

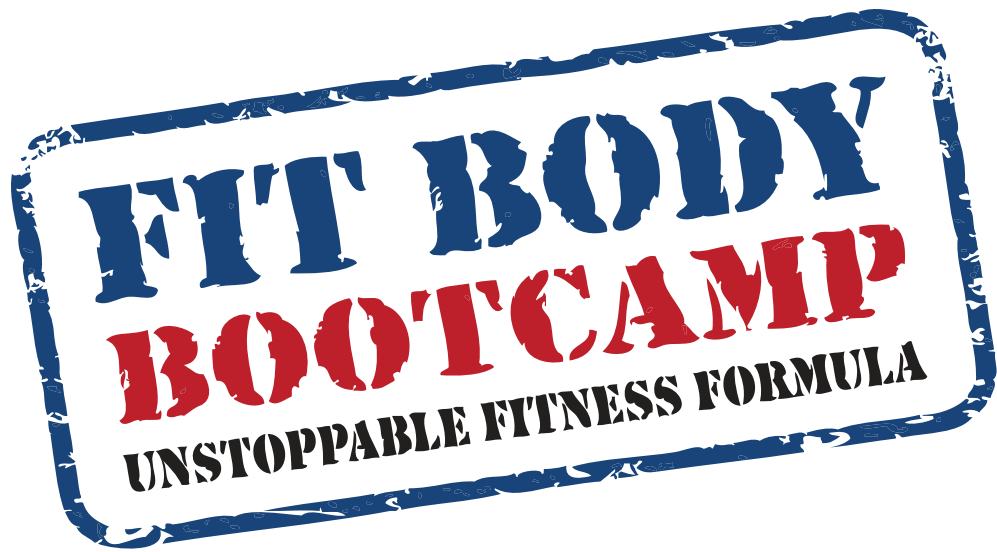


## **1400 Calorie Custom Meal Plans**

This Meal Plan is meant to be used for a full 30 days.

Stick with this plan along with exercise and  
I can guarantee it will change your life.

**This Meal Plan includes  
Low Fat, Low Carb and On-The-Go Meal Plans**



# LOWFAT MEAL PLAN

# Meal Planner Report

Planned Meals



F08 F08

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1400 Calories Low Fat - Day 1</b>							
<b>Breakfast</b>							
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	45.00
15	1.0	pack	Oatmeal - instant pkt_maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				<b>15.50</b>	<b>46.90</b>	<b>2.20</b>	<b>260.00</b>
<b>Snack 1</b>							
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
<i>Totals for Snack 1</i>				<b>1.20</b>	<b>26.70</b>	<b>0.60</b>	<b>105.00</b>
<b>Lunch</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
22	0.3	cup	CROUTONS -plain	0.90	5.50	0.50	30.50
3	1.0	large	Salad - lg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	4.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	12.00	4.00	80.00
<i>Totals for Lunch</i>				<b>29.50</b>	<b>37.50</b>	<b>6.90</b>	<b>332.50</b>
<b>Snack 2</b>							
9	5.0	each	Cracker/Nabisco - Low Salt/ines	1.00	10.00	2.00	60.00
21	2.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	35.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	95.00
<i>Totals for Snack 2</i>				<b>22.00</b>	<b>17.40</b>	<b>3.40</b>	<b>174.00</b>
<b>Dinner</b>							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
1	6.0	ounce(s)	Halibut - broiled	45.00	0.00	6.00	240.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	2.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
<i>Totals for Dinner</i>				<b>55.80</b>	<b>61.00</b>	<b>9.40</b>	<b>549.00</b>
<b>Breakfast</b>							
<i>Totals For 1400 Calories Low Fat - Day 1</i>				<b>124.00</b>	<b>189.50</b>	<b>22.50</b>	<b>1420.50</b>

1400 Calories Low Fat - Day 2

**Breakfast**

15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.80	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals for Breakfast</b>				<b>23.70</b>	<b>46.80</b>	<b>2.30</b>	<b>305.00</b>

**Snack 1**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<b>Totals for Snack 1</b>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

**Lunch**

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1.0	large	Salad - lg. garden w/tomato & onion	2.80	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	3.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
<b>Totals for Lunch</b>				<b>29.50</b>	<b>34.50</b>	<b>5.90</b>	<b>312.50</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<b>Totals for Snack 2</b>				<b>14.00</b>	<b>3.10</b>	<b>1.15</b>	<b>82.00</b>

**Dinner**

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	12.0	fluid ounce(s)	Tea - instant, lemon flavored, Lipton	0.20	1.20	0.00	0.00
20	4.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	12.00	4.00	80.00
<b>Totals for Dinner</b>				<b>41.08</b>	<b>71.20</b>	<b>20.40</b>	<b>621.00</b>

