



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1900 Calories Performance Training - Day 01							
Breakfast							
15	1.0	1 cup	BRAN CHEX, (wheat bran, corn)	5.05	39.05	1.37	156.31
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				13.45	75.85	1.77	354.31
Snack 1							
2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				18.60	45.70	17.90	400.00
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
12	2.0	1 oz	Fish, tuna, light, canned in water, drained solids	11.02	0.00	0.54	48.76
7	1.0	1 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1.00	20.17	0.12	75.84
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
16	2.0	slice	Whole Wheat Bread, Prepared, Toasted	7.73	47.38	4.96	256.20
<i>Totals for Lunch</i>				20.67	76.56	11.39	467.90
Snack 2							
7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				7.80	34.60	0.00	171.00
Dinner							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				32.53	72.11	3.57	451.97
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1900 Calories Performance Training - Day 01				95.06	312.83	37.63	1914.18

1900 Calories Performance Training - Day 02

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
2	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals for Breakfast				18.66	87.83	11.05	494.70

Snack 1

7	0.5	1 cup	Grapes, american type (slip skin), raw	0.29	7.89	0.16	30.82
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				4.28	35.42	4.38	184.72

Lunch

0	1.0	1 oz	Babyfood, pretzels	3.06	23.30	0.57	112.55
0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
6	0.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.25	0.82	0.04	3.85
0	4.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.75	1.17	0.67	12.00
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.33	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				23.09	41.62	4.90	294.20

Snack 2

7	0.3	1 cup (not packed)	Raisins, seedless	1.11	28.70	0.17	108.39
14	1.0	ounce(s)	SOLNUTS Soybeans	13.40	7.80	6.80	146.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				14.51	36.50	6.97	254.39

Dinner

12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
17	1.0	cup	Spaghetti - thin, cooked, Ronzoni	7.00	42.00	1.00	210.00
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
Totals for Dinner				33.12	65.04	12.36	512.18

Snack 3

10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 3				8.70	28.90	0.20	152.00
Totals For 1900 Calories Performance Training - Day 02				102.36	295.31	39.86	1892.19

1900 Calories Performance Training - Day 03

Breakfast

5	0.5	ounce(s)	Cream Cheese, Light, Philibrand	1.50	1.00	2.50	30.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
16	1.0	1 muffin	English muffins, wheat	4.96	25.54	1.14	127.11
0	8.0	ounce(s)	Orange juice - 100% pure, Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				13.16	52.74	10.94	369.11

Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
21	2.0	tablespoon	Peanut butter - creamy, Peter Pan	8.60	5.70	16.40	190.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals for Snack 1				12.90	42.80	18.40	371.00

Lunch

20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
16	1.0	1 roll (1 oz)	Rolls, dinner, wheat	2.41	12.88	1.76	76.44
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli	23.00	49.00	5.00	330.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				26.71	73.38	7.16	467.44

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves or slices	Peaches, canned, extra light syrup, solids and liquids	0.49	13.71	0.12	51.87
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				14.49	16.81	1.27	133.87

Dinner

15	1.0	ounce(s)	Cheese, Swiss - Low Fat, Shredded	8.07	0.97	1.45	50.84
6	2.0	each	Corn - sweet, ear, boiled & drained	5.20	38.60	2.00	166.00
0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
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
Totals for Dinner				26.06	87.90	12.07	529.16

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.68	10.68	4.00	92.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.68	10.68	4.00	92.00
Totals For 1900 Calories Performance Training - Day 03				96.00	284.31	53.84	1962.58

1900 Calories Performance Training - Day 04

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1 cup	BRAN CHEX, (wheat bran, corn)	5.05	39.05	1.37	156.31
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<i>14.65</i>	<i>77.65</i>	<i>2.37</i>	<i>347.31</i>

Snack 1

7	1.0	1 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1.00	20.17	0.12	75.84
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<i>8.50</i>	<i>33.67</i>	<i>0.12</i>	<i>165.84</i>

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
4	1.0	cup	HEALTH VALLEY Fat Free Honey Baked Beans	14.00	50.00	0.00	220.00
19	1.0	each	HEALTHY CHOICE Beef Franks, Low Fat	5.00	4.00	1.00	50.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>23.93</i>	<i>79.58</i>	<i>4.38</i>	<i>415.09</i>

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.3	1 cup, balls	Melons, cantaloupe, raw	1.86	18.05	0.42	75.23
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>15.86</i>	<i>21.15</i>	<i>1.57</i>	<i>157.23</i>

