



Male Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-----|------------------|---|---------------|---------------|--------------|----------------|
| 1700 Calories Kosher - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| Totals for Breakfast | | | | 15.32 | 58.73 | 4.17 | 322.20 |
| Snack 1 | | | | | | | |
| 8 | 1.0 | cup | Cottage Cheese - 1% fat | 28.00 | 6.20 | 2.30 | 164.00 |
| 7 | 0.5 | 1 cup, slices | Peaches, raw | 0.77 | 8.11 | 0.21 | 33.15 |
| Totals for Snack 1 | | | | 28.77 | 14.31 | 2.51 | 197.15 |
| Lunch | | | | | | | |
| 0 | 1.0 | each | BR9 - Breakfast Blintzes | 23.00 | 34.00 | 3.00 | 257.00 |
| 5 | 1.0 | 1 tablespoon | Cream, sour, reduced fat, cultured | 0.44 | 0.64 | 1.80 | 20.25 |
| 3 | 1.0 | medium | Salad - med. garden w/tomato, onion | 1.95 | 14.25 | 0.60 | 74.00 |
| 23 | 1.5 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.60 | 12.02 | 107.76 |
| Totals for Lunch | | | | 25.39 | 49.49 | 17.42 | 459.01 |
| Snack 2 | | | | | | | |
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 21 | 1.0 | tablespoon | peanut butter reduced fat | 4.00 | 7.50 | 6.00 | 95.00 |
| Totals for Snack 2 | | | | 4.30 | 28.50 | 6.50 | 176.00 |
| Dinner | | | | | | | |
| 19 | 5.0 | ounce(s) | Brisket - flat half, fat trimmed off | 44.60 | 0.00 | 8.75 | 270.00 |
| 6 | 2.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 3.71 | 11.20 | 0.64 | 54.60 |
| 17 | 0.8 | 1 cup | Rice, brown, long-grain, cooked | 3.77 | 33.58 | 1.32 | 162.34 |
| Totals for Dinner | | | | 52.08 | 44.78 | 10.71 | 486.94 |
| Snack 3 | | | | | | | |
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals for Snack 3 | | | | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals For 1700 Calories Kosher - Day 01 | | | | 128.97 | 214.48 | 42.40 | 1734.18 |

Breakfast

| | | | | | | | |
|----------------------|-----|-----------------|---|-------|-------|------|--------|
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 1 | 3.0 | each | Egg Whites - scrambled/boiled | 10.50 | 0.90 | 0.00 | 51.00 |
| 16 | 0.5 | 1 muffin | English muffins, whole-wheat, toasted | 2.93 | 13.45 | 0.70 | 67.41 |
| 7 | 0.5 | each | Grapefruit - pink or red 4" diam. | 0.60 | 11.90 | 0.10 | 46.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 6 | 2.0 | tablespoon | Onion - chopped | 0.20 | 1.80 | 0.00 | 8.00 |
| 6 | 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 0.60 | 4.60 | 0.10 | 19.00 |
| 23 | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 1.67 | 14.99 |
| Totals for Breakfast | | | | 30.11 | 45.09 | 4.95 | 341.27 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------------------|--|-------|-------|------|--------|
| 5 | 2.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 10.98 | 42.04 | 3.19 | 237.30 |
| Totals for Snack 1 | | | | 10.98 | 42.04 | 3.19 | 237.30 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|--|-------|-------|------|--------|
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 0 | 1.0 | 1 teaspoon or 1 packet | Mustard, prepared, yellow | 0.19 | 0.29 | 0.17 | 3.00 |
| 0 | 1.0 | 1 cup | Soup, vegetarian vegetable, canned, prepared with equal volume water | 2.07 | 11.78 | 1.90 | 67.48 |
| 1 | 5.0 | ounce(s) | Turkey Breast / White Meat | 42.50 | 0.00 | 1.00 | 190.00 |
| Totals for Lunch | | | | 51.03 | 47.27 | 4.73 | 430.72 |

Snack 2

| | | | | | | | |
|--------------------|-----|-------------------------|---------------|------|------|-------|--------|
| 14 | 1.0 | 1 oz (23 whole kernels) | Nuts, almonds | 6.00 | 6.11 | 14.16 | 164.15 |
| Totals for Snack 2 | | | | 6.00 | 6.11 | 14.16 | 164.15 |

Dinner

| | | | | | | | |
|-------------------|-----|------------|--|-------|-------|-------|--------|
| 3 | 1.0 | cup | Asparagus/ Fresh - Boiled | 4.60 | 7.60 | 0.60 | 44.00 |
| 12 | 1.5 | 3 oz | Fish, salmon, Atlantic, wild, cooked, dry heat | 32.44 | 0.00 | 10.37 | 232.05 |
| 9 | 6.0 | ounce(s) | Potato - white medium | 4.20 | 41.10 | 0.18 | 180.00 |
| 23 | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 1.67 | 14.99 |
| Totals for Dinner | | | | 41.24 | 48.70 | 12.82 | 471.04 |

