



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>2500 Calories Performance Training - Day 01</b>							
<b>Breakfast</b>							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	1 cup	BRAN CHEX, (wheat bran, corn)	7.57	58.58	2.06	234.47
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>				<b>17.17</b>	<b>122.08</b>	<b>3.06</b>	<b>537.47</b>
<b>Snack 1</b>							
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
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
<i>Totals for Snack 1</i>				<b>22.60</b>	<b>61.70</b>	<b>19.90</b>	<b>500.00</b>
<b>Lunch</b>							
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
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	0.5	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	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>				<b>26.24</b>	<b>78.51</b>	<b>14.15</b>	<b>522.29</b>
<b>Snack 2</b>							
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>				<b>7.80</b>	<b>34.60</b>	<b>0.00</b>	<b>171.00</b>
<b>Dinner</b>							
6	1.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	8.56	14.77	0.33	77.28
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
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	1.5	1 cup	Rice, brown, long-grain, cooked	7.55	67.16	2.63	324.68
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>50.91</b>	<b>99.43</b>	<b>5.36</b>	<b>647.96</b>
<b>Snack 3</b>							
0	4.0	cup	Popcorn - Lite, microwaved, Orvill 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
<i>Totals for Snack 3</i>				<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>
<b>Totals For 2500 Calories Performance Training - Day 01</b>				<b>127.40</b>	<b>407.00</b>	<b>46.47</b>	<b>2470.72</b>

2500 Calories Performance Training - Day 02

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
16	2.0	1 slice	Bread, raisin, toasted, enriched	4.13	27.31	2.30	142.56
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
2	1.0	cup	Oatmeal -Quick, measured uncooked	13.20	55.80	6.00	297.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals for Breakfast				26.73	131.76	17.10	740.90

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	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
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				28.59	41.62	5.40	319.20

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	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
17	2.0	cup	Spaghetti - thin, cooked, Ronzoni	14.00	84.00	2.00	420.00
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	3.81	4.56	0.83	32.30
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				56.04	115.61	21.29	883.47

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 2500 Calories Performance Training - Day 02				138.85	389.81	55.34	2534.68

## 2500 Calories Performance Training - Day 03

### Breakfast

5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
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
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>				<i>23.06</i>	<i>65.64</i>	<i>13.84</i>	<i>485.11</i>

### 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
<i>Totals for Snack 1</i>				<i>12.90</i>	<i>42.80</i>	<i>18.40</i>	<i>371.00</i>

### 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
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	each	STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli	23.00	49.00	5.00	330.00
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
<i>Totals for Lunch</i>				<i>28.24</i>	<i>90.89</i>	<i>10.84</i>	<i>567.07</i>

### Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
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 2</i>				<i>28.49</i>	<i>19.91</i>	<i>2.42</i>	<i>215.87</i>

### 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	5.0	ounce(s)	GARDENBURGER, Veggie Medley	12.00	34.00	1.40	200.00
6	8.0	ounce(s)	Green beans - string, boiled & drained	4.20	17.80	0.60	80.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
16	2.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	8.26	38.36	5.16	226.18
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
<i>Totals for Dinner</i>				<i>38.29</i>	<i>132.98</i>	<i>15.65</i>	<i>782.25</i>

### Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill 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
<i>Totals for Snack 3</i>				<i>2.68</i>	<i>10.68</i>	<i>4.00</i>	<i>92.00</i>
<i>Totals For 2500 Calories Performance Training - Day 03</i>				<i>133.66</i>	<i>362.90</i>	<i>65.15</i>	<i>2513.30</i>

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	1 cup	BRAN CHEX, (wheat bran, corn)	7.57	58.58	2.06	234.47
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
Totals for Breakfast				21.37	103.13	3.26	468.47

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
Totals for Snack 1				8.50	33.67	0.12	165.84

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	2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	10.00	8.00	2.00	100.00
16	2.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	8.26	38.36	5.16	226.18
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				33.06	102.76	7.96	578.18

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	2.0	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				30.97	35.09	2.97	284.36

Dinner

6	1.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	8.56	14.77	0.33	77.28
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
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	2.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.49	2.15	0.05	9.28
21	3.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	9.00	80.01
Totals for Dinner				43.79	86.07	14.89	644.46

