



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2400 Calories Teen Scene - Day 01							
Breakfast							
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	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
21	2.0	tablespoon	Syrup - Aunt Jemima, Lite	0.01	13.10	0.10	54.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				15.63	92.61	6.96	480.04
Snack 1							
7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	6.82	32.73	2.73	180.00
Totals for Snack 1				7.22	40.93	2.73	220.00
Lunch							
10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
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	12.0	each	Pretzels - Rold Gold, Tiny Tim	1.20	13.80	0.60	72.00
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	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				54.74	68.39	12.43	611.30
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	1.0	1 cup	Beans, baked, canned, plain or vegetarian	12.07	53.70	0.94	238.76
18	1.5	3 oz	Beef, ground, extra lean, broiled, medium	32.38	0.00	20.82	326.40
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	1.0	1 tablespoon	Catsup	0.18	4.66	0.02	17.17
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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				59.52	111.45	25.55	877.33

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals for Snack 3				2.68	10.68	4.00	92.00
Totals For 2400 Calories Teen Scene - Day 01				148.63	355.16	54.74	2461.95

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	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				17.05	74.71	7.98	419.98

Snack 1

5	1.0	1 cup, chopped	Egg, whole, cooked, hard-boiled	17.11	1.52	14.43	210.80
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
Totals for Snack 1				19.67	31.73	23.59	424.55

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				23.76	94.97	19.83	612.72

Snack 2

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
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
Totals for Snack 2				4.50	8.00	5.00	90.00

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
5	0.5	1 cup, shredded	Cheese, mozzarella, low moisture, part-skim	13.89	3.59	11.14	170.07
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
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
Totals for Dinner				52.28	67.92	23.02	710.85

Snack 3

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
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
Totals for Snack 3				10.03	53.00	5.33	295.50
Totals For 2400 Calories Teen Scene - Day 02				127.29	330.33	84.75	2553.60

2400 Calories Teen Scene - Day 03

Breakfast

16	2.0	1 slice	Bread, raisin, toasted, enriched	4.13	27.31	2.30	142.56
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
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	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
<i>Totals for Breakfast</i>				<i>20.36</i>	<i>106.39</i>	<i>8.96</i>	<i>567.54</i>

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	6.82	32.73	2.73	180.00
<i>Totals for Snack 1</i>				<i>7.92</i>	<i>54.18</i>	<i>3.22</i>	<i>264.36</i>

Lunch

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	6.0	1 slice	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	26.00	2.11	1.32	124.08
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>42.36</i>	<i>50.80</i>	<i>12.20</i>	<i>478.62</i>

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>				<i>14.55</i>	<i>17.15</i>	<i>1.16</i>	<i>136.51</i>

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Italian - creamy, reduced cal., KRAFT	0.00	1.00	2.00	25.00
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
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>58.45</i>	<i>101.67</i>	<i>14.61</i>	<i>750.61</i>

Snack 3

16	6.0	1 small	Cookies, vanilla wafers, lower fat	0.90	13.25	2.74	79.38
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>				<i>1.71</i>	<i>35.75</i>	<i>4.22</i>	<i>185.94</i>
<i>Totals For 2400 Calories Teen Scene - Day 03</i>				<i>145.35</i>	<i>365.94</i>	<i>44.37</i>	<i>2383.58</i>

2400 Calories Teen Scene - Day 04

Breakfast

16	1.5	1 oz	Bread, wheat, toasted	5.51	23.72	1.82	133.10
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
7	1.0	1 cup	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1.36	24.03	0.32	101.27
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	1.0	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.92	15.45	0.24	61.20
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
Totals for Breakfast				22.68	79.53	13.91	527.31

Snack 1

10	1.0	each	Bread whole wheat -slice	2.80	13.10	1.20	70.00
21	2.5	tablespoon	Peanut Butter	10.00	8.75	20.37	237.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				12.80	21.85	21.57	307.50

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
0	15.0	each	Pretzels - Rold Gold, Tiny Tim	1.50	17.25	0.75	90.00
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				31.35	78.14	12.14	546.68

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	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

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	1 cup	Potato puffs, frozen, oven-heated	2.73	34.93	11.58	245.76
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				32.97	88.34	30.78	734.02

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals for Snack 3				2.68	10.68	4.00	92.00
Totals For 2400 Calories Teen Scene - Day 04				111.32	309.64	85.47	2388.79

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
16	1.0	1 muffin	English muffins, mixed-grain, toasted (includes granola)	6.04	30.68	1.16	155.55
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	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
Totals for Breakfast				20.47	102.47	7.76	545.13

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
Totals for Snack 1				8.85	30.77	14.46	291.25

Lunch

10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
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	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
Totals for Lunch				30.31	83.03	15.98	598.80

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
Totals for Snack 2				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	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
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
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	0.8	cup	Spaghetti - wheat, cooked, DiGiorno	5.25	30.75	0.75	157.50
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
Totals for Dinner				37.89	89.01	21.42	699.76

Snack 3

16	1.0	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	2.41	20.04	5.80	136.30
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
Totals for Snack 3				3.35	31.67	6.03	182.50
Totals For 2400 Calories Teen Scene - Day 05				115.39	359.60	66.90	2474.14

2400 Calories Teen Scene - Day 06

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
Totals for Breakfast				15.70	95.84	6.94	488.76

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.5	tablespoon	Peanut butter - creamy. Peter Pan	6.45	4.27	12.30	142.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 1				6.75	25.27	12.80	223.50

Lunch

1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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	1.0	10 strips	Peppers, sweet, yellow, raw	0.52	3.29	0.11	14.04
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	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
0	8.0	fluid ounce(s)	Vegetable juice - V8	1.33	10.67	0.00	48.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				60.94	62.52	7.18	558.40

Snack 2

4	2.0	1 oz	Peanuts, all types, dry-roasted, without salt	13.81	12.05	28.16	332.83
7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				14.67	34.22	28.29	416.55

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	1.0	1 cup	Rice, brown, medium-grain, cooked	4.52	45.84	1.62	218.40
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	0.8	1 cup	Soup, black bean, canned, prepared with equal volume water	4.48	14.28	1.22	85.22
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				38.56	84.24	13.58	615.82

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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 2400 Calories Teen Scene - Day 06				145.46	333.19	71.86	2484.31

2400 Calories Teen Scene - Day 07

Breakfast

0	8.0	ounce(s)	Apple juice - Mott's	0.00	29.33	0.00	120.00
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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
<i>Totals for Breakfast</i>				16.21	111.25	11.63	604.41

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	6.0	ounce(s)	Yogurt - Dannon, Extra Smooth, all flavors	6.82	32.73	2.73	180.00
<i>Totals for Snack 1</i>				7.52	57.83	2.73	278.00

Lunch

18	1.0	3 oz	Beef, ground, extra lean, baked, medium	20.80	0.00	13.72	212.50
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
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
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	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				33.34	36.78	26.35	521.60

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
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>				29.57	35.12	2.37	274.00

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	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
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
<i>Totals for Dinner</i>				54.79	73.66	7.80	584.56

Snack 3

5	3.0	1 cubic inch	Cheese, low fat, cheddar or colby	12.42	0.97	3.57	88.23
16	1.0	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	2.41	20.04	5.80	136.30
<i>Totals for Snack 3</i>				14.83	21.01	9.37	224.53
<i>Totals For 2400 Calories Teen Scene - Day 07</i>				156.26	335.65	60.25	2487.10