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
16	1.0	1 roll (1 oz)	Rolls, dinner, wheat	2.41	12.88	1.76	76.44
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.25	1.08	0.03	4.64
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Dinner</i>				<i>34.19</i>	<i>80.07</i>	<i>11.36</i>	<i>556.39</i>

Snack 3

16	4.0	1 cookie	Cookies, fig bars	2.37	45.38	4.67	222.72
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<i>2.37</i>	<i>45.38</i>	<i>4.67</i>	<i>222.72</i>

<i>Totals For 1900 Calories Performance Training - Day 04</i>				<i>99.50</i>	<i>337.50</i>	<i>24.47</i>	<i>1864.58</i>
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1900 Calories Performance Training - Day 05

Breakfast

16	1.0	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Breakfast				8.76	39.86	11.45	309.95

Snack 1

7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				9.03	31.01	0.68	162.96

Lunch

0	1.0	1 oz	Babyfood, pretzels	3.06	23.30	0.57	112.55
16	2.0	1 slice	Bread, rye	5.44	30.91	2.11	165.76
6	1.0	0.5 cup	Coleslaw, home-prepared	0.77	7.45	1.57	46.80
0	2.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	11.00	0.00	1.00	50.00
20	1.0	tablespoon	Thousand island - reduced cal. KRAFT	0.00	3.00	1.00	20.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals for Lunch				24.27	80.66	8.25	495.11

Snack 2

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
0	8.0	each	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	2.00	24.00	1.50	110.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				2.58	39.78	1.82	171.64

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, with salt	2.90	5.69	0.40	30.60
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	1.0	3 oz	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	24.82	0.00	9.67	192.95
6	1.0	1 medium (2-1/4" to 3-1/4" dia.)	Potatoes, baked, flesh and skin, without salt	4.30	36.38	0.22	159.96
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
5	2.0	tablespoon	Sour Cream, Reduced Fat	0.88	1.28	3.60	40.36
6	1.0	1 cup, mashed	Squash, winter, butternut, frozen, cooked, boiled, with salt	2.95	24.10	0.17	93.60
Totals for Dinner				37.15	90.95	18.46	655.14

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.01	8.01	3.00	69.00
Totals For 1900 Calories Performance Training - Day 05				83.80	290.27	43.66	1863.80

1900 Calories Performance Training - Day 06

Breakfast

2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
2	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
<i>Totals for Breakfast</i>				24.10	99.17	8.90	536.75

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves or slices	Peaches, canned, extra light syrup, solids and liquids	0.49	13.71	0.12	51.87
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				14.49	16.81	1.27	133.87

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
12	1.0	3 oz	Fish, tuna, light, canned in water, drained solids	16.52	0.00	0.82	73.10
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
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	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				19.91	24.98	8.69	249.33

Snack 2

16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				11.49	41.03	4.22	243.90

Dinner

16	1.0	slice	Bread, Garlic, Toasted	2.42	13.00	3.71	94.87
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	3.0	1/2 cup	Spaghetti and Meatballs	28.50	58.50	10.80	495.00
<i>Totals for Dinner</i>				32.22	83.00	14.91	650.87

Snack 3

7	0.3	1 cup (not packed)	Raisins, seedless	1.11	28.70	0.17	108.39
14	1.0	ounce(s)	SOLNUTS Soybeans	13.40	7.80	6.80	146.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				14.51	36.50	6.97	254.39
Totals For 1900 Calories Performance Training - Day 06				116.72	301.49	44.96	2069.11

1900 Calories Performance Training - Day 07

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
16	1.0	1 muffin	English muffins, wheat	4.96	25.54	1.14	127.11
5	1.0	slice	KRAFT American Singles - 2% Milk	4.00	2.00	3.00	50.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				24.02	53.24	14.29	447.87

Snack 1

0	8.0	each	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	2.00	24.00	1.50	110.00
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				6.30	26.85	9.70	205.00

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
0	1.0	each	STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans	22.00	40.00	6.00	300.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				37.49	57.54	7.49	442.18

Snack 2

7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				9.03	31.01	0.68	162.96

Dinner

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
19	3.0	ounce(s)	HEALTHY CHOICE Low Fat Polska Kielbasa	10.50	9.00	2.25	105.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
6	0.8	1 cup	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	3.23	22.68	7.76	170.10
16	1.0	1 roll (1 oz)	Rolls, dinner, wheat	2.41	12.88	1.76	76.44
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				19.54	64.96	15.47	479.21

Snack 3

16	4.0	1 cookie	Cookies, fig bars	2.37	45.38	4.67	222.72
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.37	45.38	4.67	222.72
Totals For 1900 Calories Performance Training - Day 07				98.75	278.98	52.30	1959.94