



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Sustained Energy - Day 01</b>							
<b>Breakfast - Top cereal w/ walnuts and milk. w/ grapefruit.</b>							
15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	3.01	38.07	0.99	90.00
14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals for Breakfast</b>				<b>16.61</b>	<b>75.77</b>	<b>10.59</b>	<b>368.00</b>
<b>Snack 1 - Top muffin half with tomato and cheese. Broil</b>							
5	0.5	ounce(s)	Mozzarella cheese, part skim	3.39	0.39	2.23	35.56
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<b>Totals for Snack 1</b>				<b>6.63</b>	<b>15.58</b>	<b>3.06</b>	<b>110.95</b>
<b>Lunch - Cut pita in half, stuff w/ spinach/tuna/tom.</b>							
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
<b>Totals for Lunch</b>				<b>35.27</b>	<b>42.67</b>	<b>12.16</b>	<b>408.43</b>
<b>Snack 2 - Top yogurt with blueberries and pumkin seeds.</b>							
7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
<b>Totals for Snack 2</b>				<b>9.16</b>	<b>9.22</b>	<b>2.00</b>	<b>99.76</b>
<b>Dinner - Season/saute chicken in oil. Serve w/rice/aspara</b>							
6	10.0	each	Asparagus spears	3.50	6.20	0.20	32.00
3	1.3	cup	Brown rice, cooked	6.25	56.25	2.50	275.00
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	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
<b>Totals for Dinner</b>				<b>45.70</b>	<b>72.34</b>	<b>14.89</b>	<b>596.00</b>
<b>Snack 3 - Spread almond butter on apple.</b>							
21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<b>Totals for Snack 3</b>				<b>1.65</b>	<b>12.75</b>	<b>7.00</b>	<b>116.25</b>
<b>Totals For 1700 Calories Sustained Energy - Day 01</b>				<b>115.02</b>	<b>228.33</b>	<b>49.70</b>	<b>1699.39</b>

1700 Calories Sustained Energy - Day 02

**Breakfast - Scramble egg w/kale/cheese. Serve on muffin.**

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
6	1.0	cup	Kale	2.21	6.71	0.47	33.50
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				<b>23.67</b>	<b>52.91</b>	<b>11.17</b>	<b>391.65</b>

**Snack 1**

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 1</i>				<b>4.00</b>	<b>19.00</b>	<b>3.00</b>	<b>110.00</b>

**Lunch - Spread hummus/avocado on wrap. Top w/greens;roll.**

4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				<b>38.25</b>	<b>35.00</b>	<b>10.35</b>	<b>366.50</b>

**Snack 2 - Process almond milk w/fruit & icecube until smooth**

1	0.8	cup	Almond Breeze, unsweetened vanilla almond milk	0.75	1.50	2.25	30.00
7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 2</i>				<b>1.72</b>	<b>23.09</b>	<b>2.37</b>	<b>113.67</b>

**Dinner - Season/broil salmon. Serve w veg & quinoa.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Brussels sprouts	3.00	8.00	0.00	40.00
17	1.1	1 cup	Quinoa, cooked	9.16	44.33	4.00	249.75
1	4.5	ounce(s)	Salmon	27.00	0.00	18.00	270.00
<i>Totals for Dinner</i>				<b>42.88</b>	<b>63.53</b>	<b>22.64</b>	<b>614.35</b>

**Snack 3**

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 3</i>				<b>1.00</b>	<b>27.00</b>	<b>0.00</b>	<b>100.00</b>

<b>Totals For 1700 Calories Sustained Energy - Day 02</b>				<b>111.52</b>	<b>220.53</b>	<b>49.53</b>	<b>1696.17</b>
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1700 Calories Sustained Energy - Day 03

**Breakfast - Scrambke egg spread. Top waffle w/jelly/egg/bacon.**

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
21	1.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	4.50	40.01
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
<i>Totals for Breakfast</i>				<b>25.20</b>	<b>54.40</b>	<b>11.70</b>	<b>401.01</b>

**Snack 1 - Top banana w/ peanut butter/walnuts.**

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				<b>2.50</b>	<b>13.00</b>	<b>5.25</b>	<b>100.00</b>