Snack 3

| | | | | | | | |
|--|-----|------|-----------------|--------|--------|-------|---------|
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| Totals for Snack 3 | | | | 1.10 | 17.40 | 0.30 | 69.00 |
| Totals For 1700 Calories Kosher - Day 02 | | | | 140.46 | 206.61 | 40.15 | 1713.48 |

Breakfast

| | | | | | | | |
|----------------------|-----|---------------|---|-------|-------|------|--------|
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| Totals for Breakfast | | | | 15.40 | 68.51 | 4.20 | 357.92 |

Snack 1

| | | | | | | | |
|--------------------|-----|------------|---------------------------|------|-------|------|--------|
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 21 | 1.0 | tablespoon | peanut butter reduced fat | 4.00 | 7.50 | 6.00 | 95.00 |
| Totals for Snack 1 | | | | 4.30 | 28.50 | 6.50 | 176.00 |

Lunch

| | | | | | | | |
|------------------|-----|------------------|---|-------|-------|------|--------|
| 16 | 1.0 | 1 bagel (3" dia) | Bagels, oat bran | 6.10 | 30.38 | 0.68 | 145.35 |
| 6 | 4.0 | each | Celery - raw stalk, trimmed | 2.00 | 8.00 | 0.00 | 40.00 |
| 12 | 5.0 | 1 oz | Fish, salmon, chinook, smoked, (lox), regular | 25.91 | 0.00 | 6.12 | 165.85 |
| Totals for Lunch | | | | 34.01 | 38.38 | 6.80 | 351.20 |

Snack 2

| | | | | | | | |
|--------------------|-----|-----|-------------------------|-------|------|------|--------|
| 8 | 1.0 | cup | Cottage Cheese - 1% fat | 28.00 | 6.20 | 2.30 | 164.00 |
| Totals for Snack 2 | | | | 28.00 | 6.20 | 2.30 | 164.00 |

Dinner

| | | | | | | | |
|-------------------|-----|-----------------|--|-------|-------|-------|--------|
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 3 | 4.0 | ounce(s) | Green beans - string boiled & drained | 2.10 | 8.90 | 0.30 | 40.00 |
| 17 | 1.0 | 1 cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.5 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.60 | 12.02 | 107.76 |
| 0 | 0.3 | 1 cup (8 fl oz) | Sauce, barbecue | 0.51 | 25.48 | 0.39 | 107.50 |
| Totals for Dinner | | | | 41.44 | 89.25 | 16.86 | 675.71 |

Snack 3

| | | | | | | | |
|--|-----|--------------|-------------------------|--------|--------|-------|---------|
| 7 | 1.5 | 1 cup, cubes | Melons, cantaloupe, raw | 2.02 | 19.58 | 0.46 | 81.60 |
| Totals for Snack 3 | | | | 2.02 | 19.58 | 0.46 | 81.60 |
| Totals For 1700 Calories Kosher - Day 03 | | | | 125.17 | 250.42 | 37.12 | 1806.43 |

Breakfast

| | | | | | | | |
|----------------------|-----|------------------|------------------------|-------|-------|------|--------|
| 16 | 1.0 | 1 bagel (3" dia) | Bagels, oat bran | 6.10 | 30.38 | 0.68 | 145.35 |
| 5 | 1.0 | 1 tablespoon | Cheese, cream, low fat | 1.18 | 1.22 | 2.29 | 30.15 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| Totals for Breakfast | | | | 16.70 | 55.17 | 3.83 | 310.14 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------------------|--|-------|-------|------|--------|
| 5 | 2.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 10.98 | 42.04 | 3.19 | 237.30 |
| Totals for Snack 1 | | | | 10.98 | 42.04 | 3.19 | 237.30 |

Lunch

| | | | | | | | |
|------------------|------|------------|--|-------|-------|------|--------|
| 6 | 12.0 | 1 medium | Carrots, baby, raw | 0.77 | 9.89 | 0.16 | 42.00 |
| 16 | 1.0 | 1 matzo | Crackers, matzo, egg and onion | 2.80 | 21.59 | 1.09 | 109.48 |
| 12 | 2.0 | 3 oz | Fish, tuna, light, canned in water, drained solids | 33.05 | 0.00 | 1.63 | 146.20 |
| 21 | 2.0 | tablespoon | Mayonnaise - low fat | 0.00 | 8.00 | 2.00 | 50.00 |
| 21 | 1.0 | tablespoon | Relish - pickle | 0.10 | 5.30 | 0.10 | 20.00 |
| Totals for Lunch | | | | 36.72 | 44.78 | 4.98 | 367.68 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------------|-------------------------|------|-------|------|--------|
| 7 | 2.0 | 1 cup, cubes | Melons, cantaloupe, raw | 2.69 | 26.11 | 0.61 | 108.80 |
| Totals for Snack 2 | | | | 2.69 | 26.11 | 0.61 | 108.80 |

