



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Energy Booster - Day 01</b>							
<b>Breakfast</b>							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.01	25.38	0.66	60.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>6.81</b>	<b>45.39</b>	<b>1.16</b>	<b>157.87</b>
<b>Snack 1</b>							
7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
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
<b>Totals for Snack 1</b>				<b>5.47</b>	<b>24.31</b>	<b>0.32</b>	<b>119.09</b>
<b>Lunch</b>							
6	0.3	1 cup	Alfalfa seeds, sprouted, raw	0.33	0.17	0.06	1.90
6	2.0	1 large	Carrots, baby, raw	0.19	2.47	0.04	10.50
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
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	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, 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
<b>Totals for Lunch</b>				<b>27.72</b>	<b>31.38</b>	<b>14.77</b>	<b>367.31</b>
<b>Snack 2</b>							
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	14.04	18.82	0.44	137.20
<b>Totals for Snack 2</b>				<b>15.34</b>	<b>39.12</b>	<b>0.71</b>	<b>216.52</b>
<b>Dinner</b>							
6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.17	1.24	2.23	26.35
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>40.44</b>	<b>32.03</b>	<b>5.64</b>	<b>340.78</b>
<b>Snack 3</b>							
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
<b>Totals for Snack 3</b>				<b>4.15</b>	<b>14.00</b>	<b>8.40</b>	<b>135.50</b>
<b>Totals For 1300 Calories Energy Booster - Day 01</b>				<b>99.93</b>	<b>186.23</b>	<b>31.00</b>	<b>1337.07</b>

## 1300 Calories Energy Booster - Day 02

### Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>18.43</b>	<b>29.06</b>	<b>3.70</b>	<b>225.78</b>

### Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
0	2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
<i>Totals for Snack 1</i>				<b>13.46</b>	<b>41.42</b>	<b>13.78</b>	<b>317.57</b>

### Lunch

6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
20	1.5	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	7.79	20.30	1.50	125.84
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>10.53</b>	<b>29.82</b>	<b>3.00</b>	<b>182.84</b>

### 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
7	0.5	1 cup	Kiwifruit, green, raw	1.01	12.97	0.46	53.99
0	4.0	ounce(s)	Pineapple juice - bottled, Dole	0.53	16.93	0.13	68.00
<i>Totals for Snack 2</i>				<b>2.14</b>	<b>43.25</b>	<b>0.89</b>	<b>174.49</b>

### Dinner

6	0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	2.82	6.45	0.30	32.55
17	0.5	1 cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
12	1.5	3 oz	Fish, salmon, pink, cooked, dry heat	31.34	0.00	6.73	195.08
21	1.0	tablespoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	5.00	0.00	30.00
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>38.14</b>	<b>29.68</b>	<b>7.16</b>	<b>345.55</b>

### Snack 3

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
7	0.5	1 miniature box (.5 oz)	Raisins, seedless	0.21	5.54	0.03	20.93
<i>Totals for Snack 3</i>				<b>4.41</b>	<b>11.49</b>	<b>0.23</b>	<b>63.93</b>

<b>Totals For 1300 Calories Energy Booster - Day 02</b>				<b>87.11</b>	<b>184.72</b>	<b>28.76</b>	<b>1310.16</b>
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1300 Calories Energy Booster - Day 03

**Breakfast**

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
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, ButterLite	0.00	6.50	0.00	25.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>4.02</b>	<b>41.08</b>	<b>1.40</b>	<b>182.81</b>

**Snack 1**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
4	0.5	1 cup	Soy milk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
<i>Totals for Snack 1</i>				<b>8.57</b>	<b>24.48</b>	<b>10.58</b>	<b>213.11</b>

**Lunch**

0	0.5	1 oz	Babyfood, pretzels	1.53	11.65	0.28	56.27
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.5	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
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, no salt	0.67	5.33	0.00	24.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>35.30</b>	<b>29.22</b>	<b>4.92</b>	<b>302.27</b>

**Snack 2**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
0	2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.5	tablespoon	peanut butter reduced fat	6.00	11.25	9.00	142.50
<i>Totals for Snack 2</i>				<b>17.06</b>	<b>40.02</b>	<b>10.46</b>	<b>308.07</b>

**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, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	1.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>16.71</b>	<b>40.98</b>	<b>6.84</b>	<b>279.20</b>

**Snack 3**

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 Energy Booster - Day 03</b>				<b>83.00</b>	<b>181.12</b>	<b>36.20</b>	<b>1331.46</b>
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1300 Calories Energy Booster - Day 04

**Breakfast**

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.01	25.38	0.66	60.00
7	0.5	1 cup, balls	Melons, honeydew, raw	0.48	8.04	0.12	31.86
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>6.69</b>	<b>40.08</b>	<b>0.98</b>	<b>137.23</b>

**Snack 1**

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
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 Snack 1</i>				<b>5.47</b>	<b>24.31</b>	<b>0.32</b>	<b>119.09</b>

**Lunch**

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	8.0	each	Pretzels - Rold Gold, Tiny Tim	0.80	9.20	0.40	48.00
23	0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.05	0.64	2.47	25.05
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	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>26.20</b>	<b>29.93</b>	<b>15.85</b>	<b>364.45</b>

