



Female Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|-----|-------------------|---|--------------|---------------|--------------|----------------|
| 1200 Calories Child Growing Healthy (4-8 years) - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 16 | 1.0 | each | Pancakes, frozen, whole grain | 1.67 | 14.00 | 2.00 | 80.00 |
| 21 | 0.5 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 1.50 | 13.34 |
| 7 | 0.5 | 1 cup, halves | Strawberries, raw | 0.51 | 5.84 | 0.23 | 24.32 |
| 0 | 1.0 | 1 tablespoon | Syrups, table blends, pancake, reduced-calorie | 0.00 | 6.68 | 0.00 | 24.75 |
| <i>Totals for Breakfast</i> | | | | 10.58 | 38.42 | 4.13 | 228.41 |
| Lunch | | | | | | | |
| 7 | 0.5 | 1 cup | Applesauce, canned, unsweetened, with added ascorbic acid | 0.21 | 13.75 | 0.12 | 51.24 |
| 0 | 1.0 | 1 slice | Bologna, chicken, turkey, pork | 2.77 | 1.58 | 7.33 | 83.44 |
| 16 | 1.0 | 1 oz | Bread, whole-wheat, commercially prepared | 3.53 | 12.11 | 0.99 | 71.44 |
| 6 | 6.0 | medium | Carrots - baby, raw | 0.60 | 4.80 | 0.60 | 24.00 |
| 5 | 1.0 | 1 oz | Cheese, low fat, cheddar or colby | 6.90 | 0.54 | 1.98 | 49.05 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 6 | 0.5 | 1 cup, sliced | Peppers, sweet, red, raw | 0.46 | 2.77 | 0.14 | 14.26 |
| <i>Totals for Lunch</i> | | | | 18.67 | 41.50 | 11.36 | 336.43 |
| Snack 2 | | | | | | | |
| 16 | 4.0 | 1 cracker, square | Crackers, whole-wheat, low salt | 1.41 | 10.98 | 2.75 | 70.88 |
| 4 | 2.0 | 1 tablespoon | Hummus, commercial | 2.37 | 4.29 | 2.88 | 49.80 |
| <i>Totals for Snack 2</i> | | | | 3.78 | 15.27 | 5.63 | 120.68 |
| Dinner | | | | | | | |
| 4 | 0.3 | 1 cup | Beans, baked, canned, no salt added | 3.04 | 12.96 | 0.25 | 66.41 |
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 11 | 1.0 | each | Hot dog, turkey | 6.00 | 2.00 | 8.00 | 100.00 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 23 | 0.3 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 3.50 | 30.00 |
| 16 | 1.0 | 1 roll | Rolls, hamburger or hotdog, mixed-grain | 4.13 | 19.18 | 2.58 | 113.09 |
| <i>Totals for Dinner</i> | | | | 19.23 | 45.69 | 14.85 | 379.80 |
| Snack 3 | | | | | | | |
| 9 | 0.5 | each | Apple - medium with peel | 0.15 | 10.50 | 0.25 | 40.50 |
| 4 | 0.5 | 2 tablespoon | Peanut butter, smooth style, without salt | 3.55 | 3.57 | 8.22 | 95.68 |
| <i>Totals for Snack 3</i> | | | | 3.70 | 14.07 | 8.47 | 136.18 |
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 01 | | | | 55.96 | 154.95 | 44.44 | 1201.50 |

1200 Calories Child Growing Healthy (4-8 years) - Day 02

Breakfast

| | | | | | | | |
|-----------------------------|-----|--------------|---|--------------|--------------|--------------|---------------|
| 5 | 1.0 | 1 large | Egg, whole, cooked, omelet | 6.45 | 0.39 | 7.11 | 93.94 |
| 16 | 1.0 | 1 muffin | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon) | 4.61 | 28.62 | 1.15 | 143.52 |
| 7 | 0.3 | 1 cup, diced | Melons, cantaloupe, raw | 0.33 | 3.18 | 0.07 | 13.26 |
| 5 | 0.3 | cup | Milk - skim, no fat | 2.10 | 2.97 | 0.10 | 21.50 |
| 21 | 1.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 3.00 | 26.67 |
| <i>Totals for Breakfast</i> | | | | 13.49 | 35.16 | 11.43 | 298.89 |