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
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
Totals for Snack 3				6.37	61.38	6.67	322.72
Totals For 2500 Calories Performance Training - Day 04				144.06	422.10	35.87	2464.03

Breakfast

16	2.0	1 slice	Bread, raisin, toasted, enriched	4.13	27.31	2.30	142.56
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
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
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				25.93	66.71	23.30	593.90

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	2.0	0.5 cup	Coleslaw, home-prepared	1.55	14.89	3.13	93.60
0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
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				30.55	88.10	10.31	566.91

Snack 2

7	1.5	1 cup	Grapes, american type (slip skin), raw	0.87	23.67	0.48	92.46
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				2.87	47.67	1.98	202.46

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, with salt	4.35	8.53	0.59	45.90
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	1.3	3 oz	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	31.03	0.00	12.09	241.19
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	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	3.81	4.56	0.83	32.30
6	1.5	1 cup, mashed	Squash, winter, butternut, frozen, cooked, boiled, with salt	4.43	36.14	0.25	140.40
Totals for Dinner				50.10	110.39	21.98	797.78

Snack 3

7	1.0	each	Nectarine - medium, 2.5" diam.	1.30	16.00	0.60	67.00
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				3.31	24.01	3.60	136.00
Totals For 2500 Calories Performance Training - Day 05				121.79	367.89	61.85	2460.01

## 2500 Calories Performance Training - Day 06

### Breakfast

2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
2	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
<i>Totals for Breakfast</i>				<b>28.30</b>	<b>116.50</b>	<b>11.80</b>	<b>640.75</b>

### 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>				<b>14.49</b>	<b>16.81</b>	<b>1.27</b>	<b>133.87</b>

### Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
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	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>27.47</b>	<b>42.18</b>	<b>10.97</b>	<b>370.83</b>

### 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
0	8.0	ounce(s)	WESTSOY Lite Plain Soy Milk	4.00	16.00	2.00	100.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				<b>15.49</b>	<b>57.03</b>	<b>6.22</b>	<b>343.90</b>

### Dinner

16	1.0	slice	Bread, Garlic, Toasted	2.42	13.00	3.71	94.87
20	3.0	tablespoon	Italian - fat free, KRAFT Free	0.00	3.00	0.00	18.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	4.0	1/2 cup	Spaghetti and Meatballs	38.00	78.00	14.40	660.00
<i>Totals for Dinner</i>				<b>43.02</b>	<b>113.00</b>	<b>18.91</b>	<b>870.87</b>

### 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>				<b>14.51</b>	<b>36.50</b>	<b>6.97</b>	<b>254.39</b>

<b>Totals For 2500 Calories Performance Training - Day 06</b>				<b>143.28</b>	<b>382.02</b>	<b>56.14</b>	<b>2614.61</b>
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## 2500 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
<i>Totals for Breakfast</i>				<b>24.02</b>	<b>53.24</b>	<b>14.29</b>	<b>447.87</b>

### Snack 1

0	8.0	each	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	2.00	24.00	1.50	110.00
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>				<b>10.60</b>	<b>29.70</b>	<b>17.90</b>	<b>300.00</b>

### Lunch

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
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
<i>Totals for Lunch</i>				<b>52.23</b>	<b>67.86</b>	<b>8.80</b>	<b>554.27</b>

### 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
<i>Totals for Snack 2</i>				<b>9.03</b>	<b>31.01</b>	<b>0.68</b>	<b>162.96</b>

### Dinner

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
19	5.0	ounce(s)	HEALTHY CHOICE Low Fat Polska Kielbasa	17.50	15.00	3.75	175.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
6	1.0	1 cup	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	4.30	30.24	10.35	226.80
16	2.0	1 roll (1 oz)	Rolls, dinner, wheat	4.82	25.76	3.53	152.88
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
<i>Totals for Dinner</i>				<b>33.83</b>	<b>95.96</b>	<b>25.16</b>	<b>741.32</b>

### Snack 3

16	4.0	1 cookie	Cookies, fig bars	2.37	45.38	4.67	222.72
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals For 2500 Calories Performance Training - Day 07</b>				<b>140.48</b>	<b>335.05</b>	<b>71.90</b>	<b>2515.14</b>