**Lunch - Top spinach w/ all ingredients.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
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	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
5	1.0	ounce(s)	Goat cheese	5.25	0.25	5.98	75.98
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
8	1.0	tablespoon	Pumpkin seeds, roasted, unsalted	2.00	1.00	3.50	40.00
6	0.5	cup	Roasted beets	0.50	5.50	0.00	25.00
<i>Totals for Lunch</i>				<b>33.70</b>	<b>37.51</b>	<b>12.51</b>	<b>386.48</b>

**Snack 2**

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				<b>0.50</b>	<b>13.50</b>	<b>5.00</b>	<b>100.00</b>

**Dinner - Roast pork & veg drizzled w/oil. W/lentil/rice.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	22.13	0.00	3.37	124.95
<i>Totals for Dinner</i>				<b>47.28</b>	<b>85.19</b>	<b>10.60</b>	<b>609.55</b>

**Snack 3 - Prepare popcorn per package directions.**

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>

<b>Totals For 1700 Calories Sustained Energy - Day 03</b>				<b>111.86</b>	<b>214.28</b>	<b>49.06</b>	<b>1689.04</b>
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1700 Calories Sustained Energy - Day 04

**Breakfast - Prepare oatmeal w/milk/almond. W/sausage/fruit.**

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
3	0.7	cup	Dry steel cut oats	6.60	35.64	3.30	198.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
1	2.0	each	Vegetarian sausage link	8.00	4.00	3.00	70.00
<i>Totals for Breakfast</i>				<b>17.06</b>	<b>58.23</b>	<b>11.30</b>	<b>391.72</b>

**Snack 1 - Top cottage cheese w/ berries.**

7	0.8	1 cup, unthawed	Blueberries, raw	0.80	15.76	0.36	61.99
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
<i>Totals for Snack 1</i>				<b>7.80</b>	<b>17.31</b>	<b>0.93</b>	<b>102.99</b>

**Lunch - Spread avocado on bread/top w/chicken/bacon.**

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
6	3.0	each	Lettuce leaf	0.00	0.00	0.00	15.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
11	1.0	slice	Turkey bacon	4.74	0.50	4.46	61.12
<i>Totals for Lunch</i>				<b>33.67</b>	<b>37.22</b>	<b>12.19</b>	<b>403.42</b>

**Snack 2**

6	8.0	each	Baby carrots	0.80	6.40	0.80	32.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				<b>2.80</b>	<b>10.40</b>	<b>3.80</b>	<b>82.00</b>

**Dinner - Toss pasta,shrimp,veg&1/2 dressing/vinegar.w/salad**

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	1.3	1 cup elbow shaped	Macaroni, whole-wheat, cooked	9.92	49.42	1.01	230.89
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
<i>Totals for Dinner</i>				<b>48.69</b>	<b>65.01</b>	<b>18.15</b>	<b>611.69</b>

**Snack 3**

7	2.0	cup	Watermelon - fresh, diced	2.00	23.00	1.40	102.00
<i>Totals for Snack 3</i>				<b>2.00</b>	<b>23.00</b>	<b>1.40</b>	<b>102.00</b>

<b>Totals For 1700 Calories Sustained Energy - Day 04</b>				<b>112.02</b>	<b>211.17</b>	<b>47.77</b>	<b>1693.82</b>
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1700 Calories Sustained Energy - Day 05

**Breakfast - Top muffin w/spread. Mix fruit. Serve w/egg.**

16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				<b>14.17</b>	<b>67.63</b>	<b>11.70</b>	<b>401.19</b>

**Snack 1 - Blend milk, cherry and flax until smooth.**

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
<i>Totals for Snack 1</i>				<b>3.44</b>	<b>9.72</b>	<b>8.19</b>	<b>121.58</b>

**Lunch - Chicken/cheese/salsa/tortilla. Heat soup.**

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.5	tablespoon	Onion - chopped	0.15	1.35	0.00	6.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup	Soup, black bean, canned, prepared with equal volume water	5.98	19.04	1.63	113.62
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				<b>42.63</b>	<b>41.39</b>	<b>9.33</b>	<b>396.62</b>

**Snack 2 - Top yogurt with sliced fruit.**

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
<i>Totals for Snack 2</i>				<b>8.77</b>	<b>12.11</b>	<b>0.22</b>	<b>93.15</b>