Lunch

| | | | | | | | |
|-------------------------|-----|----------------------------|--|--------------|--------------|--------------|---------------|
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 12 | 0.3 | 1 cup | Fish, tuna salad | 8.22 | 4.82 | 4.75 | 95.84 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 7 | 0.5 | each | Pear -medium w/peel | 0.35 | 12.55 | 0.00 | 49.00 |
| 6 | 5.0 | 1 cherry | Tomatoes, red, ripe, raw, year round average | 0.75 | 3.31 | 0.17 | 15.30 |
| <i>Totals for Lunch</i> | | | | 17.39 | 47.34 | 11.30 | 346.66 |

Snack 2

| | | | | | | | |
|---------------------------|-----|---------------------------|--|-------------|--------------|--------------|---------------|
| 16 | 4.0 | 1 cracker (2-1/2" square) | Cookies, graham crackers, plain or honey (includes cinnamon) | 1.87 | 21.74 | 2.97 | 120.40 |
| 14 | 1.0 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 3.35 | 3.01 | 8.88 | 98.24 |
| <i>Totals for Snack 2</i> | | | | 5.22 | 24.75 | 11.85 | 218.64 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|---|--------------|--------------|-------------|---------------|
| 6 | 0.5 | 1 cup | Beans, snap, green, cooked, boiled, drained, without salt | 1.18 | 4.93 | 0.18 | 21.88 |
| 1 | 2.0 | ounce(s) | Chicken Breast / White Meat | 13.00 | 0.00 | 0.80 | 62.00 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 23 | 0.3 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 3.50 | 30.00 |
| 0 | 0.5 | 2 tablespoon | Sauce, barbecue, KRAFT, original | 0.13 | 6.93 | 0.11 | 29.24 |
| 21 | 0.5 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 1.50 | 13.34 |
| 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> | | | | 20.52 | 38.52 | 6.44 | 289.46 |

Snack 3

| | | | | | | | |
|--|-----|---------|------------------------------------|--------------|---------------|--------------|----------------|
| 16 | 5.0 | 1 small | Cookies, vanilla wafers, lower fat | 0.75 | 11.04 | 2.28 | 66.15 |
| <i>Totals for Snack 3</i> | | | | 0.75 | 11.04 | 2.28 | 66.15 |
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 02 | | | | 57.37 | 156.81 | 43.30 | 1219.80 |

1200 Calories Child Growing Healthy (4-8 years) - Day 03

Breakfast

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 16 | 1.0 | 1 slice | Bread, whole-wheat, commercially prepared, toasted | 4.07 | 12.79 | 1.02 | 76.50 |
| 15 | 0.5 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 2.77 | 13.65 | 1.59 | 79.56 |
| 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 |
| 4 | 0.3 | 2 tablespoon | Peanut butter, smooth style, without salt | 1.78 | 1.78 | 4.11 | 47.84 |
| <i>Totals for Breakfast</i> | | | | 17.72 | 53.54 | 7.46 | 341.08 |