Dinner

| | | | | | | | |
|-------------------|-----|--------------|--|-------|-------|-------|--------|
| 0 | 1.0 | each | MAIN75 - Eggplant Parmesan | 15.00 | 28.00 | 9.00 | 249.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| 17 | 0.5 | cup | Spaghetti - whole wheat, cooked, Health Valley | 4.50 | 20.00 | 0.50 | 85.00 |
| Totals for Dinner | | | | 20.80 | 57.90 | 17.92 | 454.84 |

Snack 3

| | | | | | | | |
|--|-----|-------------------------|---------------|-------|--------|-------|---------|
| 14 | 1.0 | 1 oz (23 whole kernels) | Nuts, almonds | 6.00 | 6.11 | 14.16 | 164.15 |
| Totals for Snack 3 | | | | 6.00 | 6.11 | 14.16 | 164.15 |
| Totals For 1700 Calories Kosher - Day 04 | | | | 93.89 | 232.11 | 44.69 | 1642.91 |

Breakfast

| | | | | | | | |
|----------------------|-----|------------|---------------------------------------|-------|-------|------|--------|
| 9 | 0.5 | each | Banana - med 8" | 0.60 | 13.35 | 0.30 | 52.50 |
| 5 | 1.0 | 1 large | Egg, whole, cooked, hard-boiled | 6.29 | 0.56 | 5.30 | 77.50 |
| 16 | 1.0 | 1 muffin | English muffins, whole-wheat, toasted | 5.86 | 26.90 | 1.40 | 134.81 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 23 | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 1.67 | 14.99 |
| Totals for Breakfast | | | | 21.15 | 52.71 | 9.07 | 365.80 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------------------|--|------|-------|------|--------|
| 5 | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49 | 21.02 | 1.59 | 118.65 |
| Totals for Snack 1 | | | | 5.49 | 21.02 | 1.59 | 118.65 |

Lunch

| | | | | | | | |
|------------------|-----|--------------|--|-------|-------|-------|--------|
| 0 | 2.0 | each | BR9 - Breakfast Blintzes | 46.00 | 68.00 | 6.00 | 514.00 |
| 5 | 1.0 | 1 tablespoon | Cream, sour, reduced fat, cultured | 0.44 | 0.64 | 1.80 | 20.25 |
| 3 | 1.0 | medium | Salad - med. garden w/tomato, onion | 1.95 | 14.25 | 0.60 | 74.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| Totals for Lunch | | | | 48.39 | 83.29 | 16.42 | 680.09 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------|------------------------------|------|------|------|-------|
| 7 | 1.0 | medium | Peach - medium, approx 4 oz. | 0.60 | 9.70 | 0.10 | 37.00 |
| Totals for Snack 2 | | | | 0.60 | 9.70 | 0.10 | 37.00 |

Dinner

| | | | | | | | |
|-------------------|-----|--------------|---|-------|-------|-------|--------|
| 12 | 4.0 | 1 piece | Fish, gefiltefish, commercial, sweet recipe | 15.24 | 12.45 | 2.91 | 141.12 |
| 3 | 6.0 | ounce(s) | Green beans - string boiled & drained | 3.15 | 13.35 | 0.45 | 60.00 |
| 0 | 1.0 | 1 tablespoon | Horseradish, prepared | 0.18 | 1.69 | 0.10 | 7.20 |
| 6 | 1.0 | 1 pancake | Potato pancakes | 4.62 | 21.14 | 11.22 | 203.68 |
| Totals for Dinner | | | | 23.19 | 48.63 | 14.68 | 412.00 |

Snack 3

| | | | | | | | |
|--|-----|-------|-----------------------------|--------|--------|-------|---------|
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals for Snack 3 | | | | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals For 1700 Calories Kosher - Day 05 | | | | 101.93 | 234.02 | 42.95 | 1706.42 |

Breakfast

| | | | | | | | |
|----------------------|-----|---------------|---|-------|-------|------|--------|
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| Totals for Breakfast | | | | 15.40 | 68.51 | 4.20 | 357.92 |

Snack 1

| | | | | | | | |
|--------------------|-----|------|-----------------------------------|------|-------|------|-------|
| 7 | 0.5 | each | Grapefruit - pink or red 4" diam. | 0.60 | 11.90 | 0.10 | 46.00 |
| Totals for Snack 1 | | | | 0.60 | 11.90 | 0.10 | 46.00 |

