



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 Calories Teen Scene - Day 01							
Breakfast							
16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	2.08	14.95	0.99	72.80
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
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
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				12.03	52.28	5.69	300.92
Snack 1							
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	4.55	21.82	1.82	120.00
Totals for Snack 1				4.85	27.97	1.82	150.00
Lunch							
10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
6	5.0	1 large	Carrots, baby, raw	0.48	6.18	0.10	26.25
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
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
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				45.56	59.91	12.04	535.05
Snack 2							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 2				8.84	31.10	3.07	181.28
Dinner							
4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.03	26.85	0.47	119.38
18	1.0	3 oz	Beef, ground, extra lean, broiled, medium	21.59	0.00	13.88	217.60
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	0.5	1 tablespoon	Catsup	0.09	2.33	0.01	8.59
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				38.40	76.32	17.93	597.57

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				<i>2.01</i>	<i>8.01</i>	<i>3.00</i>	<i>69.00</i>
Totals For 1800 Calories Teen Scene - Day 01				111.69	255.59	43.55	1833.82

1800 Calories Teen Scene - Day 02

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 oz	Bread, wheat, toasted	3.67	15.81	1.21	88.74
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1.69	10.25	0.94	52.64
7	1.0	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	0.95	13.11	0.17	51.66
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				11.15	58.51	6.84	324.34

Snack 1

5	0.5	1 cup, chopped	Egg, whole, cooked, hard-boiled	8.55	0.76	7.21	105.40
16	1.0	1 muffin (2-3/4" dia x 2")	Muffins, blueberry, commercially prepared (Includes mini-muffins)	2.56	30.21	9.16	213.75
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>				11.11	30.97	16.37	319.15

Lunch

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
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, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				14.68	64.59	11.11	392.36

Snack 2

3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
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>				3.50	4.00	5.00	70.00

Dinner

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.3	1 cup, shredded	Cheese, mozzarella, low moisture, part-skim	6.94	1.80	5.57	85.03
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
16	1.0	1 muffin	English muffins, mixed-grain (includes granola)	6.01	30.56	1.19	155.10
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
21	0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	2.00	15.00	2.00	110.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				39.89	56.75	13.70	534.47

Snack 3

9	3.0	each	Graham Crackers	1.45	16.13	2.12	88.50
5	1.0	1 cup	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	8.10	31.50	2.50	177.50
<i>Totals for Snack 3</i>				9.55	47.63	4.62	266.00

Totals For 1800 Calories Teen Scene - Day 02				89.88	262.45	57.64	1906.32
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1800 Calories Teen Scene - Day 03

Breakfast

16	2.0	1 slice	Bread, raisin, toasted, enriched	4.13	27.31	2.30	142.56
23	1.5	1 teaspoon	Margarine, soft, soybean, no salt	0.06	0.07	6.02	53.70
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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
<i>Totals for Breakfast</i>				14.43	80.25	10.59	457.35

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, tap, municipal	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	4.55	21.82	1.82	120.00
<i>Totals for Snack 1</i>				5.10	32.54	2.06	162.18

Lunch

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	3.0	1 slice	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	13.00	1.06	0.66	62.04
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
0	4.0	fluid ounce(s)	Vegetable juice - V8	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>				26.53	42.70	11.44	376.08

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.55	14.05	0.01	54.51
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>				14.55	17.15	1.16	136.51

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
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	2.0	tablespoon	Italian - creamy, reduced cal., KRAFT	0.00	2.00	4.00	50.00
23	2.0	1 teaspoon	Margarine, soft, soybean, no salt	0.08	0.09	8.03	71.60
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
16	0.5	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	1.57	9.20	0.85	47.88
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				33.41	54.63	16.59	493.01

Snack 3

16	4.0	1 small	Cookies, vanilla wafers, lower fat	0.60	8.83	1.82	52.92
0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
<i>Totals for Snack 3</i>				1.41	31.33	3.30	159.48

Totals For 1800 Calories Teen Scene - Day 03				95.43	258.60	45.14	1784.61
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1800 Calories Teen Scene - Day 04

Breakfast

16	1.0	1 oz	Bread, wheat, toasted	3.67	15.81	1.21	88.74
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
7	0.5	1 cup	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.68	12.02	0.16	50.64
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
7	0.5	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.46	7.73	0.12	30.60
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				15.50	45.94	12.82	358.72

Snack 1

10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				9.60	29.70	10.55	235.00

Lunch

6	4.0	1 large	Carrots, baby, raw	0.38	4.94	0.08	21.00
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
7	12.0	each	Cherries, sweet, medium	0.96	13.56	0.84	60.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	12.0	each	Pretzels - Rold Gold, Tiny Tim	1.20	13.80	0.60	72.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				27.74	71.68	12.21	501.68

Snack 2

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 2				4.84	25.25	1.77	130.28

