



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Cancer Prevention - Day 01							
Breakfast							
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2.35	23.57	0.83	96.99
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
Totals for Breakfast				9.20	60.88	1.43	271.36
Snack 1							
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	1 cup, balls	Watermelon, raw	0.47	5.81	0.12	23.10
Totals for Snack 1				7.47	7.36	0.69	64.10
Lunch							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
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	5.81	26.66	1.39	133.98
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Lunch				17.83	65.72	7.00	378.95
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	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, 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				37.22	36.01	9.40	365.65
Snack 3							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
Totals for Snack 3				8.55	28.61	4.55	183.72
Totals For 1300 Calories Cancer Prevention - Day 01				88.87	214.52	25.60	1388.19

1300 Calories Cancer Prevention - Day 02

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	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>				14.85	60.43	2.64	308.05

Snack 1

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
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.37	25.35	0.40	138.73

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	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
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
<i>Totals for Lunch</i>				23.93	32.92	8.33	290.90

Snack 2

16	1.0	0.5 oz	Crackers, melba toast, wheat	1.83	10.85	0.33	53.11
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
<i>Totals for Snack 2</i>				2.93	28.96	0.63	124.48

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	0.3	ounce(s)	Parmesan, grated, KRAFT	3.00	0.25	2.25	32.50
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
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
<i>Totals for Dinner</i>				22.49	44.62	14.27	363.51

Snack 3

14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
<i>Totals for Snack 3</i>				2.16	1.94	9.24	92.70

Totals For 1300 Calories Cancer Prevention - Day 02				74.73	194.22	35.51	1318.37
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1300 Calories Cancer Prevention - Day 03

Breakfast

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
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
<i>Totals for Breakfast</i>				9.71	57.78	5.46	313.19

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
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>				1.30	15.86	0.00	72.37

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
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
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				19.88	33.99	9.84	305.48

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
<i>Totals for Snack 2</i>				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	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<i>Totals for Dinner</i>				29.91	32.03	5.88	295.03

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
<i>Totals for Snack 3</i>				14.80	14.40	1.85	132.00

Totals For 1300 Calories Cancer Prevention - Day 03				81.54	160.73	37.93	1289.97
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1300 Calories Cancer Prevention - Day 04

Breakfast

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2.35	23.57	0.83	96.99
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>				9.20	60.88	1.43	271.36

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
<i>Totals for Snack 1</i>				10.39	42.78	5.06	254.45

Lunch

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
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
<i>Totals for Lunch</i>				8.81	35.55	2.91	202.30

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
<i>Totals for Snack 2</i>				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	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
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
1	3.0	ounce(s)	Swordfish - cooked dry heat	21.60	0.00	4.38	132.00
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 Dinner</i>				28.18	19.69	7.24	240.71

Snack 3

15	1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	8.25	14.06	3.03	108.30
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				16.97	37.43	7.49	272.67

Totals For 1300 Calories Cancer Prevention - Day 04				88.49	211.77	25.51	1372.06
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1300 Calories Cancer Prevention - Day 05**Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.3	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>				10.90	62.26	2.53	294.81

Snack 1

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				11.62	21.24	1.52	146.52

Lunch

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
16	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	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>				25.76	35.11	7.67	308.72

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>				2.63	22.86	1.03	105.48

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
17	0.3	cup	Spaghetti - whole wheat, cooked, Health Valley	2.25	10.00	0.25	42.50
<i>Totals for Dinner</i>				18.98	43.44	10.35	323.50

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>				3.16	10.94	9.24	132.70

Totals For 1300 Calories Cancer Prevention - Day 05				73.05	195.85	32.34	1311.73
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1300 Calories Cancer Prevention - Day 06

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	0.5	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
<i>Totals for Breakfast</i>				9.21	51.28	5.46	285.69

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				7.77	10.37	0.78	76.52

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
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
0	1.0	1 teaspoon	Spices, garlic powder	0.51	2.25	0.02	10.26
<i>Totals for Lunch</i>				14.13	28.57	9.45	219.38

Snack 2

7	1.0	each	Nectarine - medium, 2.5" diam.	1.30	16.00	0.60	67.00
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
<i>Totals for Snack 2</i>				8.80	30.21	0.60	159.37

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	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
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	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
<i>Totals for Dinner</i>				36.52	41.15	5.20	339.22

Snack 3

15	1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	8.25	14.06	3.03	108.30
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
<i>Totals for Snack 3</i>				16.97	37.43	7.49	272.67

Totals For 1300 Calories Cancer Prevention - Day 06				93.40	199.01	28.98	1352.85
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1300 Calories Cancer Prevention - Day 07

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
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.5	1 tablespoon	Jams and preserves	0.04	6.89	0.01	27.80
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
<i>Totals for Breakfast</i>				21.97	46.85	1.21	279.58

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
<i>Totals for Snack 1</i>				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	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				30.12	50.90	13.72	408.34

Snack 2

7	0.3	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	0.75	13.84	0.11	53.13
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
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 2</i>				7.75	16.10	0.68	96.50

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
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
<i>Totals for Dinner</i>				31.64	33.95	5.65	294.00

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	2.88	18.70	1.01	91.68
<i>Totals for Snack 3</i>				2.88	18.70	1.01	91.68

Totals For 1300 Calories Cancer Prevention - Day 07				102.36	189.31	22.67	1298.47
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