



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Low Glycemic (all day) - Day 01</b>							
<b>Breakfast</b>							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<b>Totals for Breakfast</b>				<b>13.49</b>	<b>47.29</b>	<b>2.38</b>	<b>217.61</b>
<b>Snack 1</b>							
7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<b>Totals for Snack 1</b>				<b>2.40</b>	<b>41.32</b>	<b>0.30</b>	<b>159.24</b>
<b>Lunch</b>							
16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
0	4.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	18.93	1.09	3.81	114.24
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
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, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
<b>Totals for Lunch</b>				<b>29.73</b>	<b>39.94</b>	<b>18.39</b>	<b>443.44</b>
<b>Snack 2</b>							
7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<b>Totals for Snack 2</b>				<b>12.23</b>	<b>43.96</b>	<b>0.70</b>	<b>218.02</b>
<b>Dinner</b>							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
<b>Totals for Dinner</b>				<b>48.53</b>	<b>56.52</b>	<b>12.02</b>	<b>496.53</b>
<b>Snack 3</b>							
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
<b>Totals for Snack 3</b>				<b>6.90</b>	<b>6.03</b>	<b>14.08</b>	<b>166.41</b>
<b>Totals For 1700 Calories Low Glycemic (all day) - Day 01</b>				<b>113.28</b>	<b>235.06</b>	<b>47.87</b>	<b>1701.25</b>

1700 Calories Low Glycemic (all day) - Day 02

**Breakfast**

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>15.89</b>	<b>36.97</b>	<b>5.90</b>	<b>257.87</b>

**Snack 1**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>15.55</b>	<b>20.03</b>	<b>1.58</b>	<b>150.67</b>

**Lunch**

12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	5.22	32.63	1.47	147.00
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
<i>Totals for Lunch</i>				<b>25.13</b>	<b>60.33</b>	<b>11.85</b>	<b>425.48</b>

**Snack 2**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<i>Totals for Snack 2</i>				<b>10.90</b>	<b>40.30</b>	<b>0.89</b>	<b>202.00</b>

**Dinner**

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.5	1 cup	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.79	20.09	0.27	104.55
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1	5.0	ounce(s)	Salmon - broiled	31.35	0.00	17.50	290.00
<i>Totals for Dinner</i>				<b>42.87</b>	<b>38.08</b>	<b>22.52</b>	<b>507.07</b>

**Snack 3**

3	5.0	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
5	1.5	ounce(s)	Cream Cheese, Light, Phili brand	4.50	3.00	7.50	90.00
<i>Totals for Snack 3</i>				<b>7.00</b>	<b>13.00</b>	<b>7.50</b>	<b>140.00</b>

<b>Totals For 1700 Calories Low Glycemic (all day) - Day 02</b>				<b>117.34</b>	<b>208.71</b>	<b>50.24</b>	<b>1683.09</b>
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1700 Calories Low Glycemic (all day) - Day 03

**Breakfast**

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>18.85</b>	<b>92.44</b>	<b>4.15</b>	<b>392.07</b>

**Snack 1**

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>6.90</b>	<b>6.74</b>	<b>14.08</b>	<b>168.78</b>

**Lunch**

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
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
<i>Totals for Lunch</i>				<b>36.99</b>	<b>50.70</b>	<b>15.47</b>	<b>474.36</b>

**Snack 2**

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
<i>Totals for Snack 2</i>				<b>21.24</b>	<b>9.57</b>	<b>1.72</b>	<b>147.00</b>

**Dinner**

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	2.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	3.98	11.08	0.78	56.16
19	4.0	ounce(s)	Pork - broiled, chopped, trimmed, center loin	34.24	0.00	9.20	228.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
<i>Totals for Dinner</i>				<b>41.90</b>	<b>45.15</b>	<b>11.31</b>	<b>433.74</b>

**Snack 3**

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

<b>Totals For 1700 Calories Low Glycemic (all day) - Day 03</b>				<b>126.58</b>	<b>229.70</b>	<b>46.73</b>	<b>1713.95</b>
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**1700 Calories Low Glycemic (all day) - Day 04****Breakfast**

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>14.77</b>	<b>56.00</b>	<b>3.95</b>	<b>310.76</b>

**Snack 1**

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>10.60</b>	<b>20.01</b>	<b>0.39</b>	<b>123.37</b>

**Lunch**

16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	0.8	cup	Egg Beaters - Fleischmann's	15.00	3.00	0.00	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
<i>Totals for Lunch</i>				<b>23.94</b>	<b>56.19</b>	<b>7.58</b>	<b>377.10</b>

**Snack 2**

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
<i>Totals for Snack 2</i>				<b>8.78</b>	<b>40.35</b>	<b>11.27</b>	<b>292.71</b>

