



Male Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-----|-----------------|---|---------------|---------------|--------------|----------------|
| 2500 Calories Performance Training - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 7 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 15 | 1.5 | 1 cup | BRAN CHEX, (wheat bran, corn) | 7.57 | 58.58 | 2.06 | 234.47 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 0 | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00 | 24.90 | 0.00 | 112.00 |
| <i>Totals for Breakfast</i> | | | | 17.17 | 122.08 | 3.06 | 537.47 |
| Snack 1 | | | | | | | |
| 2 | 1.0 | each | Bagel/Lenders | 10.00 | 40.00 | 1.50 | 210.00 |
| 21 | 2.0 | tablespoon | Peanut butter - creamy. Peter Pan | 8.60 | 5.70 | 16.40 | 190.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| <i>Totals for Snack 1</i> | | | | 22.60 | 61.70 | 19.90 | 500.00 |
| Lunch | | | | | | | |
| 6 | 8.0 | medium | Carrots - baby, raw | 0.80 | 6.40 | 0.80 | 32.00 |
| 12 | 1.0 | 3 oz | Fish, tuna, light, canned in water, drained solids | 16.52 | 0.00 | 0.82 | 73.10 |
| 7 | 1.0 | 1 cup | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 1.00 | 20.17 | 0.12 | 75.84 |
| 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 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 16 | 2.0 | slice | Whole Wheat Bread, Prepared, Toasted | 7.73 | 47.38 | 4.96 | 256.20 |
| <i>Totals for Lunch</i> | | | | 26.24 | 78.51 | 14.15 | 522.29 |
| Snack 2 | | | | | | | |
| 7 | 1.0 | each | Apple - medium with peel | 0.30 | 21.10 | 0.00 | 81.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 2</i> | | | | 7.80 | 34.60 | 0.00 | 171.00 |
| Dinner | | | | | | | |
| 6 | 1.5 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 8.56 | 14.77 | 0.33 | 77.28 |
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 21 | 2.0 | tablespoon | KIKKOMAN Lite Teriyaki Marinade & Sauce | 1.00 | 6.00 | 0.00 | 30.00 |
| 17 | 1.5 | 1 cup | Rice, brown, long-grain, cooked | 7.55 | 67.16 | 2.63 | 324.68 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| <i>Totals for Dinner</i> | | | | 50.91 | 99.43 | 5.36 | 647.96 |
| Snack 3 | | | | | | | |
| 0 | 4.0 | cup | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.68 | 10.68 | 4.00 | 92.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 3</i> | | | | 2.68 | 10.68 | 4.00 | 92.00 |
| Totals For 2500 Calories Performance Training - Day 01 | | | | 127.40 | 407.00 | 46.47 | 2470.72 |

2500 Calories Performance Training - Day 02

Breakfast

| | | | | | | | |
|-----------------------------|-----|-----------|-----------------------------------|--------------|---------------|--------------|---------------|
| 7 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 16 | 2.0 | 1 slice | Bread, raisin, toasted, enriched | 4.13 | 27.31 | 2.30 | 142.56 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 2 | 1.0 | cup | Oatmeal -Quick, measured uncooked | 13.20 | 55.80 | 6.00 | 297.00 |
| 21 | 2.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 6.00 | 53.34 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| <i>Totals for Breakfast</i> | | | | 26.73 | 131.76 | 17.10 | 740.90 |

Snack 1

| | | | | | | | |
|---------------------------|-----|--------------------------------|--|-------------|--------------|-------------|---------------|
| 7 | 0.5 | 1 cup | Grapes, american type (slip skin), raw | 0.29 | 7.89 | 0.16 | 30.82 |
| 16 | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran | 3.99 | 27.53 | 4.22 | 153.90 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 4.28 | 35.42 | 4.38 | 184.72 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------------------------|--|--------------|--------------|-------------|---------------|
| 0 | 1.0 | 1 oz | Babyfood, pretzels | 3.06 | 23.30 | 0.57 | 112.55 |
| 0 | 4.0 | ounce(s) | HEALTHY CHOICE Bulk Deli Turkey Breast | 22.00 | 0.00 | 2.00 | 100.00 |
| 6 | 0.5 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.25 | 0.82 | 0.04 | 3.85 |
| 0 | 4.0 | 1 teaspoon or 1 packet | Mustard, prepared, yellow | 0.75 | 1.17 | 0.67 | 12.00 |
| 6 | 3.0 | 1 slice, medium (1/4" thick) | Tomatoes, red, ripe, raw, year round average | 0.53 | 2.33 | 0.12 | 10.80 |
| 0 | 1.0 | each | Tortilla - flour, soft, 7" diam. | 2.00 | 14.00 | 2.00 | 80.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 28.59 | 41.62 | 5.40 | 319.20 |