**Snack 2**

7	0.5	1 cup, halves	Apricots, canned, juice pack, with skin, solids and liquids	0.77	15.05	0.05	58.56
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
5	1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	14.04	18.82	0.44	137.20
<i>Totals for Snack 2</i>				<b>15.81</b>	<b>46.87</b>	<b>0.49</b>	<b>250.76</b>

**Dinner**

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	3.73	18.58	0.38	86.80
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
5	0.5	ounce(s)	Parmesan, grated, KRAFT	6.00	0.50	4.50	65.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
0	3.0	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>39.90</b>	<b>38.64</b>	<b>15.65</b>	<b>448.60</b>

**Snack 3**

9	0.5	each	Rice cake - apple cinnamon, Quaker	0.50	4.50	0.00	20.00
<i>Totals for Snack 3</i>				<b>0.50</b>	<b>4.50</b>	<b>0.00</b>	<b>20.00</b>

<b>Totals For 1300 Calories Energy Booster - Day 04</b>				<b>94.57</b>	<b>184.33</b>	<b>33.29</b>	<b>1340.13</b>
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**1300 Calories Energy Booster - Day 05****Breakfast**

5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
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	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>20.75</b>	<b>34.27</b>	<b>15.53</b>	<b>358.58</b>

**Snack 1**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	10.00	18.00	0.00	120.00
<i>Totals for Snack 1</i>				<b>13.75</b>	<b>33.42</b>	<b>2.87</b>	<b>215.72</b>

**Lunch**

5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.8	1 cup	Soup, black bean, canned, prepared with equal volume water	4.48	14.28	1.22	85.22
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>10.58</b>	<b>29.68</b>	<b>5.72</b>	<b>211.22</b>

**Snack 2**

7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	14.04	18.82	0.44	137.20
<i>Totals for Snack 2</i>				<b>15.34</b>	<b>39.12</b>	<b>0.71</b>	<b>216.52</b>

**Dinner**

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>23.26</b>	<b>25.11</b>	<b>6.92</b>	<b>248.04</b>

**Snack 3**

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	0.5	tablespoon	peanut butter reduced fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 3</i>				<b>2.15</b>	<b>14.25</b>	<b>3.25</b>	<b>88.00</b>

<b>Totals For 1300 Calories Energy Booster - Day 05</b>				<b>85.83</b>	<b>175.85</b>	<b>35.00</b>	<b>1338.08</b>
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**1300 Calories Energy Booster - Day 06****Breakfast**

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
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
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	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>9.85</b>	<b>56.76</b>	<b>2.33</b>	<b>268.90</b>

**Snack 1**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
0	2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
<i>Totals for Snack 1</i>				<b>8.63</b>	<b>26.25</b>	<b>7.26</b>	<b>192.68</b>

**Lunch**

6	5.0	1 large	Carrots, baby, raw	0.48	6.18	0.10	26.25
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
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	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, no salt	0.67	5.33	0.00	24.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<b>19.86</b>	<b>31.50</b>	<b>10.02</b>	<b>292.33</b>

**Snack 2**

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
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 Snack 2</i>				<b>5.47</b>	<b>24.31</b>	<b>0.32</b>	<b>119.09</b>

**Dinner**

6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
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	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<b>31.60</b>	<b>48.94</b>	<b>20.20</b>	<b>466.34</b>
<b>Totals For 1300 Calories Energy Booster - Day 06</b>				<b>75.41</b>	<b>187.76</b>	<b>40.13</b>	<b>1339.34</b>

## 1300 Calories Energy Booster - Day 07

### Breakfast

16	0.5	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	1.14	6.83	0.61	35.18
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
21	0.5	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	3.25	0.00	12.50
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	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals for Breakfast</b>				<b>6.34</b>	<b>29.74</b>	<b>0.81</b>	<b>148.05</b>

### Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
<b>Totals for Snack 1</b>				<b>12.95</b>	<b>30.37</b>	<b>3.07</b>	<b>198.72</b>

### Lunch

5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
0	0.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	2.09	6.62	0.64	40.46
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>20.83</b>	<b>27.58</b>	<b>13.96</b>	<b>309.96</b>

### 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
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	4.0	ounce(s)	Pineapple juice - bottled, Dole	0.53	16.93	0.13	68.00
<b>Totals for Snack 2</b>				<b>2.00</b>	<b>41.42</b>	<b>0.83</b>	<b>166.86</b>

### Dinner

18	1.0	3 oz	Beef, ground, extra lean, pan-fried, well done	23.79	0.00	13.56	223.55
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 medium	Sweet potato, cooked, boiled, without skin	1.03	13.38	0.11	57.38
0	3.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>27.67</b>	<b>18.30</b>	<b>13.78</b>	<b>306.69</b>

### Snack 3

21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
<b>Totals For 1300 Calories Energy Booster - Day 07</b>				<b>74.79</b>	<b>163.91</b>	<b>38.45</b>	<b>1265.28</b>