Lunch

| | | | | | | | |
|-------------------------|-----|--|-----------------------------------|--------------|--------------|--------------|---------------|
| 5 | 0.2 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 5.50 | 0.43 | 1.58 | 39.10 |
| 6 | 1.0 | cup | Cucumber - raw, slices | 0.80 | 2.80 | 0.00 | 14.00 |
| 0 | 1.0 | 1/2 cup | Egg Salad | 6.60 | 3.20 | 11.70 | 145.00 |
| 7 | 0.5 | 1 large (2-3/4" dia) (approx 2-1/2 per lb) | Peaches, raw | 0.71 | 7.49 | 0.20 | 30.62 |
| 2 | 1.0 | each | Tortilla - corn, soft, 7" diam. | 1.00 | 9.00 | 1.00 | 45.00 |
| <i>Totals for Lunch</i> | | | | 14.61 | 22.92 | 14.48 | 273.72 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------|---------------------------------|-------------|--------------|-------------|---------------|
| 16 | 0.5 | each | Bagel - blueberry, Earth Grains | 4.50 | 24.00 | 0.00 | 122.50 |
| 5 | 2.0 | ounce(s) | Kid's Low Sugar Fruited Yogurt | 2.00 | 9.00 | 0.25 | 45.00 |
| 21 | 0.3 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 0.75 | 6.67 |
| <i>Totals for Snack 2</i> | | | | 6.50 | 33.00 | 1.00 | 174.17 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|--|--------------|--------------|-------------|---------------|
| 5 | 0.3 | cup | Milk - skim, no fat | 2.10 | 2.97 | 0.10 | 21.50 |
| 23 | 0.3 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 3.50 | 30.00 |
| 6 | 0.3 | 1 cup | Peas, green, cooked, boiled, drained, without salt | 2.14 | 6.25 | 0.09 | 33.60 |
| 17 | 0.3 | 1 cup | Rice, brown, long-grain, cooked | 1.26 | 11.19 | 0.44 | 54.11 |
| 0 | 2.0 | each | Soy Chicken Nuggets | 6.00 | 9.00 | 3.50 | 95.00 |
| <i>Totals for Dinner</i> | | | | 11.50 | 29.41 | 7.63 | 234.21 |

Snack 3

| | | | | | | | |
|--|-----|------------------|------------------------|--------------|---------------|--------------|----------------|
| 0 | 1.0 | 0.5 cup | Ice creams, vanilla | 2.52 | 16.99 | 7.92 | 149.04 |
| 14 | 0.3 | 1 oz (14 halves) | Nuts, walnuts, english | 1.08 | 0.97 | 4.62 | 46.35 |
| <i>Totals for Snack 3</i> | | | | 3.60 | 17.96 | 12.54 | 195.39 |
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 03 | | | | 53.93 | 156.83 | 43.11 | 1218.57 |

1200 Calories Child Growing Healthy (4-8 years) - Day 04

Breakfast

| | | | | | | | |
|-----------------------------|-----|--------------|--|--------------|--------------|-------------|---------------|
| 7 | 0.5 | 1 cup, diced | Melons, cantaloupe, raw | 0.66 | 6.36 | 0.15 | 26.52 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 16 | 1.0 | each | Pancakes, frozen, whole grain | 1.67 | 14.00 | 2.00 | 80.00 |
| 21 | 0.5 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 1.50 | 13.34 |
| 0 | 0.5 | 1 tablespoon | Syrups, table blends, pancake, reduced-calorie | 0.00 | 3.34 | 0.00 | 12.38 |
| <i>Totals for Breakfast</i> | | | | 10.73 | 35.60 | 4.05 | 218.24 |

Lunch

| | | | | | | | |
|-------------------------|------|-------------------|--|--------------|--------------|-------------|---------------|
| 6 | 3.0 | medium | Carrots - baby, raw | 0.30 | 2.40 | 0.30 | 12.00 |
| 5 | 1.0 | 1 oz | Cheese, low fat, cheddar or colby | 6.90 | 0.54 | 1.98 | 49.05 |
| 16 | 3.0 | 1 cracker, square | Crackers, whole-wheat, low salt | 1.06 | 8.23 | 2.06 | 53.16 |
| 9 | 10.0 | each | Grapes - American | 0.20 | 4.10 | 0.10 | 20.00 |
| 5 | 0.3 | cup | Milk - skim, no fat | 2.10 | 2.97 | 0.10 | 21.50 |
| 23 | 0.3 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.09 | 0.79 | 1.71 | 19.20 |
| 0 | 1.0 | 1 slice | Turkey breast, sliced, oven roasted, luncheon meat | 4.78 | 1.18 | 0.46 | 29.12 |
| <i>Totals for Lunch</i> | | | | 15.43 | 20.21 | 6.71 | 204.03 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|---------------|
| 16 | 8.0 | 1 small | Cookies, vanilla wafers, lower fat | 1.20 | 17.66 | 3.65 | 105.84 |
| 7 | 0.5 | 1 cup, sections | Oranges, raw, all commercial varieties | 0.85 | 10.58 | 0.11 | 42.30 |
| <i>Totals for Snack 2</i> | | | | 2.05 | 28.24 | 3.76 | 148.14 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------------|--|--------------|--------------|--------------|---------------|
| 4 | 0.3 | 1 cup | Beans, baked, canned, no salt added | 3.04 | 12.96 | 0.25 | 66.41 |
| 18 | 0.7 | 1 serving (3 oz) | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 15.35 | 0.00 | 3.53 | 97.58 |
| 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, cut | Corn, sweet, yellow, cooked, boiled, drained, without salt | 2.80 | 17.20 | 1.23 | 78.72 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 23 | 0.5 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 7.00 | 60.00 |
| 16 | 1.0 | 1 roll | Rolls, hamburger or hotdog, mixed-grain | 4.13 | 19.18 | 2.58 | 113.09 |
| <i>Totals for Dinner</i> | | | | 31.38 | 60.89 | 15.11 | 486.10 |