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
12	4.0	1 stick (4" x 1" x 1/2")	Fish, fish sticks, frozen, prepared	12.33	24.26	18.18	310.24
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	0.5	1 cup	Potato puffs, frozen, oven-heated	1.36	17.47	5.79	122.88
0	1.0	1 tablespoon	Sauce, fish, ready-to-serve	0.91	0.66	0.00	6.30
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				23.10	56.64	24.48	525.28

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals for Snack 3				2.01	8.01	3.00	69.00

Totals For 1800 Calories Teen Scene - Day 04				82.79	237.22	64.83	1819.96
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1800 Calories Teen Scene - Day 05

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1.69	10.25	0.94	52.64
16	0.5	1 muffin	English muffins, mixed-grain, toasted (includes granola)	3.02	15.34	0.58	77.78
23	0.5	1 teaspoon	Margarine, soft, soybean, no salt	0.02	0.02	2.01	17.90
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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>				10.53	57.91	4.03	298.82

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	0.5	1 muffin (2-3/4" dia x 2")	Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.28	15.11	4.58	106.88
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>				7.57	15.67	9.88	184.38

Lunch

10	1.0	each	Bread whole wheat -slice	2.80	13.10	1.20	70.00
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
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	0.8	cup	Tomato soup - prepared w/skim milk, Campbell's	7.50	33.00	3.00	195.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				19.12	60.51	11.54	425.30

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, crushed, sliced, or chunks	Pineapple, canned, juice pack, solids and liquids	0.52	19.55	0.10	74.70
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>				14.52	22.65	1.25	156.70

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	4.0	each	Lean Turkey Meatballs- HoneySuckle White	22.67	8.00	9.33	200.00
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
17	0.5	cup	Spaghetti - wheat, cooked, DiGiorno	3.50	20.50	0.50	105.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				37.61	74.81	23.30	654.26

Snack 3

16	1.0	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	2.41	20.04	5.80	136.30
7	0.5	1 cup, balls	Watermelon, raw	0.47	5.81	0.12	23.10
<i>Totals for Snack 3</i>				2.88	25.85	5.92	159.40

Totals For 1800 Calories Teen Scene - Day 05				92.23	257.40	55.92	1878.86
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1800 Calories Teen Scene - Day 06**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
16	2.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	4.16	29.90	1.98	145.60
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
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
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
Totals for Breakfast				14.15	72.11	6.69	391.58

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				4.60	23.85	8.70	176.00

Lunch

1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
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
6	0.5	10 strips	Peppers, sweet, yellow, raw	0.26	1.64	0.05	7.02
6	6.0	1 cherry	Tomatoes, red, ripe, raw, year round average	0.90	3.97	0.20	18.36
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
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	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
Totals for Lunch				40.92	52.55	6.62	429.88

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, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				7.33	17.12	14.14	208.27

Dinner

6	2.0	0.5 cup	Beans, snap, yellow, canned, no salt added, drained solids	1.56	6.12	0.14	27.20
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Rice, brown, medium-grain, cooked	2.26	22.92	0.81	109.20
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	3.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.74	3.23	0.08	13.92
0	0.3	1 cup	Soup, black bean, canned, prepared with equal volume water	1.49	4.76	0.41	28.41
2	2.0	each	Tortilla - corn, soft, 7" diam.	2.00	18.00	2.00	90.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				34.05	55.03	12.04	463.73

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 3				8.84	31.10	3.07	181.28

Totals For 1800 Calories Teen Scene - Day 06				109.89	251.76	51.26	1850.74
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1800 Calories Teen Scene - Day 07

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
7	1.0	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	0.95	13.11	0.17	51.66
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	0.5	1 muffin (2-3/4" dia x 2")	Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.28	15.11	4.58	106.88
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
Totals for Breakfast				10.73	75.54	6.85	394.54

Snack 1

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	4.55	21.82	1.82	120.00
Totals for Snack 1				5.25	46.92	1.82	218.00

Lunch

18	1.0	3 oz	Beef, ground, extra lean, baked, medium	20.80	0.00	13.72	212.50
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
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	4.0	fluid ounce(s)	Vegetable juice - V8	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
Totals for Lunch				28.24	25.98	26.11	456.00

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
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
Totals for Snack 2				14.79	17.56	1.19	137.00

Dinner

0	0.3	1 cup	Gravy, beef, canned, ready-to-serve	2.18	2.80	1.37	30.87
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
6	1.0	1 cup	Potatoes, mashed, home-prepared, whole milk added	4.01	36.90	1.20	174.30
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
6	1.0	0.5 cup	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	2.60	11.91	0.14	59.15
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				46.29	73.66	7.60	546.56

Snack 3

5	2.0	1 cubic inch	Cheese, low fat, cheddar or colby	8.28	0.65	2.38	58.82
16	0.5	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.20	10.02	2.90	68.15
Totals for Snack 3				9.48	10.67	5.28	126.97

Totals For 1800 Calories Teen Scene - Day 07				114.78	250.33	48.85	1879.07
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