



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Cancer Prevention - Day 01							
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
Totals for Breakfast				16.23	96.27	2.44	436.86
Snack 1							
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
Totals for Snack 1				14.47	8.91	1.27	105.10
Lunch							
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
Totals for Lunch				23.57	71.82	9.50	449.50
Snack 2							
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
Totals for Snack 2				8.60	15.94	2.53	124.41
Dinner							
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
Totals for Dinner				39.07	41.61	9.72	392.95
Snack 3							
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
Totals for Snack 3				9.15	41.96	4.85	236.22
Totals For 1700 Calories Cancer Prevention - Day 01				111.09	276.51	30.31	1745.04

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
Totals for Breakfast				15.35	66.93	2.64	335.55

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
Totals for Snack 1				9.23	36.49	0.79	185.09

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
Totals for Lunch				25.51	42.29	12.10	366.80

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
Totals for Snack 2				4.76	39.81	0.95	177.59

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
Totals for Dinner				31.57	64.96	23.99	559.71

Snack 3

14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
Totals for Snack 3				2.16	1.94	9.24	92.70
Totals For 1700 Calories Cancer Prevention - Day 02				88.58	252.42	49.71	1717.44

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
Totals for Breakfast				13.91	63.73	5.66	356.19

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
Totals for Snack 1				3.30	33.86	0.00	152.37

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
Totals for Lunch				30.29	53.28	14.62	471.81

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
Totals for Snack 2				5.94	6.67	14.90	171.90

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
Totals for Dinner				41.66	44.72	10.22	430.14

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
Totals for Snack 3				14.80	14.40	1.85	132.00
Totals For 1700 Calories Cancer Prevention - Day 03				109.90	216.66	47.25	1714.41

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
Totals for Breakfast				16.23	96.27	2.44	436.86

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
Totals for Snack 1				10.39	42.78	5.06	254.45

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
Totals for Lunch				19.31	49.30	8.26	340.60

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
Totals for Snack 2				14.94	15.44	1.38	130.57

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
Totals for Dinner				36.52	23.24	9.98	308.97

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
Totals for Snack 3				17.75	45.54	7.71	305.82
Totals For 1700 Calories Cancer Prevention - Day 04				115.14	272.57	34.83	1777.27

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>				<i>15.60</i>	<i>74.71</i>	<i>2.73</i>	<i>365.31</i>

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>				<i>15.75</i>	<i>28.27</i>	<i>3.03</i>	<i>200.67</i>

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>				<i>31.54</i>	<i>48.85</i>	<i>11.09</i>	<i>417.22</i>

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>				<i>2.63</i>	<i>22.86</i>	<i>1.03</i>	<i>105.48</i>

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>				<i>25.20</i>	<i>69.89</i>	<i>12.94</i>	<i>450.50</i>

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>				<i>3.16</i>	<i>10.94</i>	<i>9.24</i>	<i>132.70</i>
<i>Totals For 1700 Calories Cancer Prevention - Day 05</i>				<i>93.88</i>	<i>255.52</i>	<i>40.06</i>	<i>1671.88</i>

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
Totals for Breakfast				13.91	63.73	5.66	356.19

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
Totals for Snack 1				15.55	20.03	1.58	150.67

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
Totals for Lunch				18.06	48.52	14.15	326.78

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
Totals for Snack 2				10.10	46.21	1.20	226.37

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
Totals for Dinner				38.24	46.60	6.29	371.22

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
Totals for Snack 3				17.75	45.54	7.71	305.82
Totals For 1700 Calories Cancer Prevention - Day 06				113.61	270.63	36.59	1737.05

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
Totals for Breakfast				25.53	79.08	2.01	420.78

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
Totals for Snack 1				8.00	22.81	0.40	128.37

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
Totals for Lunch				37.62	51.40	14.22	443.34

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
Totals for Snack 2				15.50	31.50	1.38	190.62

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
Totals for Dinner				40.86	39.40	7.74	366.00

Snack 3

0	4.0	1 cup	Snacks, popcorn, air-popped, white popcorn	3.84	24.93	1.34	122.24
Totals for Snack 3				3.84	24.93	1.34	122.24
Totals For 1700 Calories Cancer Prevention - Day 07				131.35	249.12	27.09	1671.35