Snack 2

| | | | | | | | |
|---------------------------|-----|--------------------|-----------------------|--------------|--------------|-------------|---------------|
| 7 | 0.3 | 1 cup (not packed) | Raisins, seedless | 1.11 | 28.70 | 0.17 | 108.39 |
| 14 | 1.0 | ounce(s) | SOLNUTS Soybeans | 13.40 | 7.80 | 6.80 | 146.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 14.51 | 36.50 | 6.97 | 254.39 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|--|--------------|---------------|--------------|---------------|
| 12 | 1.5 | 3 oz | Fish, salmon, Atlantic, wild, cooked, dry heat | 32.44 | 0.00 | 10.37 | 232.05 |
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 17 | 2.0 | cup | Spaghetti - thin, cooked, Ronzoni | 14.00 | 84.00 | 2.00 | 420.00 |
| 6 | 1.0 | 0.5 cup | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt | 3.81 | 4.56 | 0.83 | 32.30 |
| 6 | 0.3 | 1 cup | Tomatoes, sun-dried | 1.90 | 7.53 | 0.40 | 34.83 |
| 6 | 1.0 | cup | Zucchini, Frozen, Boiled, Drained | 2.59 | 8.02 | 0.29 | 38.29 |
| <i>Totals for Dinner</i> | | | | 56.04 | 115.61 | 21.29 | 883.47 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 10 | 1.0 | each | Orange - medium | 1.20 | 15.40 | 0.20 | 62.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 3</i> | | | | 8.70 | 28.90 | 0.20 | 152.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 2500 Calories Performance Training - Day 02 | | | | 138.85 | 389.81 | 55.34 | 2534.68 |
|---|--|--|--|---------------|---------------|--------------|----------------|