Snack 3

| | | | | | | | |
|---------------------------|------|----------|---|-------------|--------------|-------------|---------------|
| 4 | 10.0 | 1 peanut | Peanuts, all types, dry-roasted, without salt | 2.44 | 2.13 | 4.97 | 58.70 |
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| <i>Totals for Snack 3</i> | | | | 5.55 | 20.80 | 6.06 | 151.58 |

| | | | | | | | |
|--|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 04 | | | | 65.14 | 165.74 | 35.69 | 1208.09 |
|--|--|--|--|--------------|---------------|--------------|----------------|

1200 Calories Child Growing Healthy (4-8 years) - Day 05

Breakfast

| | | | | | | | |
|-----------------------------|-----|------------------------|---|-------------|--------------|-------------|---------------|
| 9 | 0.3 | each | Banana - med 8" | 0.30 | 6.68 | 0.15 | 26.25 |
| 15 | 1.0 | 1 cup (1 NLEA serving) | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 3.39 | 20.50 | 1.88 | 105.28 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| <i>Totals for Breakfast</i> | | | | 7.89 | 33.13 | 2.23 | 174.53 |

Lunch

| | | | | | | | |
|-------------------------|-----|-----------------|---|--------------|--------------|-------------|---------------|
| 7 | 0.3 | 1 cup, cubes | Avocados, raw, all commercial varieties | 0.75 | 3.20 | 5.50 | 60.00 |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 1 | 1.0 | ounce(s) | Chicken Breast / White Meat | 6.50 | 0.00 | 0.40 | 31.00 |
| 7 | 1.0 | each | Pear -medium w/peel | 0.70 | 25.10 | 0.00 | 98.00 |
| 6 | 0.3 | 1 cup, sliced | Peppers, sweet, red, raw | 0.23 | 1.39 | 0.07 | 7.13 |
| 0 | 0.3 | 2 tablespoon | Sauce, salsa, ready-to-serve | 0.14 | 0.60 | 0.02 | 2.61 |
| 6 | 0.3 | 1/2 cup | tomato, diced | 0.19 | 1.04 | 0.07 | 4.75 |
| 2 | 1.0 | each | Tortilla - corn, soft, 7" diam. | 1.00 | 9.00 | 1.00 | 45.00 |
| <i>Totals for Lunch</i> | | | | 16.39 | 40.87 | 9.04 | 297.36 |

Snack 2

| | | | | | | | |
|---------------------------|-----|----------|------------------------------------|-------------|--------------|-------------|---------------|
| 5 | 4.0 | ounce(s) | Kid's Low Sugar Fruited Yogurt | 4.00 | 18.00 | 0.50 | 90.00 |
| 9 | 1.0 | each | Rice cake - apple cinnamon, Quaker | 1.00 | 9.00 | 0.00 | 40.00 |
| <i>Totals for Snack 2</i> | | | | 5.00 | 27.00 | 0.50 | 130.00 |

