2

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	4.0	ounce(s)	Pineapple juice - bottled, Dole	0.53	16.93	0.13	68.00
Totals for Snack 2				2.00	41.42	0.83	166.86

Dinner

18	1.5	3 oz	Beef, ground, extra lean, pan-fried, well done	35.69	0.00	20.34	335.33
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	0.5	1 medium	Sweet potato, cooked, boiled, without skin	1.03	13.38	0.11	57.38
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				39.57	18.30	20.56	418.47

Snack 3

21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals For 1700 Calories Energy Booster - Day 07				102.27	213.61	48.00	1662.03