2500 Calories Performance Training - Day 03

Breakfast

| | | | | | | | |
|-----------------------------|-----|----------|--------------------------------------|--------------|--------------|--------------|---------------|
| 5 | 1.0 | ounce(s) | Cream Cheese, Light, Phili brand | 3.00 | 2.00 | 5.00 | 60.00 |
| 1 | 1.0 | each | Egg whole w/ yolk | 6.70 | 1.30 | 7.30 | 100.00 |
| 16 | 1.0 | 1 muffin | English muffins, wheat | 4.96 | 25.54 | 1.14 | 127.11 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 0 | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00 | 24.90 | 0.00 | 112.00 |
| <i>Totals for Breakfast</i> | | | | 23.06 | 65.64 | 13.84 | 485.11 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----------------|-----------------------------------|--------------|--------------|--------------|---------------|
| 7 | 1.0 | each | Apple - medium with peel | 0.30 | 21.10 | 0.00 | 81.00 |
| 21 | 2.0 | tablespoon | Peanut butter - creamy. Peter Pan | 8.60 | 5.70 | 16.40 | 190.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| <i>Totals for Snack 1</i> | | | | 12.90 | 42.80 | 18.40 | 371.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|-----------------|---|--------------|--------------|--------------|---------------|
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 16 | 1.0 | 1 roll (1 oz) | Rolls, dinner, wheat | 2.41 | 12.88 | 1.76 | 76.44 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 21 | 1.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 3.00 | 26.67 |
| 0 | 1.0 | each | STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli | 23.00 | 49.00 | 5.00 | 330.00 |
| 7 | 1.5 | 1 cup, halves | Strawberries, raw | 1.53 | 17.51 | 0.68 | 72.96 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 28.24 | 90.89 | 10.84 | 567.07 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-------------------------|--|--------------|--------------|-------------|---------------|
| 8 | 1.0 | cup | Cottage Cheese - 1% fat | 28.00 | 6.20 | 2.30 | 164.00 |
| 7 | 0.5 | 1 cup, halves or slices | Peaches, canned, extra light syrup, solids and liquids | 0.49 | 13.71 | 0.12 | 51.87 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 28.49 | 19.91 | 2.42 | 215.87 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------------------------|--|--------------|---------------|--------------|---------------|
| 15 | 1.0 | ounce(s) | Cheese, Swiss - Low Fat, Shredded | 8.07 | 0.97 | 1.45 | 50.84 |
| 6 | 2.0 | each | Corn - sweet, ear, boiled & drained | 5.20 | 38.60 | 2.00 | 166.00 |
| 0 | 5.0 | ounce(s) | GARDENBURGER, Veggie Medley | 12.00 | 34.00 | 1.40 | 200.00 |
| 6 | 8.0 | ounce(s) | Green beans - string, boiled & drained | 4.20 | 17.80 | 0.60 | 80.00 |
| 6 | 0.3 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.12 | 0.41 | 0.02 | 1.93 |
| 16 | 2.0 | 1 roll | Rolls, hamburger or hotdog, mixed-grain | 8.26 | 38.36 | 5.16 | 226.18 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, KRAFT Mayo Light Mayonnaise | 0.09 | 1.28 | 4.94 | 50.10 |
| 6 | 2.0 | 1 slice, medium (1/4" thick) | Tomatoes, red, ripe, raw, year round average | 0.35 | 1.56 | 0.08 | 7.20 |
| <i>Totals for Dinner</i> | | | | 38.29 | 132.98 | 15.65 | 782.25 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-----------------|---|-------------|--------------|-------------|--------------|
| 0 | 4.0 | cup | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.68 | 10.68 | 4.00 | 92.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 3</i> | | | | 2.68 | 10.68 | 4.00 | 92.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 2500 Calories Performance Training - Day 03 | | | | 133.66 | 362.90 | 65.15 | 2513.30 |
|---|--|--|--|---------------|---------------|--------------|----------------|

2500 Calories Performance Training - Day 04

Breakfast

| | | | | | | | |
|-----------------------------|-----|-------|-------------------------------|--------------|---------------|-------------|---------------|
| 7 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 15 | 1.5 | 1 cup | BRAN CHEX, (wheat bran, corn) | 7.57 | 58.58 | 2.06 | 234.47 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| <i>Totals for Breakfast</i> | | | | 21.37 | 103.13 | 3.26 | 468.47 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----------------|---|-------------|--------------|-------------|---------------|
| 7 | 1.0 | 1 cup | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 1.00 | 20.17 | 0.12 | 75.84 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 1</i> | | | | 8.50 | 33.67 | 0.12 | 165.84 |

Lunch

| | | | | | | | |
|-------------------------|-----|-----------------|--|--------------|---------------|-------------|---------------|
| 6 | 8.0 | medium | Carrots - baby, raw | 0.80 | 6.40 | 0.80 | 32.00 |
| 4 | 1.0 | cup | HEALTH VALLEY Fat Free Honey Baked Beans | 14.00 | 50.00 | 0.00 | 220.00 |
| 19 | 2.0 | each | HEALTHY CHOICE Beef Franks, Low Fat | 10.00 | 8.00 | 2.00 | 100.00 |
| 16 | 2.0 | 1 roll | Rolls, hamburger or hotdog, mixed-grain | 8.26 | 38.36 | 5.16 | 226.18 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 33.06 | 102.76 | 7.96 | 578.18 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------------|-------------------------|--------------|--------------|-------------|---------------|
| 8 | 1.0 | cup | Cottage Cheese - 1% fat | 28.00 | 6.20 | 2.30 | 164.00 |
| 7 | 2.0 | 1 cup, balls | Melons, cantaloupe, raw | 2.97 | 28.89 | 0.67 | 120.36 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 30.97 | 35.09 | 2.97 | 284.36 |

