



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Cancer Prevention - Day 01</b>							
<b>Breakfast</b>							
7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.53	35.36	1.24	145.49
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<b>Totals for Breakfast</b>				<b>16.23</b>	<b>96.27</b>	<b>2.44</b>	<b>436.86</b>
<b>Snack 1</b>							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, balls	Watermelon, raw	0.47	5.81	0.12	23.10
<b>Totals for Snack 1</b>				<b>14.47</b>	<b>8.91</b>	<b>1.27</b>	<b>105.10</b>
<b>Lunch</b>							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
1	0.8	cup	Egg Beaters - Fleischmann's	15.00	3.00	0.00	75.00
16	1.0	1 muffin	English muffins, whole-wheat	5.81	26.66	1.39	133.98
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.14	1.91	7.40	75.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<b>Totals for Lunch</b>				<b>23.57</b>	<b>71.82</b>	<b>9.50</b>	<b>449.50</b>
<b>Snack 2</b>							
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 2</b>				<b>8.60</b>	<b>15.94</b>	<b>2.53</b>	<b>124.41</b>
<b>Dinner</b>							
6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
12	1.0	0.5 fillet	Fish, salmon, pink, cooked, dry heat	30.48	0.00	6.55	189.72
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<b>Totals for Dinner</b>				<b>39.07</b>	<b>41.61</b>	<b>9.72</b>	<b>392.95</b>
<b>Snack 3</b>							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<b>Totals for Snack 3</b>				<b>9.15</b>	<b>41.96</b>	<b>4.85</b>	<b>236.22</b>
<b>Totals For 1700 Calories Cancer Prevention - Day 01</b>				<b>111.09</b>	<b>276.51</b>	<b>30.31</b>	<b>1745.04</b>

1700 Calories Cancer Prevention - Day 02

**Breakfast**

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
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>15.35</b>	<b>66.93</b>	<b>2.64</b>	<b>335.55</b>

**Snack 1**

7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>9.23</b>	<b>36.49</b>	<b>0.79</b>	<b>185.09</b>

**Lunch**

6	0.3	1 cup	Alfalfa seeds, sprouted, raw	0.33	0.17	0.06	1.90
6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Lunch</i>				<b>25.51</b>	<b>42.29</b>	<b>12.10</b>	<b>366.80</b>

**Snack 2**

16	2.0	0.5 oz	Crackers, melba toast, wheat	3.66	21.70	0.65	106.22
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>4.76</b>	<b>39.81</b>	<b>0.95</b>	<b>177.59</b>

**Dinner**

4	0.5	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	7.67	20.18	0.44	112.40
6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
5	0.5	ounce(s)	Parmesan, grated, KRAFT	6.00	0.50	4.50	65.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
0	1.0	1 tablespoon	Spices, garlic powder	1.61	7.05	0.07	32.11
4	1.0	0.2 block	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	7.45	1.54	3.79	63.70
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Dinner</i>				<b>31.57</b>	<b>64.96</b>	<b>23.99</b>	<b>559.71</b>

**Snack 3**

14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
<i>Totals for Snack 3</i>				<b>2.16</b>	<b>1.94</b>	<b>9.24</b>	<b>92.70</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 02</b>				<b>88.58</b>	<b>252.42</b>	<b>49.71</b>	<b>1717.44</b>
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1700 Calories Cancer Prevention - Day 03

**Breakfast**

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
21	0.5	tablespoon	Syrup - Aunt Jemima, Lite	0.00	3.28	0.03	13.50
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	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
<i>Totals for Breakfast</i>				<b>13.91</b>	<b>63.73</b>	<b>5.66</b>	<b>356.19</b>

**Snack 1**

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
9	3.0	each	Rice cake - apple cinnamon, Quaker	3.00	27.00	0.00	120.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>3.30</b>	<b>33.86</b>	<b>0.00</b>	<b>152.37</b>

**Lunch**

6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	2.0	each	Tortilla 99% fat free, whole wheat, flour	4.00	24.00	0.00	120.00
<i>Totals for Lunch</i>				<b>30.29</b>	<b>53.28</b>	<b>14.62</b>	<b>471.81</b>

**Snack 2**

14	1.0	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	5.94	5.96	14.90	169.53
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>5.94</b>	<b>6.67</b>	<b>14.90</b>	<b>171.90</b>

**Dinner**

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<i>Totals for Dinner</i>				<b>41.66</b>	<b>44.72</b>	<b>10.22</b>	<b>430.14</b>

**Snack 3**

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				<b>14.80</b>	<b>14.40</b>	<b>1.85</b>	<b>132.00</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 03</b>				<b>109.90</b>	<b>216.66</b>	<b>47.25</b>	<b>1714.41</b>
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1700 Calories Cancer Prevention - Day 04

**Breakfast**

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.53	35.36	1.24	145.49
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>16.23</b>	<b>96.27</b>	<b>2.44</b>	<b>436.86</b>

**Snack 1**

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>10.39</b>	<b>42.78</b>	<b>5.06</b>	<b>254.45</b>

