



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Stroke Prevention - Day 01</b>							
<b>Breakfast</b>							
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.10	26.60	1.90	129.00
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
<b>Totals for Breakfast</b>				<b>10.95</b>	<b>63.91</b>	<b>2.50</b>	<b>303.37</b>
<b>Snack 1</b>							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	0.3	1 tablespoon	Spices, cinnamon, ground	0.08	1.57	0.02	4.82
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 1</b>				<b>7.88</b>	<b>36.78</b>	<b>0.52</b>	<b>178.19</b>
<b>Lunch</b>							
6	0.5	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	0.93	2.80	0.16	13.65
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<b>Totals for Lunch</b>				<b>11.88</b>	<b>33.25</b>	<b>5.25</b>	<b>226.65</b>
<b>Snack 2</b>							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<b>Totals for Snack 2</b>				<b>14.77</b>	<b>11.21</b>	<b>1.36</b>	<b>115.15</b>
<b>Dinner</b>							
0	1.0	0.25 cup	Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned	0.90	3.41	0.78	24.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	cup	Spinach - boiled, drained	2.70	3.40	0.20	21.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
2	0.3	cup	Yam -baked or boiled	0.50	9.40	0.05	39.50
<b>Totals for Dinner</b>				<b>33.05</b>	<b>27.10</b>	<b>3.82</b>	<b>263.10</b>
<b>Snack 3</b>							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
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
<b>Totals for Snack 3</b>				<b>10.98</b>	<b>38.13</b>	<b>9.78</b>	<b>274.58</b>
<b>Totals For 1300 Calories Stroke Prevention - Day 01</b>				<b>89.51</b>	<b>210.38</b>	<b>23.23</b>	<b>1361.04</b>

1300 Calories Stroke Prevention - Day 02

**Breakfast**

3	1.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	1.50	12.00	0.50	55.00
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
7	0.3	1 cup	Raspberries, raw	0.37	3.67	0.20	15.99
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>7.57</b>	<b>41.83</b>	<b>0.90</b>	<b>198.86</b>

**Snack 1**

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
21	0.5	tablespoon	Peanut butter - creamy. Peter Pan	2.15	1.42	4.10	47.50
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 Snack 1</i>				<b>6.65</b>	<b>24.63</b>	<b>4.10</b>	<b>169.87</b>

**Lunch**

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	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
<i>Totals for Lunch</i>				<b>31.08</b>	<b>43.13</b>	<b>4.75</b>	<b>318.74</b>

**Snack 2**

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
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>1.50</b>	<b>28.40</b>	<b>0.23</b>	<b>108.62</b>

**Dinner**

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
12	1.0	0.5 fillet	Fish, salmon, pink, cooked, dry heat	30.48	0.00	6.55	189.72
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
<i>Totals for Dinner</i>				<b>39.34</b>	<b>25.30</b>	<b>13.28</b>	<b>366.41</b>

**Snack 3**

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	0.5	1 serving	NABISCO, NABISCO GRAHAMS Crackers	0.98	10.67	1.40	59.36
<i>Totals for Snack 3</i>				<b>9.38</b>	<b>22.57</b>	<b>1.80</b>	<b>145.36</b>

<b>Totals For 1300 Calories Stroke Prevention - Day 02</b>				<b>95.52</b>	<b>185.86</b>	<b>25.06</b>	<b>1307.86</b>
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## 1300 Calories Stroke Prevention - Day 03

### Breakfast

1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), soybean	0.02	0.02	1.86	16.56
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.3	1 cup	Prunes, dehydrated (low-moisture), stewed	0.86	20.79	0.17	79.10
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>25.31</b>	<b>58.47</b>	<b>2.73</b>	<b>347.94</b>

### Snack 1

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
<i>Totals for Snack 1</i>				<b>1.30</b>	<b>15.15</b>	<b>0.00</b>	<b>70.00</b>

### Lunch

6	0.3	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.21	2.16	0.06	8.66
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
6	0.3	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
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	0.3	1 cup, sliced	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.41	1.94	0.14	9.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
6	0.3	1/2 cup	zucchini, boiled, drained	0.14	0.88	0.01	3.60
<i>Totals for Lunch</i>				<b>5.68</b>	<b>35.87</b>	<b>7.85</b>	<b>226.56</b>

### Snack 2

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
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>12.13</b>	<b>27.08</b>	<b>1.75</b>	<b>170.84</b>

### Dinner

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	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Dinner</i>				<b>41.46</b>	<b>35.23</b>	<b>7.80</b>	<b>376.92</b>

### Snack 3

0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
0	2.0	1 cup	Snacks, popcorn, air-popped, white popcorn	1.92	12.46	0.67	61.12
<i>Totals for Snack 3</i>				<b>3.42</b>	<b>31.96</b>	<b>0.67</b>	<b>143.62</b>
<b>Totals For 1300 Calories Stroke Prevention - Day 03</b>				<b>89.30</b>	<b>203.76</b>	<b>20.80</b>	<b>1335.88</b>

1300 Calories Stroke Prevention - Day 04

**Breakfast**

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
15	1.0	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.10	26.60	1.90	129.00
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>				<b>10.07</b>	<b>58.12</b>	<b>2.22</b>	<b>277.96</b>

**Snack 1**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				<b>15.10</b>	<b>20.50</b>	<b>1.45</b>	<b>151.00</b>

**Lunch**

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
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
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
<i>Totals for Lunch</i>				<b>21.90</b>	<b>44.55</b>	<b>10.24</b>	<b>352.48</b>

**Snack 2**

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
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>0.87</b>	<b>11.85</b>	<b>0.40</b>	<b>48.73</b>