Dinner

| | | | | | | | |
|--------------------------|-----|---------------|--|--------------|--------------|--------------|---------------|
| 6 | 1.5 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 8.56 | 14.77 | 0.33 | 77.28 |
| 1 | 4.0 | ounce(s) | Chicken Breast / White Meat | 26.00 | 0.00 | 1.60 | 124.00 |
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 17 | 1.0 | 1 cup | Rice, brown, long-grain, cooked | 5.03 | 44.77 | 1.75 | 216.45 |
| 16 | 1.0 | 1 roll (1 oz) | Rolls, dinner, wheat | 2.41 | 12.88 | 1.76 | 76.44 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 0 | 2.0 | 1 tablespoon | Sauce, salsa, ready-to-serve | 0.49 | 2.15 | 0.05 | 9.28 |
| 21 | 3.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 9.00 | 80.01 |
| <i>Totals for Dinner</i> | | | | 43.79 | 86.07 | 14.89 | 644.46 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-----------------|-----------------------------|-------------|--------------|-------------|---------------|
| 16 | 4.0 | 1 cookie | Cookies, fig bars | 2.37 | 45.38 | 4.67 | 222.72 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| <i>Totals for Snack 3</i> | | | | 6.37 | 61.38 | 6.67 | 322.72 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 2500 Calories Performance Training - Day 04 | | | | 144.06 | 422.10 | 35.87 | 2464.03 |
|---|--|--|--|---------------|---------------|--------------|----------------|

2500 Calories Performance Training - Day 05

Breakfast

| | | | | | | | |
|-----------------------------|-----|-----------|--------------------------------------|--------------|--------------|--------------|---------------|
| 16 | 2.0 | 1 slice | Bread, raisin, toasted, enriched | 4.13 | 27.31 | 2.30 | 142.56 |
| 1 | 2.0 | each | Egg whole w/ yolk | 13.40 | 2.60 | 14.60 | 200.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 0 | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00 | 24.90 | 0.00 | 112.00 |
| 21 | 2.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 6.00 | 53.34 |
| <i>Totals for Breakfast</i> | | | | 25.93 | 66.71 | 23.30 | 593.90 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 7 | 1.5 | 1 cup, halves | Strawberries, raw | 1.53 | 17.51 | 0.68 | 72.96 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 1</i> | | | | 9.03 | 31.01 | 0.68 | 162.96 |

Lunch

| | | | | | | | |
|-------------------------|-----|-----------------|--|--------------|--------------|--------------|---------------|
| 0 | 1.0 | 1 oz | Babyfood, pretzels | 3.06 | 23.30 | 0.57 | 112.55 |
| 16 | 2.0 | 1 slice | Bread, rye | 5.44 | 30.91 | 2.11 | 165.76 |
| 6 | 2.0 | 0.5 cup | Coleslaw, home-prepared | 1.55 | 14.89 | 3.13 | 93.60 |
| 0 | 3.0 | ounce(s) | HEALTHY CHOICE Bulk Deli Turkey Breast | 16.50 | 0.00 | 1.50 | 75.00 |
| 20 | 1.0 | tablespoon | Thousand island - reduced cal. KRAFT | 0.00 | 3.00 | 1.00 | 20.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| <i>Totals for Lunch</i> | | | | 30.55 | 88.10 | 10.31 | 566.91 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|---------------|
| 7 | 1.5 | 1 cup | Grapes, american type (slip skin), raw | 0.87 | 23.67 | 0.48 | 92.46 |
| 0 | 8.0 | each | KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps | 2.00 | 24.00 | 1.50 | 110.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 2.87 | 47.67 | 1.98 | 202.46 |

Dinner

| | | | | | | | |
|--------------------------|-----|----------------------------------|--|--------------|---------------|--------------|---------------|
| 21 | 2.0 | tablespoon | BBQ - Thick n' Spicy, KRAFT | 0.00 | 12.00 | 1.00 | 50.00 |
| 6 | 1.5 | 1 cup (1" pieces) | Cauliflower, frozen, cooked, boiled, drained, with salt | 4.35 | 8.53 | 0.59 | 45.90 |
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 13 | 1.3 | 3 oz | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted | 31.03 | 0.00 | 12.09 | 241.19 |
| 6 | 1.0 | 1 medium (2-1/4" to 3-1/4" dia.) | Potatoes, baked, flesh and skin, without salt | 4.30 | 36.38 | 0.22 | 159.96 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 21 | 1.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 3.00 | 26.67 |
| 5 | 2.0 | tablespoon | Sour Cream, Reduced Fat | 0.88 | 1.28 | 3.60 | 40.36 |
| 6 | 1.0 | 0.5 cup | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt | 3.81 | 4.56 | 0.83 | 32.30 |
| 6 | 1.5 | 1 cup, mashed | Squash, winter, butternut, frozen, cooked, boiled, with salt | 4.43 | 36.14 | 0.25 | 140.40 |
| <i>Totals for Dinner</i> | | | | 50.10 | 110.39 | 21.98 | 797.78 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-----------------|---|-------------|--------------|-------------|---------------|
| 7 | 1.0 | each | Nectarine - medium, 2.5" diam. | 1.30 | 16.00 | 0.60 | 67.00 |
| 0 | 3.0 | cup | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.01 | 8.01 | 3.00 | 69.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 3</i> | | | | 3.31 | 24.01 | 3.60 | 136.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 2500 Calories Performance Training - Day 05 | | | | 121.79 | 367.89 | 61.85 | 2460.01 |
|---|--|--|--|---------------|---------------|--------------|----------------|