Dinner

| | | | | | | | |
|--------------------------|-----|----------------------------|---|--------------|--------------|--------------|---------------|
| 6 | 0.3 | 1 cup | Beans, snap, green, cooked, boiled, drained, without salt | 0.59 | 2.46 | 0.09 | 10.94 |
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 5 | 1.0 | 1 oz | Cheese, mozzarella, whole milk | 6.29 | 0.62 | 6.34 | 85.05 |
| 23 | 0.3 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 3.50 | 30.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 0.3 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.10 | 2.00 | 17.96 |
| 0 | 1.0 | 0.5 cup | Sauce, pasta, spaghetti/marinara, ready-to-serve | 1.76 | 9.41 | 1.85 | 61.25 |
| 1 | 2.0 | ounce(s) | Turkey, ground, extra lean | 13.00 | 0.00 | 0.75 | 56.00 |
| <i>Totals for Dinner</i> | | | | 29.21 | 57.29 | 16.59 | 480.44 |

Snack 3

| | | | | | | | |
|---------------------------|-----|--------------|---|-------------|-------------|-------------|--------------|
| 9 | 0.3 | each | Apple - medium with peel | 0.08 | 5.25 | 0.13 | 20.25 |
| 4 | 0.3 | 2 tablespoon | Peanut butter, smooth style, without salt | 1.78 | 1.78 | 4.11 | 47.84 |
| <i>Totals for Snack 3</i> | | | | 1.86 | 7.03 | 4.24 | 68.09 |

| | | | | | | | |
|--|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 05 | | | | 60.35 | 165.32 | 32.60 | 1150.42 |
|--|--|--|--|--------------|---------------|--------------|----------------|

1200 Calories Child Growing Healthy (4-8 years) - Day 06

Breakfast

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 5 | 1.0 | 1 large | Egg, whole, cooked, omelet | 6.45 | 0.39 | 7.11 | 93.94 |
| 16 | 0.3 | 1 muffin | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon) | 1.15 | 7.16 | 0.29 | 35.88 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 21 | 0.3 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 0.75 | 6.67 |
| 7 | 0.3 | 1 cup, halves | Strawberries, raw | 0.25 | 2.92 | 0.11 | 12.16 |
| <i>Totals for Breakfast</i> | | | | 12.05 | 16.42 | 8.46 | 191.65 |

Lunch

| | | | | | | | |
|-------------------------|------|---------|---|--------------|--------------|--------------|---------------|
| 0 | 1.0 | 1 slice | Bologna, chicken, turkey, pork | 2.77 | 1.58 | 7.33 | 83.44 |
| 16 | 2.0 | 1 oz | Bread, whole-wheat, commercially prepared | 7.06 | 24.22 | 1.98 | 142.88 |
| 6 | 3.0 | medium | Carrots - baby, raw | 0.30 | 2.40 | 0.30 | 12.00 |
| 5 | 0.3 | 1 oz | Cheese, low fat, cheddar or colby | 1.73 | 0.14 | 0.50 | 12.26 |
| 9 | 10.0 | each | Grapes - American | 0.20 | 4.10 | 0.10 | 20.00 |
| 5 | 0.3 | cup | Milk - skim, no fat | 2.10 | 2.97 | 0.10 | 21.50 |
| <i>Totals for Lunch</i> | | | | 14.16 | 35.41 | 10.31 | 292.08 |

Snack 2

| | | | | | | | |
|---------------------------|-----|---------------------------|--|-------------|--------------|-------------|---------------|
| 16 | 4.0 | 1 cracker (2-1/2" square) | Cookies, graham crackers, plain or honey (includes cinnamon) | 1.87 | 21.74 | 2.97 | 120.40 |
| <i>Totals for Snack 2</i> | | | | 1.87 | 21.74 | 2.97 | 120.40 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 23 | 0.3 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 3.50 | 30.00 |
| 6 | 0.5 | 1 cup | Peas, green, cooked, boiled, drained, without salt | 4.29 | 12.50 | 0.18 | 67.20 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 0.5 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.20 | 4.01 | 35.92 |
| 17 | 0.5 | cup | Spaghetti - whole wheat, cooked, Health Valley | 4.50 | 20.00 | 0.50 | 85.00 |
| 21 | 0.3 | cup | Spaghetti sauce - no salt, Prego | 1.00 | 5.50 | 3.00 | 30.00 |
| 11 | 2.0 | each | Turkey Meatballs | 10.00 | 5.32 | 4.60 | 100.00 |
| <i>Totals for Dinner</i> | | | | 21.09 | 53.02 | 16.19 | 397.12 |

