



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories On The Go - Day 01</b>							
<b>Breakfast</b>							
7	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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Breakfast</i>				<b>16.29</b>	<b>38.81</b>	<b>6.00</b>	<b>271.00</b>
<b>Snack 1</b>							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	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>				<b>10.53</b>	<b>34.10</b>	<b>4.95</b>	<b>237.75</b>
<b>Lunch</b>							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
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
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>29.73</b>	<b>24.66</b>	<b>6.43</b>	<b>274.90</b>
<b>Snack 2</b>							
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>5.30</b>	<b>11.85</b>	<b>8.20</b>	<b>135.00</b>
<b>Dinner</b>							
4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, without salt	7.70	22.42	0.56	122.27
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>15.97</b>	<b>57.50</b>	<b>8.02</b>	<b>354.20</b>
<b>Snack 3</b>							
0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				<b>1.34</b>	<b>5.34</b>	<b>2.00</b>	<b>46.00</b>
<b>Totals For 1300 Calories On The Go - Day 01</b>				<b>79.16</b>	<b>172.26</b>	<b>35.60</b>	<b>1318.85</b>

## 1300 Calories On The Go - Day 02

### Breakfast

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
<i>Totals for Breakfast</i>				<b>20.61</b>	<b>27.63</b>	<b>3.28</b>	<b>222.41</b>

### Snack 1

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>2.36</b>	<b>32.59</b>	<b>2.89</b>	<b>159.86</b>

### Lunch

0	1.0	each	BK Barbecue Sauce	0.00	9.00	0.00	35.00
0	1.0	each	BK Chicken Whopper Jr. NO mayo	23.00	31.00	6.00	270.00
0	1.0	each	BK Side Salad w/ lite lt. Drsg	1.00	9.00	5.00	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>24.00</b>	<b>49.00</b>	<b>11.00</b>	<b>380.00</b>

### Snack 2

4	0.5	1 oz	Peanuts, all types, dry-roasted, without salt	3.45	3.01	7.04	83.21
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>3.45</b>	<b>3.01</b>	<b>7.04</b>	<b>83.21</b>

### Dinner

6	1.0	1 tablespoon	Catsup	0.18	4.66	0.02	17.17
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>25.78</b>	<b>43.75</b>	<b>6.24</b>	<b>325.19</b>

### Snack 3

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<i>Totals for Snack 3</i>				<b>4.15</b>	<b>14.00</b>	<b>8.40</b>	<b>135.50</b>

<b>Totals For 1300 Calories On The Go - Day 02</b>				<b>80.35</b>	<b>169.98</b>	<b>38.85</b>	<b>1306.17</b>
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## 1300 Calories On The Go - Day 03

### Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
<i>Totals for Breakfast</i>				<b>14.49</b>	<b>66.06</b>	<b>2.34</b>	<b>329.00</b>

### Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>4.17</b>	<b>6.07</b>	<b>15.20</b>	<b>178.00</b>

### Lunch

7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
0	1.0	each	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	18.00	46.00	4.50	280.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>18.55</b>	<b>54.70</b>	<b>4.65</b>	<b>314.50</b>

### Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>6.96</b>	<b>5.89</b>	<b>5.30</b>	<b>101.50</b>

### Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>35.46</b>	<b>29.63</b>	<b>4.60</b>	<b>308.20</b>

### Snack 3

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
<i>Totals for Snack 3</i>				<b>4.00</b>	<b>6.00</b>	<b>5.00</b>	<b>80.00</b>

<b>Totals For 1300 Calories On The Go - Day 03</b>				<b>83.63</b>	<b>168.35</b>	<b>37.09</b>	<b>1311.20</b>
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1300 Calories On The Go - Day 04

**Breakfast**

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
<i>Totals for Breakfast</i>				<b>2.87</b>	<b>52.81</b>	<b>3.40</b>	<b>246.36</b>

**Snack 1**

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	0.5	tablespoon	Peanut butter - creamy. Peter Pan	2.15	1.42	4.10	47.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>2.30</b>	<b>11.92</b>	<b>4.35</b>	<b>88.00</b>