2500 Calories Performance Training - Day 06

Breakfast

| | | | | | | | |
|-----------------------------|-----|----------|-----------------------------------|--------------|---------------|--------------|---------------|
| 2 | 1.0 | each | Bagel/Lenders | 10.00 | 40.00 | 1.50 | 210.00 |
| 7 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 5 | 1.0 | ounce(s) | Cream Cheese, Light, Phili brand | 3.00 | 2.00 | 5.00 | 60.00 |
| 5 | 0.5 | cup | Milk - skim, no fat | 4.20 | 5.95 | 0.20 | 43.00 |
| 2 | 0.8 | cup | Oatmeal -Quick, measured uncooked | 9.90 | 41.85 | 4.50 | 222.75 |
| <i>Totals for Breakfast</i> | | | | 28.30 | 116.50 | 11.80 | 640.75 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-------------------------|--|--------------|--------------|-------------|---------------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 7 | 0.5 | 1 cup, halves or slices | Peaches, canned, extra light syrup, solids and liquids | 0.49 | 13.71 | 0.12 | 51.87 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 14.49 | 16.81 | 1.27 | 133.87 |

Lunch

| | | | | | | | |
|-------------------------|------|------------------------------|--|--------------|--------------|--------------|---------------|
| 6 | 12.0 | medium | Carrots - baby, raw | 1.20 | 9.60 | 1.20 | 48.00 |
| 12 | 1.0 | 3 oz | Fish, tuna, light, canned in water, without salt, drained solids | 21.68 | 0.00 | 0.70 | 98.60 |
| 6 | 0.3 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.12 | 0.41 | 0.02 | 1.93 |
| 21 | 0.3 | tablespoon | Relish - pickle | 0.03 | 1.33 | 0.03 | 5.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, KRAFT Mayo Light Mayonnaise | 0.09 | 1.28 | 4.94 | 50.10 |
| 6 | 2.0 | 1 slice, medium (1/4" thick) | Tomatoes, red, ripe, raw, year round average | 0.35 | 1.56 | 0.08 | 7.20 |
| 0 | 2.0 | each | Tortilla - flour, soft, 7" diam. | 4.00 | 28.00 | 4.00 | 160.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 27.47 | 42.18 | 10.97 | 370.83 |

Snack 2

| | | | | | | | |
|---------------------------|-----|--------------------------------|--------------------------------------|--------------|--------------|-------------|---------------|
| 16 | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran | 3.99 | 27.53 | 4.22 | 153.90 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 0 | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk | 4.00 | 16.00 | 2.00 | 100.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 2</i> | | | | 15.49 | 57.03 | 6.22 | 343.90 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|--------------------------------------|--------------|---------------|--------------|---------------|
| 16 | 1.0 | slice | Bread, Garlic, Toasted | 2.42 | 13.00 | 3.71 | 94.87 |
| 20 | 3.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 3.00 | 0.00 | 18.00 |
| 3 | 1.0 | large | Salad - lrg. garden w/tomato & onion | 2.60 | 19.00 | 0.80 | 98.00 |
| 0 | 4.0 | 1/2 cup | Spaghetti and Meatballs | 38.00 | 78.00 | 14.40 | 660.00 |
| <i>Totals for Dinner</i> | | | | 43.02 | 113.00 | 18.91 | 870.87 |

