



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Healthy Aging - Day 01							
Breakfast							
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with water	4.88	30.42	1.95	157.95
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>				12.20	63.48	5.14	339.00
Snack 1							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
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>				8.15	18.21	16.55	232.87
Lunch							
16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.5	1 cup	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	14.61	44.89	3.49	269.45
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>				23.03	77.94	4.26	441.95
Snack 2							
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
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>				9.20	7.61	5.03	104.86
Dinner							
21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	1.0	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	4.02	41.42	0.30	180.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				36.25	60.29	2.85	403.50
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1700 Calories Healthy Aging - Day 01				90.84	235.54	36.83	1591.18

1700 Calories Healthy Aging - Day 02

Breakfast

16	1.0	1 muffin	English muffins, wheat, toasted	4.89	25.32	1.09	126.36
7	0.5	1 cup	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.68	12.02	0.16	50.64
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
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
7	0.5	1 cup, pitted	Plums, dried (prunes), stewed, without added sugar	1.19	34.82	0.20	132.68
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>				11.00	82.86	5.67	406.85

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
<i>Totals for Snack 1</i>				5.55	19.72	0.24	102.18

Lunch

7	0.5	1 cup, halves	Apricots, canned, juice pack, with skin, solids and liquids	0.77	15.05	0.05	58.56
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
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	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>				27.88	42.15	16.73	422.04

Snack 2

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
4	1.0	1 cup	Soy milk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 2</i>				12.91	41.69	6.24	264.65

Dinner

6	2.0	0.5 cup, shredded	Cabbage, cooked, boiled, drained, without salt	1.90	8.27	0.09	34.50
6	1.0	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.85	11.29	0.99	54.02
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
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	1.0	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	14.00	120.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.17	1.24	2.23	26.35
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				34.85	31.19	19.21	423.87

Snack 3

16	12.0	1 small	Cookies, vanilla wafers, lower fat	1.80	26.50	5.47	158.76
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 3</i>				1.80	27.21	5.47	161.13

Totals For 1700 Calories Healthy Aging - Day 02				93.99	244.82	53.56	1780.72
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1700 Calories Healthy Aging - Day 03

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	2.97	40.70	0.85	165.36
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				10.16	81.30	1.39	353.41

Snack 1

5	2.0	1 cubic inch	Cheese, low fat, cheddar or colby	8.28	0.65	2.38	58.82
16	0.5	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.20	10.02	2.90	68.15
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				10.15	16.00	5.28	150.97

Lunch

7	0.3	1 cup, pureed	Avocados, raw, California	1.13	4.97	8.86	96.03
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				40.75	34.23	27.16	531.39

Snack 2

7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
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
<i>Totals for Snack 2</i>				8.98	28.19	0.80	153.96

Dinner

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	1.0	1 cup	Potatoes, mashed, home-prepared, whole milk added	4.01	36.90	1.20	174.30
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				35.82	66.80	7.42	455.74

Snack 3

0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
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 3</i>				0.81	23.21	1.48	108.93

Totals For 1700 Calories Healthy Aging - Day 03				106.67	249.73	43.53	1754.40
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1700 Calories Healthy Aging - Day 04

Breakfast

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
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	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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>				16.15	44.57	5.37	294.03

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, crushed, sliced, or chunks	Pineapple, canned, juice pack, solids and liquids	1.05	39.09	0.20	149.40
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>				15.05	42.19	1.35	231.40

Lunch

0	1.0	each	MAIN51 - Lentil Stew	19.00	49.00	2.00	282.00
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, corn, commercially prepared	3.36	29.07	4.79	173.85
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				23.07	83.44	10.81	515.65

Snack 2

16	0.5	1 muffin	English muffins, whole-wheat	2.90	13.33	0.69	66.99
21	0.5	tablespoon	Peanut butter - creamy. Peter Pan	2.15	1.42	4.10	47.50
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>				5.05	14.75	4.79	114.49

Dinner

3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				29.91	32.14	19.87	433.28

Snack 3

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
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 3</i>				1.93	22.21	2.83	120.37

Totals For 1700 Calories Healthy Aging - Day 04				91.16	239.30	45.02	1709.22
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1700 Calories Healthy Aging - Day 05

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with water	4.88	30.42	1.95	157.95
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
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
<i>Totals for Breakfast</i>				12.82	64.27	7.45	364.58

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	0.5	each	Muffin - blueberry, Sara Lee, Free n' Lite	1.50	14.00	0.00	60.00
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>				7.79	15.27	5.30	139.87

Lunch

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 package yields	STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal	10.84	24.40	6.13	196.37
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				15.30	41.10	10.78	317.07

Snack 2

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
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>				9.43	35.00	2.83	208.00

Dinner

6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	1.23	12.96	0.34	51.98
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				52.21	81.45	11.05	595.19

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				2.68	10.68	4.00	92.00

Totals For 1700 Calories Healthy Aging - Day 05				100.23	247.77	41.41	1716.71
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1700 Calories Healthy Aging - Day 06

Breakfast

16	2.0	1 serving	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	9.10	54.60	4.90	281.40
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	2.0	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	13.00	0.00	50.00
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>				15.30	100.26	5.10	486.77

Snack 1

5	2.0	1 cubic inch	Cheese, low fat, cheddar or colby	8.28	0.65	2.38	58.82
16	0.5	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.20	10.02	2.90	68.15
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Snack 1</i>				10.48	18.67	5.28	162.97

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				28.49	56.11	17.36	495.48

Snack 2

7	12.0	each	Cherries, sweet, medium	0.96	13.56	0.84	60.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
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>				1.20	18.48	0.84	84.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
19	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
21	1.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	0.5	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.31	4.31	0.02	17.50
<i>Totals for Dinner</i>				36.02	41.97	7.28	372.09

Snack 3

0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
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 3</i>				0.81	23.21	1.48	108.93

Totals For 1700 Calories Healthy Aging - Day 06				92.30	258.70	37.34	1710.24
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1700 Calories Healthy Aging - Day 07

Breakfast

15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	2.23	30.53	0.64	124.02
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	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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>				7.38	50.30	1.01	221.05

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.55	14.05	0.01	54.51
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>				14.55	17.15	1.16	136.51

Lunch

6	0.5	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.01	4.35	0.11	18.90
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 package yields	STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree	22.08	31.32	6.79	273.48
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				27.29	41.62	7.10	335.38

Snack 2

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				5.49	40.83	15.40	308.94

Dinner

6	0.5	1 cup, slices	Beets, harvard, canned, solids and liquids	1.03	22.36	0.07	89.79
6	0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	2.82	6.45	0.30	32.55
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	0.5	1 muffin (2-1/2" dia x 2-1/4")	Muffins, corn, commercially prepared	1.68	14.54	2.39	86.93
1	3.0	ounce(s)	Trout - all species, dry heat cooked	22.59	0.00	7.20	162.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
<i>Totals for Dinner</i>				29.17	62.08	14.08	485.95

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 3</i>				12.91	41.69	6.24	264.65

Totals For 1700 Calories Healthy Aging - Day 07				96.79	253.67	44.99	1752.48
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