**Dinner**

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	each	Morningstar Farms Tomato Basil and Pizza Burger	11.00	7.00	6.00	130.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.3	cup	Spaghetti - whole wheat, cooked, Health Valley	2.25	10.00	0.25	42.50
21	0.3	cup	Spaghetti sauce - no salt, Prego	1.00	5.50	3.00	30.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				<b>18.99</b>	<b>37.40</b>	<b>11.59</b>	<b>285.50</b>

**Snack 3**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
4	0.8	1 cup	Soymilk, original and vanilla, unfortified	5.96	11.45	3.19	98.42
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>				<b>7.90</b>	<b>32.58</b>	<b>6.19</b>	<b>209.74</b>

<b>Totals For 1300 Calories Stroke Prevention - Day 04</b>				<b>74.83</b>	<b>205.00</b>	<b>32.09</b>	<b>1325.41</b>
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1300 Calories Stroke Prevention - Day 05

**Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
3	1.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	1.50	12.00	0.50	55.00
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>				<b>7.80</b>	<b>51.51</b>	<b>1.00</b>	<b>235.37</b>

**Snack 1**

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>12.32</b>	<b>45.63</b>	<b>1.52</b>	<b>242.15</b>

**Lunch**

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
20	4.0	tablespoon	Italian - reduced cal. KRAFT Zesty	0.00	4.00	8.00	80.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	0.5	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.92	3.67	0.09	16.00
17	0.3	1 cup	Pasta, corn, cooked	0.92	9.77	0.26	44.10
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
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>6.34</b>	<b>37.22</b>	<b>8.99</b>	<b>231.74</b>

**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
<i>Totals for Snack 2</i>				<b>1.32</b>	<b>34.76</b>	<b>0.20</b>	<b>130.94</b>

**Dinner**

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
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, halibut, Atlantic and Pacific, cooked, dry heat	35.84	0.00	2.56	176.49
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
<i>Totals for Dinner</i>				<b>41.59</b>	<b>20.83</b>	<b>7.32</b>	<b>314.54</b>

**Snack 3**

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	0.5	1 serving	NABISCO, NABISCO GRAHAMS Crackers	0.98	10.67	1.40	59.36
<i>Totals for Snack 3</i>				<b>5.18</b>	<b>16.62</b>	<b>1.60</b>	<b>102.36</b>

<b>Totals For 1300 Calories Stroke Prevention - Day 05</b>				<b>74.55</b>	<b>206.57</b>	<b>20.63</b>	<b>1257.10</b>
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1300 Calories Stroke Prevention - Day 06

**Breakfast**

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), soybean	0.02	0.02	1.86	16.56
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.5	1 cup	Prunes, dehydrated (low-moisture), stewed	1.72	41.58	0.34	158.20
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>16.17</b>	<b>77.26</b>	<b>2.90</b>	<b>377.04</b>

**Snack 1**

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
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>2.10</b>	<b>27.11</b>	<b>0.30</b>	<b>111.37</b>

**Lunch**

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
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				<b>29.78</b>	<b>51.89</b>	<b>10.24</b>	<b>421.48</b>

**Snack 2**

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
<i>Totals for Snack 2</i>				<b>7.30</b>	<b>22.65</b>	<b>0.57</b>	<b>122.00</b>

**Dinner**

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.3	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	10.35	0.08	45.00
<i>Totals for Dinner</i>				<b>30.86</b>	<b>25.56</b>	<b>3.98</b>	<b>250.33</b>

**Snack 3**

0	1.0	1 cup	Snacks, popcorn, air-popped, white popcorn	0.96	6.23	0.34	30.56
<i>Totals for Snack 3</i>				<b>0.96</b>	<b>6.23</b>	<b>0.34</b>	<b>30.56</b>

<b>Totals For 1300 Calories Stroke Prevention - Day 06</b>				<b>87.17</b>	<b>210.70</b>	<b>18.33</b>	<b>1312.78</b>
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1300 Calories Stroke Prevention - Day 07

**Breakfast**

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
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
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	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
<i>Totals for Breakfast</i>				<b>8.95</b>	<b>51.63</b>	<b>5.36</b>	<b>287.03</b>

**Snack 1**

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
21	0.5	tablespoon	Peanut butter - creamy, Peter Pan	2.15	1.42	4.10	47.50
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 Snack 1</i>				<b>6.65</b>	<b>24.63</b>	<b>4.10</b>	<b>169.87</b>

**Lunch**

5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
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	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
21	0.3	cup	Spaghetti sauce - no salt, Prego	1.00	5.50	3.00	30.00
<i>Totals for Lunch</i>				<b>13.11</b>	<b>39.37</b>	<b>7.88</b>	<b>240.51</b>

**Snack 2**

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
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>1.50</b>	<b>28.40</b>	<b>0.23</b>	<b>108.62</b>

**Dinner**

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
19	3.0	ounce(s)	Flank - fat trimmed off, braised	23.79	0.00	11.01	201.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
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	0.3	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.15	2.15	0.01	8.75
<i>Totals for Dinner</i>				<b>34.27</b>	<b>22.13</b>	<b>15.73</b>	<b>368.76</b>

**Snack 3**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
4	0.8	1 cup	Soymilk, original and vanilla, unfortified	5.96	11.45	3.19	98.42
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>				<b>7.90</b>	<b>32.58</b>	<b>6.19</b>	<b>209.74</b>

<b>Totals For 1300 Calories Stroke Prevention - Day 07</b>				<b>72.38</b>	<b>198.74</b>	<b>39.49</b>	<b>1384.53</b>
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