



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Template, High Fiber - Day 01							
Breakfast							
7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
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
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				14.22	58.36	3.01	292.09
Snack 1							
0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				11.00	40.33	2.74	229.29
Lunch							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	5.0	medium	Carrots - baby, raw	0.50	4.00	0.50	20.00
16	5.0	1 cracker, square	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
6	2.0	0.5 cup, chopped	Endive, raw	0.63	1.67	0.10	8.50
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				18.90	41.86	11.78	336.26
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				8.70	32.90	0.90	167.00
Dinner							
3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
12	2.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				54.52	47.93	16.14	549.94
Snack 3							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				3.11	18.67	1.09	92.88
Totals For 1700 Calories Template, High Fiber - Day 01				110.45	240.05	35.66	1667.46

1700 Calories Template, High Fiber - Day 02

Breakfast

15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				22.88	56.59	2.20	289.96

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				3.10	35.40	0.30	149.00

Lunch

16	2.0	1 slice	Bread, whole-wheat, commercially prepared	7.97	27.33	2.24	161.28
6	8.0	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				31.76	53.22	5.14	387.88

Snack 2

14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				9.61	34.22	9.47	253.06

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				37.77	53.90	11.10	445.46

Snack 3

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				9.90	39.59	0.63	192.25

Totals For 1700 Calories Template, High Fiber - Day 02				115.02	272.92	28.84	1717.61
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Breakfast

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	2.0	0.5 medium (approx 4" dia)	Grapefruit, raw, pink and red and white, all areas	1.61	20.68	0.26	81.92
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				22.87	60.08	4.56	359.23

Snack 1

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				9.98	39.30	0.34	201.50

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
0	2.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.49	2.15	0.05	9.28
0	1.0	1 cup	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2.78	15.33	1.14	83.49
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				21.89	66.90	7.52	407.71

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 small	Muffins, oat bran	4.62	31.88	4.88	178.20
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				13.32	64.78	5.78	345.20

Dinner

13	1.3	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	27.81	0.00	3.73	151.94
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
6	1.0	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	2.29	23.61	0.17	102.60
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				33.20	57.11	4.58	400.04

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.74	8.28	5.12	88.70
Totals For 1700 Calories Template, High Fiber - Day 03				104.00	296.45	27.90	1802.38

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
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
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				13.49	42.71	2.74	231.33

Snack 1

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				10.02	22.63	2.90	150.79

Lunch

4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	0.5	1 cup, grated	Carrots, raw	0.51	5.27	0.13	22.55
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	1.0	0.5 cup, chopped	Endive, raw	0.31	0.84	0.05	4.25
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
4	0.5	1 cup	Lentils, mature seeds, cooked, boiled, without salt	8.93	19.93	0.38	114.84
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
23	1.5	2 tablespoon	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	0.37	16.07	0.53	72.45
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				15.15	61.59	1.50	316.55

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				12.86	35.18	12.64	289.30

Dinner

18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	35.47	0.00	10.61	247.35
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
17	1.0	1 cup	Wild rice, cooked	6.54	35.00	0.56	165.64
Totals for Dinner				46.77	47.35	11.89	474.49

Snack 3

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 3				9.98	39.30	0.34	201.50
Totals For 1700 Calories Template, High Fiber - Day 04				108.27	248.76	32.01	1663.96

1700 Calories Template, High Fiber - Day 05

Breakfast

15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				22.71	54.63	1.70	279.04

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				8.50	33.33	2.74	189.29

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				35.36	62.81	14.43	498.04

Snack 2

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	4.0	1 cracker, square	Crackers, whole-wheat, low salt	1.41	10.98	2.75	70.88
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				16.63	23.41	5.11	205.32

Dinner

1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
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
23	0.5	2 tablespoon	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	0.12	5.36	0.18	24.15
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				34.02	57.06	11.92	442.65

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				3.11	18.67	1.09	92.88
Totals For 1700 Calories Template, High Fiber - Day 05				120.33	249.91	36.99	1707.22

Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	2.0	0.5 medium (approx 4" dia)	Grapefruit, raw, pink and red and white, all areas	1.61	20.68	0.26	81.92
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				26.37	60.38	4.56	376.23

Snack 1

9	12.0	each	Grapes - American	0.24	4.92	0.12	24.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				10.64	34.82	0.52	190.00

Lunch

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				33.52	77.37	5.67	481.85

Snack 2

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				10.72	46.64	0.74	233.48

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup	Onions, cooked, boiled, drained, without salt	1.43	10.66	0.20	46.20
6	1.0	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	2.29	23.61	0.17	102.60
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				20.39	53.00	12.50	389.40

Snack 3

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.44	2.13	4.97	58.70
Totals For 1700 Calories Template, High Fiber - Day 06				104.08	274.34	28.96	1729.66

1700 Calories Template, High Fiber - Day 07

Breakfast

7	0.8	1 cup, unthawed	Blueberries, raw	0.80	15.76	0.36	61.99
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
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				13.95	53.11	2.89	271.43

Snack 1

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				8.79	45.03	0.64	214.54

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2.78	15.33	1.14	83.49
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				41.15	53.74	4.35	417.21

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				12.86	35.18	12.64	289.30

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
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	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
Totals for Dinner				32.68	44.94	10.06	408.23

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				3.57	25.44	3.15	144.74
Totals For 1700 Calories Template, High Fiber - Day 07				113.00	257.44	33.73	1745.45