**Lunch**

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
2	4.0	ounce(s)	Potato/White - Baked	2.60	28.60	0.12	124.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				<b>19.31</b>	<b>49.30</b>	<b>8.26</b>	<b>340.60</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Snack 2</i>				<b>14.94</b>	<b>15.44</b>	<b>1.38</b>	<b>130.57</b>

**Dinner**

6	1.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	1.99	5.54	0.39	28.08
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Dinner</i>				<b>36.52</b>	<b>23.24</b>	<b>9.98</b>	<b>308.97</b>

**Snack 3**

15	1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	8.25	14.06	3.03	108.30
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				<b>17.75</b>	<b>45.54</b>	<b>7.71</b>	<b>305.82</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 04</b>				<b>115.14</b>	<b>272.57</b>	<b>34.83</b>	<b>1777.27</b>
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**1700 Calories Cancer Prevention - Day 05****Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>15.60</b>	<b>74.71</b>	<b>2.73</b>	<b>365.31</b>

**Snack 1**

15	1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	8.25	14.06	3.03	108.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>15.75</b>	<b>28.27</b>	<b>3.03</b>	<b>200.67</b>

**Lunch**

6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
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	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Lunch</i>				<b>31.54</b>	<b>48.85</b>	<b>11.09</b>	<b>417.22</b>

**Snack 2**

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
16	1.0	0.5 oz	Crackers, melba toast, wheat	1.83	10.85	0.33	53.11
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>2.63</b>	<b>22.86</b>	<b>1.03</b>	<b>105.48</b>

**Dinner**

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
<i>Totals for Dinner</i>				<b>25.20</b>	<b>69.89</b>	<b>12.94</b>	<b>450.50</b>

**Snack 3**

14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
<i>Totals for Snack 3</i>				<b>3.16</b>	<b>10.94</b>	<b>9.24</b>	<b>132.70</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 05</b>				<b>93.88</b>	<b>255.52</b>	<b>40.06</b>	<b>1671.88</b>
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1700 Calories Cancer Prevention - Day 06

**Breakfast**

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
21	0.5	tablespoon	Syrup - Aunt Jemima, Lite	0.00	3.28	0.03	13.50
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	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
<i>Totals for Breakfast</i>				<b>13.91</b>	<b>63.73</b>	<b>5.66</b>	<b>356.19</b>

**Snack 1**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>15.55</b>	<b>20.03</b>	<b>1.58</b>	<b>150.67</b>

**Lunch**

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
21	0.5	cup	Spaghetti sauce - no salt, Prego	2.00	11.00	6.00	60.00
0	1.0	1 teaspoon	Spices, garlic powder	0.51	2.25	0.02	10.26
<i>Totals for Lunch</i>				<b>18.06</b>	<b>48.52</b>	<b>14.15</b>	<b>326.78</b>

**Snack 2**

7	2.0	each	Nectarine - medium, 2.5" diam.	2.60	32.00	1.20	134.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				<b>10.10</b>	<b>46.21</b>	<b>1.20</b>	<b>226.37</b>

**Dinner**

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	0.5 cup cut	Corn, sweet, yellow, cooked, boiled, drained, without salt	2.80	17.20	1.23	78.72
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	5.99	17.51	0.27	94.50
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
<i>Totals for Dinner</i>				<b>38.24</b>	<b>46.60</b>	<b>6.29</b>	<b>371.22</b>

**Snack 3**

15	1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	8.25	14.06	3.03	108.30
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				<b>17.75</b>	<b>45.54</b>	<b>7.71</b>	<b>305.82</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 06</b>				<b>113.61</b>	<b>270.63</b>	<b>36.59</b>	<b>1737.05</b>
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1700 Calories Cancer Prevention - Day 07

**Breakfast**

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
0	1.0	1 tablespoon	Jams and preserves	0.07	13.77	0.01	55.60
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
<i>Totals for Breakfast</i>				<b>25.53</b>	<b>79.08</b>	<b>2.01</b>	<b>420.78</b>

**Snack 1**

7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>8.00</b>	<b>22.81</b>	<b>0.40</b>	<b>128.37</b>

**Lunch**

6	1.0	0.5 cup slices	Beets, cooked, boiled, drained	1.43	8.47	0.15	37.40
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
6	3.0	cup	Green salad w/ raw vegetables	5.18	13.33	0.29	66.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
6	4.0	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				<b>37.62</b>	<b>51.40</b>	<b>14.22</b>	<b>443.34</b>

**Snack 2**

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>15.50</b>	<b>31.50</b>	<b>1.38</b>	<b>190.62</b>

**Dinner**

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
6	1.0	cup	Spinach - boiled, drained	5.40	6.80	0.40	42.00
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				<b>40.86</b>	<b>39.40</b>	<b>7.74</b>	<b>366.00</b>

**Snack 3**

0	4.0	1 cup	Snacks, popcorn, air-popped, white popcorn	3.84	24.93	1.34	122.24
<i>Totals for Snack 3</i>				<b>3.84</b>	<b>24.93</b>	<b>1.34</b>	<b>122.24</b>

<b>Totals For 1700 Calories Cancer Prevention - Day 07</b>				<b>131.35</b>	<b>249.12</b>	<b>27.09</b>	<b>1671.35</b>
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