**Lunch**

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>13.40</b>	<b>46.75</b>	<b>12.63</b>	<b>340.68</b>

**Snack 2**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>28.67</b>	<b>11.53</b>	<b>2.30</b>	<b>188.00</b>

**Dinner**

1	3.0	ounce(s)	Cod - Atlantic, broiled	19.41	0.00	0.75	90.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	7.79	20.30	1.50	125.84
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>29.80</b>	<b>43.30</b>	<b>7.05</b>	<b>353.84</b>

**Snack 3**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				<b>8.00</b>	<b>11.70</b>	<b>2.60</b>	<b>102.00</b>
<b>Totals For 1300 Calories On The Go - Day 04</b>				<b>85.04</b>	<b>178.01</b>	<b>32.33</b>	<b>1318.88</b>

**1300 Calories On The Go - Day 05****Breakfast**

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
<i>Totals for Breakfast</i>				<b>11.46</b>	<b>36.63</b>	<b>5.33</b>	<b>230.91</b>

**Snack 1**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	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>				<b>8.05</b>	<b>24.22</b>	<b>0.24</b>	<b>132.18</b>

**Lunch**

6	1.0	1 packet	Catsup	0.09	2.47	0.01	9.09
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Jr. Hamburger	14.00	34.00	9.00	270.00
0	1.0	each	Wendy's Small Chili	17.00	21.00	6.00	200.00
<i>Totals for Lunch</i>				<b>31.60</b>	<b>58.83</b>	<b>15.24</b>	<b>487.19</b>

**Snack 2**

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>5.00</b>	<b>12.50</b>	<b>8.15</b>	<b>135.00</b>

**Dinner**

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>28.80</b>	<b>31.12</b>	<b>1.51</b>	<b>251.76</b>

**Snack 3**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				<b>4.60</b>	<b>19.20</b>	<b>1.60</b>	<b>103.50</b>

<b>Totals For 1300 Calories On The Go - Day 05</b>				<b>89.51</b>	<b>182.50</b>	<b>32.07</b>	<b>1340.54</b>
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1300 Calories On The Go - Day 06

**Breakfast**

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
<i>Totals for Breakfast</i>				<b>10.85</b>	<b>53.21</b>	<b>2.31</b>	<b>269.66</b>

**Snack 1**

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>6.96</b>	<b>5.89</b>	<b>5.30</b>	<b>101.50</b>

**Lunch**

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	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	8.0	each	Pretzels - Rold Gold, Tiny Tim	0.80	9.20	0.40	48.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
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>				<b>25.50</b>	<b>44.62</b>	<b>8.30</b>	<b>356.25</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>14.00</b>	<b>3.10</b>	<b>1.15</b>	<b>82.00</b>

**Dinner**

0	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>27.45</b>	<b>52.25</b>	<b>16.10</b>	<b>439.00</b>

**Snack 3**

9	2.0	each	Graham Crackers	0.97	10.75	1.41	59.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 3</i>				<b>1.17</b>	<b>14.85</b>	<b>1.41</b>	<b>79.00</b>

<b>Totals For 1300 Calories On The Go - Day 06</b>				<b>85.93</b>	<b>173.92</b>	<b>34.57</b>	<b>1327.41</b>
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**1300 Calories On The Go - Day 07****Breakfast**

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Breakfast</i>				<b>4.15</b>	<b>51.15</b>	<b>3.40</b>	<b>241.50</b>

**Snack 1**

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>4.17</b>	<b>6.07</b>	<b>15.20</b>	<b>178.00</b>

**Lunch**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>18.79</b>	<b>46.56</b>	<b>1.19</b>	<b>267.00</b>

**Snack 2**

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<b>7.33</b>	<b>17.12</b>	<b>14.14</b>	<b>208.27</b>

**Dinner**

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
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
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				<b>33.20</b>	<b>34.74</b>	<b>8.36</b>	<b>338.10</b>

**Snack 3**

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
<i>Totals For 1300 Calories On The Go - Day 07</i>				<b>71.64</b>	<b>161.64</b>	<b>47.29</b>	<b>1312.87</b>