Lunch

| | | | | | | | |
|------------------|------|------------|--|-------|-------|------|--------|
| 6 | 12.0 | 1 medium | Carrots, baby, raw | 0.77 | 9.89 | 0.16 | 42.00 |
| 16 | 1.0 | 1 matzo | Crackers, matzo, egg and onion | 2.80 | 21.59 | 1.09 | 109.48 |
| 12 | 2.0 | 3 oz | Fish, tuna, light, canned in water, drained solids | 33.05 | 0.00 | 1.63 | 146.20 |
| 21 | 2.0 | tablespoon | Mayonnaise - low fat | 0.00 | 8.00 | 2.00 | 50.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 21 | 1.0 | tablespoon | Relish - pickle | 0.10 | 5.30 | 0.10 | 20.00 |
| Totals for Lunch | | | | 45.12 | 56.68 | 5.38 | 453.68 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------------|---|-------|-------|------|--------|
| 16 | 1.0 | 1 bagel (3" dia) | Bagels, oat bran | 6.10 | 30.38 | 0.68 | 145.35 |
| 12 | 3.0 | 1 oz | Fish, salmon, chinook, smoked, (lox), regular | 15.55 | 0.00 | 3.67 | 99.51 |
| Totals for Snack 2 | | | | 21.65 | 30.38 | 4.35 | 244.86 |

Dinner

| | | | | | | | |
|-------------------|-----|------------|--------------------------------------|-------|-------|-------|--------|
| 3 | 1.0 | cup | Asparagus/ Fresh - Boiled | 4.60 | 7.60 | 0.60 | 44.00 |
| 19 | 5.0 | ounce(s) | Brisket - flat half, fat trimmed off | 44.60 | 0.00 | 8.75 | 270.00 |
| 9 | 4.0 | ounce(s) | Potato - white medium | 2.80 | 27.40 | 0.12 | 120.00 |
| 23 | 0.5 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 2.50 | 22.50 |
| Totals for Dinner | | | | 52.00 | 35.00 | 11.97 | 456.50 |

Snack 3

| | | | | | | | |
|--|-----|----------------------|--|--------|--------|-------|---------|
| 5 | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49 | 21.02 | 1.59 | 118.65 |
| Totals for Snack 3 | | | | 5.49 | 21.02 | 1.59 | 118.65 |
| Totals For 1700 Calories Kosher - Day 06 | | | | 140.26 | 223.49 | 27.59 | 1677.61 |

Breakfast

| | | | | | | | |
|----------------------|-----|------------|---------------------------------------|-------|-------|------|--------|
| 9 | 0.5 | each | Banana - med 8" | 0.60 | 13.35 | 0.30 | 52.50 |
| 5 | 1.0 | 1 large | Egg, whole, cooked, hard-boiled | 6.29 | 0.56 | 5.30 | 77.50 |
| 16 | 1.0 | 1 muffin | English muffins, whole-wheat, toasted | 5.86 | 26.90 | 1.40 | 134.81 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 23 | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 1.67 | 14.99 |
| Totals for Breakfast | | | | 21.15 | 52.71 | 9.07 | 365.80 |

Snack 1

| | | | | | | | |
|--------------------|-----|---------------|-------------------------|-------|-------|------|--------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 7 | 0.8 | 1 cup, slices | Peaches, raw | 1.16 | 12.16 | 0.32 | 49.73 |
| Totals for Snack 1 | | | | 15.16 | 15.26 | 1.47 | 131.73 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|-----------------------------|-------|-------|------|--------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 6 | 4.0 | each | Celery - raw stalk, trimmed | 2.00 | 8.00 | 0.00 | 40.00 |
| 0 | 1.0 | 1 teaspoon or 1 packet | Mustard, prepared, yellow | 0.19 | 0.29 | 0.17 | 3.00 |
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| Totals for Lunch | | | | 40.43 | 43.29 | 2.10 | 349.12 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------|---------------------------------|------|-------|------|--------|
| 16 | 1.0 | 1 matzo | Crackers, matzo, egg and onion | 2.80 | 21.59 | 1.09 | 109.48 |
| 23 | 0.5 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 2.50 | 22.50 |
| Totals for Snack 2 | | | | 2.80 | 21.59 | 3.59 | 131.98 |

Dinner

| | | | | | | | |
|-------------------|-----|------------------|---|-------|-------|-------|--------|
| 6 | 2.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 3.71 | 11.20 | 0.64 | 54.60 |
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 17 | 1.0 | 1 cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| 21 | 4.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| Totals for Dinner | | | | 42.54 | 65.87 | 12.81 | 554.89 |

Snack 3

| | | | | | | | |
|--|-----|-------------------------|---------------|--------|--------|-------|---------|
| 14 | 1.0 | 1 oz (23 whole kernels) | Nuts, almonds | 6.00 | 6.11 | 14.16 | 164.15 |
| Totals For 1700 Calories Kosher - Day 07 | | | | 128.08 | 204.83 | 43.20 | 1697.67 |