Snack 3

| | | | | | | | |
|---------------------------|-----|------------------|------------------------|-------------|--------------|--------------|---------------|
| 0 | 1.0 | 0.5 cup | Ice creams, vanilla | 2.52 | 16.99 | 7.92 | 149.04 |
| 14 | 0.5 | 1 oz (14 halves) | Nuts, walnuts, english | 2.16 | 1.94 | 9.24 | 92.70 |
| <i>Totals for Snack 3</i> | | | | 4.68 | 18.93 | 17.16 | 241.74 |

| | | | | | | | |
|--|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 06 | | | | 53.85 | 145.52 | 55.09 | 1242.99 |
|--|--|--|--|--------------|---------------|--------------|----------------|

1200 Calories Child Growing Healthy (4-8 years) - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|------------------------|---|--------------|--------------|-------------|---------------|
| 7 | 0.3 | 1 cup | Blueberries, raw | 0.27 | 5.36 | 0.12 | 21.09 |
| 15 | 1.0 | 1 cup (1 NLEA serving) | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 3.39 | 20.50 | 1.88 | 105.28 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| <i>Totals for Breakfast</i> | | | | 12.06 | 37.76 | 2.40 | 212.37 |

Lunch

| | | | | | | | |
|-------------------------|-----|----------------------------|---|--------------|--------------|--------------|---------------|
| 7 | 0.3 | 1 cup | Applesauce, canned, unsweetened, with added ascorbic acid | 0.10 | 6.87 | 0.06 | 25.62 |
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 16 | 0.3 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 1.57 | 8.80 | 0.42 | 42.56 |
| 6 | 1.0 | cup | Cucumber - raw, slices | 0.80 | 2.80 | 0.00 | 14.00 |
| 12 | 0.3 | 1 cup | Fish, tuna salad | 8.22 | 4.82 | 4.75 | 95.84 |
| 5 | 0.3 | cup | Milk - skim, no fat | 2.10 | 2.97 | 0.10 | 21.50 |
| 23 | 0.3 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.09 | 0.79 | 1.71 | 19.20 |
| <i>Totals for Lunch</i> | | | | 13.61 | 30.16 | 12.39 | 277.12 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|---------------|
| 14 | 0.5 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 1.68 | 1.51 | 4.44 | 49.12 |
| 7 | 0.5 | 1 cup, sections | Oranges, raw, all commercial varieties | 0.85 | 10.58 | 0.11 | 42.30 |
| 9 | 1.0 | each | Rice cake - apple cinnamon, Quaker | 1.00 | 9.00 | 0.00 | 40.00 |
| <i>Totals for Snack 2</i> | | | | 3.53 | 21.09 | 4.55 | 131.42 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------------|---|--------------|--------------|--------------|---------------|
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 1 | 2.0 | ounce(s) | Chicken Breast / White Meat | 13.00 | 0.00 | 0.80 | 62.00 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 6 | 0.5 | 0.5 cup pieces | Mushrooms, white, cooked, boiled, drained, without salt | 0.85 | 2.06 | 0.18 | 10.92 |
| 23 | 1.0 | tablespoon | Olive Oil, Extra Virgin | 0.00 | 0.00 | 14.00 | 120.00 |
| 6 | 0.5 | 1 cup, sliced | Peppers, sweet, red, raw | 0.46 | 2.77 | 0.14 | 14.26 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 21 | 2.0 | tablespoon | Soy sauce - Kikkoman 'Lite' | 0.00 | 2.60 | 0.00 | 22.00 |
| <i>Totals for Dinner</i> | | | | 22.89 | 41.37 | 16.52 | 407.71 |

Snack 3

| | | | | | | | |
|---------------------------|------|----------|---|-------------|--------------|-------------|---------------|
| 4 | 10.0 | 1 peanut | Peanuts, all types, dry-roasted, without salt | 2.44 | 2.13 | 4.97 | 58.70 |
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| <i>Totals for Snack 3</i> | | | | 5.55 | 20.80 | 6.06 | 151.58 |

| | | | | | | | |
|--|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 07 | | | | 57.64 | 151.18 | 41.92 | 1180.20 |
|--|--|--|--|--------------|---------------|--------------|----------------|