**Dinner**

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
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
19	4.0	ounce(s)	Sirloin Top - fat trimmed off	34.40	0.00	7.72	216.00
<i>Totals for Dinner</i>				<b>42.15</b>	<b>22.86</b>	<b>26.73</b>	<b>489.49</b>

**Snack 3**

16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 3</i>				<b>2.56</b>	<b>29.02</b>	<b>1.26</b>	<b>134.52</b>
<b>Totals For 1700 Calories Low Glycemic (all day) - Day 04</b>				<b>102.80</b>	<b>224.43</b>	<b>51.18</b>	<b>1727.95</b>

1700 Calories Low Glycemic (all day) - Day 05

**Breakfast**

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
5	1.0	1 cup, chopped	Egg, whole, cooked, hard-boiled	17.11	1.52	14.43	210.80
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>23.46</b>	<b>45.35</b>	<b>20.82</b>	<b>456.47</b>

**Snack 1**

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>10.60</b>	<b>20.01</b>	<b>0.39</b>	<b>123.37</b>

**Lunch**

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
6	0.5	1 cup	Cauliflower, raw	0.96	2.48	0.14	12.50
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
23	0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.05	0.64	2.47	25.05
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Lunch</i>				<b>15.56</b>	<b>27.24</b>	<b>9.09</b>	<b>239.31</b>

**Snack 2**

7	0.8	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	3.60	60.92	0.45	235.31
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>3.60</b>	<b>61.63</b>	<b>0.45</b>	<b>237.68</b>

**Dinner**

4	0.5	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	7.67	20.18	0.44	112.40
1	5.0	ounce(s)	Halibut - broiled	37.50	0.00	5.00	200.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
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
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				<b>53.26</b>	<b>57.90</b>	<b>13.54</b>	<b>538.30</b>

**Snack 3**

4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 3</i>				<b>8.46</b>	<b>21.10</b>	<b>4.48</b>	<b>155.54</b>

<b>Totals For 1700 Calories Low Glycemic (all day) - Day 05</b>				<b>114.94</b>	<b>233.23</b>	<b>48.77</b>	<b>1750.67</b>
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1700 Calories Low Glycemic (all day) - Day 06

**Breakfast**

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>16.78</b>	<b>78.27</b>	<b>4.26</b>	<b>407.65</b>

**Snack 1**

7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>12.23</b>	<b>44.67</b>	<b>0.70</b>	<b>220.39</b>

**Lunch**

5	1.0	2 tablespoon	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.40	2.02	3.72	47.12
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.8	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	8.89	24.19	3.59	160.65
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
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				<b>14.51</b>	<b>52.23</b>	<b>7.66</b>	<b>336.77</b>

**Snack 2**

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	2.0	1 fruit (2-1/8" dia)	Plums, raw	0.92	15.07	0.37	60.72
<i>Totals for Snack 2</i>				<b>21.92</b>	<b>19.72</b>	<b>2.09</b>	<b>183.72</b>

**Dinner**

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	0.51	9.34	0.05	39.44
<i>Totals for Dinner</i>				<b>39.13</b>	<b>25.61</b>	<b>6.47</b>	<b>299.14</b>

**Snack 3**

4	1.5	1 oz	Peanuts, all types, dry-roasted, without salt	10.35	9.04	21.12	249.62
<i>Totals for Snack 3</i>				<b>10.35</b>	<b>9.04</b>	<b>21.12</b>	<b>249.62</b>

<b>Totals For 1700 Calories Low Glycemic (all day) - Day 06</b>				<b>114.92</b>	<b>229.54</b>	<b>42.30</b>	<b>1697.29</b>
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1700 Calories Low Glycemic (all day) - Day 07

**Breakfast**

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>17.35</b>	<b>71.44</b>	<b>3.84</b>	<b>297.57</b>

**Snack 1**

5	2.0	cup	Non-fat yogurt-artificially sweetened	21.20	38.60	0.79	242.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 1</i>				<b>21.70</b>	<b>47.20</b>	<b>1.19</b>	<b>278.00</b>

**Lunch**

4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.03	26.85	0.47	119.38
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	2.0	1 serving	LOUIS RICH, Turkey Smoked Sausage	16.58	3.53	11.09	180.32
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
<i>Totals for Lunch</i>				<b>26.06</b>	<b>43.27</b>	<b>15.75</b>	<b>383.70</b>

**Snack 2**

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				<b>1.50</b>	<b>28.40</b>	<b>0.23</b>	<b>108.62</b>

**Dinner**

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
<i>Totals for Dinner</i>				<b>43.71</b>	<b>34.04</b>	<b>21.29</b>	<b>477.02</b>

**Snack 3**

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
<i>Totals for Snack 3</i>				<b>2.87</b>	<b>39.26</b>	<b>1.40</b>	<b>173.47</b>

<b>Totals For 1700 Calories Low Glycemic (all day) - Day 07</b>				<b>113.19</b>	<b>263.61</b>	<b>43.70</b>	<b>1718.38</b>
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