**Dinner - season fish and veg saute oil. serve over quinoa.**

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	0.3	1 cup, sliced	Onions, raw	0.32	2.69	0.03	11.50
17	1.3	1 cup	Quinoa, cooked	10.83	52.41	4.72	295.26
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
<i>Totals for Dinner</i>				<b>43.95</b>	<b>74.30</b>	<b>14.15</b>	<b>591.76</b>

**Snack 3 - Spread apple with peanut butter.**

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1	1.5	tea spoon	Peanut butter	1.50	1.50	4.50	45.00
<i>Totals for Snack 3</i>				<b>1.65</b>	<b>12.00</b>	<b>4.75</b>	<b>85.50</b>

<b>Totals For 1700 Calories Sustained Energy - Day 05</b>				<b>114.61</b>	<b>217.15</b>	<b>48.34</b>	<b>1689.80</b>
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1700 Calories Sustained Energy - Day 06

**Breakfast - Cereal w/milk/berries.**

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
5	6.0	fluid ounce(s)	Skim milk	6.00	12.00	0.00	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Breakfast</i>				<b>29.50</b>	<b>84.00</b>	<b>1.50</b>	<b>410.00</b>

**Snack 1 - Pulse all ingredients until smooth .**

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
21	0.3	tablespoon	Peanut Butter	1.32	1.16	2.69	31.35
0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Snack 1</i>				<b>6.19</b>	<b>8.69</b>	<b>5.33</b>	<b>112.35</b>

**Lunch - Heat burger. Topw/cheese. On bun. W/salad.**

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
19	1.0	each	Boca Vegan Veggie Burgers	13.00	9.00	2.50	100.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
<i>Totals for Lunch</i>				<b>27.94</b>	<b>54.86</b>	<b>6.44</b>	<b>366.40</b>

**Snack 2**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
<i>Totals for Snack 2</i>				<b>0.75</b>	<b>20.25</b>	<b>4.00</b>	<b>115.00</b>

**Dinner - Season beef. Saute carrot/onion/lentils.**

1	5.0	ounce(s)	Beef, organic, extra lean	31.25	2.50	3.75	162.50
6	0.8	cup	Carrots	0.85	8.77	0.22	37.50
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
23	1.3	tablespoon	Olive oil	0.00	0.00	17.50	162.50
<i>Totals for Dinner</i>				<b>50.40</b>	<b>53.97</b>	<b>22.47</b>	<b>604.50</b>

**Snack 3**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>

<b>Totals For 1700 Calories Sustained Energy - Day 06</b>				<b>118.14</b>	<b>226.33</b>	<b>47.42</b>	<b>1702.57</b>
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1700 Calories Sustained Energy - Day 07

**Breakfast - Prepare eggs w/tomato/beans.Roll wrap w/avocado/sa**

6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
4	3.0	tablespoon	PROGRESSO Black Beans	2.63	6.38	0.38	41.25
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Breakfast</i>				<b>27.98</b>	<b>61.58</b>	<b>7.53</b>	<b>397.73</b>

**Snack 1 - Top yogurt with berries and flax.**

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
<i>Totals for Snack 1</i>				<b>9.00</b>	<b>15.23</b>	<b>1.29</b>	<b>114.68</b>

**Lunch - Salad topped w cheese/beans. Heat soup.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
<i>Totals for Lunch</i>				<b>21.54</b>	<b>41.31</b>	<b>15.57</b>	<b>380.52</b>

**Snack 2 - Berry fruit salad.**

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 2</i>				<b>1.54</b>	<b>22.51</b>	<b>0.74</b>	<b>101.33</b>

**Dinner - Season/saute turkey. Serve w potato/steamed veg.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.8	cup	Green beans, steamed or boiled	2.25	5.25	0.38	33.75
23	1.3	tablespoon	Olive oil	0.00	0.00	18.62	172.90
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Dinner</i>				<b>43.97</b>	<b>53.45</b>	<b>20.44</b>	<b>573.25</b>

**Snack 3 - Top sandwich thin with peanut butter.**

3	0.5	each	100% whole wheat sandwich thin	2.50	11.00	0.50	50.00
21	0.5	tablespoon	peanut butter reduced fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 3</i>				<b>4.50</b>	<b>14.75</b>	<b>3.50</b>	<b>97.50</b>

<b>Totals For 1700 Calories Sustained Energy - Day 07</b>				<b>108.53</b>	<b>208.83</b>	<b>49.07</b>	<b>1665.01</b>
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