Snack 3

| | | | | | | | |
|---------------------------|-----|--------------------|-----------------------|--------------|--------------|-------------|---------------|
| 7 | 0.3 | 1 cup (not packed) | Raisins, seedless | 1.11 | 28.70 | 0.17 | 108.39 |
| 14 | 1.0 | ounce(s) | SOLNUTS Soybeans | 13.40 | 7.80 | 6.80 | 146.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 3</i> | | | | 14.51 | 36.50 | 6.97 | 254.39 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 2500 Calories Performance Training - Day 06 | | | | 143.28 | 382.02 | 56.14 | 2614.61 |
|---|--|--|--|---------------|---------------|--------------|----------------|

2500 Calories Performance Training - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|-----------|--------------------------------------|--------------|--------------|--------------|---------------|
| 5 | 0.5 | 1 cup | Egg substitute, liquid | 15.06 | 0.80 | 4.15 | 105.42 |
| 16 | 1.0 | 1 muffin | English muffins, wheat | 4.96 | 25.54 | 1.14 | 127.11 |
| 5 | 1.0 | slice | KRAFT American Singles - 2% Milk | 4.00 | 2.00 | 3.00 | 50.00 |
| 0 | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00 | 24.90 | 0.00 | 112.00 |
| 21 | 2.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 6.00 | 53.34 |
| <i>Totals for Breakfast</i> | | | | 24.02 | 53.24 | 14.29 | 447.87 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----------------|--|--------------|--------------|--------------|---------------|
| 0 | 8.0 | each | KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps | 2.00 | 24.00 | 1.50 | 110.00 |
| 21 | 2.0 | tablespoon | Peanut butter - creamy. Peter Pan | 8.60 | 5.70 | 16.40 | 190.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 10.60 | 29.70 | 17.90 | 300.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|-----------------|---|--------------|--------------|-------------|---------------|
| 8 | 1.0 | cup | Cottage Cheese - 1% fat | 28.00 | 6.20 | 2.30 | 164.00 |
| 7 | 1.5 | 1 cup, balls | Melons, cantaloupe, raw | 2.23 | 21.66 | 0.50 | 90.27 |
| 0 | 1.0 | each | STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans | 22.00 | 40.00 | 6.00 | 300.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 52.23 | 67.86 | 8.80 | 554.27 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 7 | 1.5 | 1 cup, halves | Strawberries, raw | 1.53 | 17.51 | 0.68 | 72.96 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 2</i> | | | | 9.03 | 31.01 | 0.68 | 162.96 |

Dinner

| | | | | | | | |
|--------------------------|-----|---------------|--|--------------|--------------|--------------|---------------|
| 3 | 4.0 | ounce(s) | Green beans - string boiled & drained | 2.10 | 8.90 | 0.30 | 40.00 |
| 19 | 5.0 | ounce(s) | HEALTHY CHOICE Low Fat Polska Kielbasa | 17.50 | 15.00 | 3.75 | 175.00 |
| 20 | 2.0 | tablespoon | Italian - fat free, KRAFT Free | 0.00 | 2.00 | 0.00 | 12.00 |
| 6 | 1.0 | 1 cup | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 4.30 | 30.24 | 10.35 | 226.80 |
| 16 | 2.0 | 1 roll (1 oz) | Rolls, dinner, wheat | 4.82 | 25.76 | 3.53 | 152.88 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 21 | 2.0 | tea spoon | SMART BALANCE Buttery Spread | 0.00 | 0.00 | 6.00 | 53.34 |
| 6 | 1.0 | 0.5 cup | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 3.81 | 4.56 | 0.83 | 32.30 |
| <i>Totals for Dinner</i> | | | | 33.83 | 95.96 | 25.16 | 741.32 |

Snack 3

| | | | | | | | |
|---|-----|-----------------|-----------------------|---------------|---------------|--------------|----------------|
| 16 | 4.0 | 1 cookie | Cookies, fig bars | 2.37 | 45.38 | 4.67 | 222.72 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 0 | 2.0 | 1 cup (8 fl oz) | Water, tap, municipal | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals For 2500 Calories Performance Training - Day 07</i> | | | | 140.48 | 335.05 | 71.90 | 2515.14 |