**Breakfast**

<b>Totals For 1400 Calories Low Fat - Day 2</b>				<b>198.58</b>	<b>176.60</b>	<b>36.25</b>	<b>1401.50</b>
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## 1400 Calories Low Fat - Day 3

## Breakfast

9	0.8	each	Banana - med 8"	0.90	20.03	0.45	78.75
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	6.0	ounce(s)	Yogurt - Dannon, fat free, blended, all flavors	7.00	33.00	0.00	162.00
Totals for Breakfast				8.30	54.43	0.45	252.75

## Snack 1

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	1.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Snack 1				31.00	15.00	4.00	208.00

## Lunch

21	3.0	table spoon	BBQ - Healthy Choice	0.09	17.10	0.06	75.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	1 tablespoon chopped	Chives, raw	0.10	0.13	0.02	0.90
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
5	2.0	1 oz	Sour cream, imitation, cultured	1.34	3.71	10.93	116.48
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Lunch				30.33	49.34	12.73	436.38

## Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 2				14.00	3.10	1.15	82.00

## Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
5	1.0	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	3.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
Totals for Dinner				33.95	52.25	6.10	392.50

## Breakfast

Totals For 1400 Calories Low Fat - Day 3				117.58	174.12	24.43	1371.63
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## 1400 Calories Low Fat - Day 4

## Breakfast

15	1.0	cup	Bran Flakes - cereal	6.00	46.00	0.00	190.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				14.80	59.30	0.40	278.00

## Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals for Snack 1				0.40	8.20	0.20	40.00

## Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	0.8	cup	Rice - white cook steamed	3.38	30.38	0.00	135.00
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	12.0	fluid ounce(s)	Tea - prepared w/ tap water	0.00	1.00	0.00	0.00
0	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
Totals for Lunch				33.38	59.38	5.60	427.00

## Snack 2

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Snack 2				31.00	18.00	4.00	216.00

## Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
22	0.3	cup	Croulons -plain	0.90	5.50	0.50	30.50
3	1.0	large	Salad - trg. garden w/tomato & onion	2.60	19.00	0.60	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/ tap water	0.00	1.00	0.00	0.00
20	3.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
Totals for Dinner				36.00	34.50	6.30	343.50

## Breakfast

Totals For 1400 Calories Low Fat - Day 4				115.58	179.38	16.50	1304.50
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## 1400 Calories Low Fat - Day 5

## Breakfast

9	1.0	each	Bagel - plain Lenders brand	10.00	40.00	1.50	210.00
5	1.0	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
Totals for Breakfast				25.40	46.40	1.50	302.00

## Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
9	4.0	each	Cracker/Nabisco - Low Saltines	0.80	8.00	1.60	48.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 1				22.10	30.40	3.50	227.00

## Lunch

10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
6	1.0	1 leaf	Lettuce, iceberg (includes crisphead types), raw	0.04	0.10	0.01	0.50
21	1.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
0	0.4	1 can (10.75 oz)	Soup, vegetable beef, canned, condensed, commercial	5.43	9.89	1.84	76.06
0	12.0	fluid ounce(s)	Tea - prepared w/ tap water	0.00	1.00	0.00	0.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
Totals for Lunch				36.57	40.19	4.85	330.36

## Snack 2

10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
Totals for Snack 2				1.20	15.40	0.20	62.00

## Dinner

21	1.0	table spoon	BBQ - Healthy Choice	0.03	5.70	0.02	25.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	1 tablespoon chopped	Chives, raw	0.10	0.13	0.02	0.90
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
3	1.0	small	Salad - sm. garden w/ tomato, onion	1.30	9.50	0.40	49.00
5	2.0	1 oz	Sour cream, imitation, cultured	1.34	3.71	10.93	116.48
0	12.0	fluid ounce(s)	Tea - instant, lemon flavored, Lipton	0.20	1.20	0.00	0.00
20	2.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
Totals for Dinner				25.27	53.64	14.69	444.38

## Breakfast

Totals For 1400 Calories Low Fat - Day 5				110.54	196.03	24.74	1374.74
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## 1400 Calories Low Fat - Day 6

### Breakfast

9	0.5	each	Bagel - plain Lenders brand	5.00	20.00	0.75	105.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
<b>Totals for Breakfast</b>				<b>6.60</b>	<b>53.20</b>	<b>0.95</b>	<b>241.00</b>

### Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<b>Totals for Snack 1</b>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

### Lunch

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1.0	large	Salad - lng. garden w/tomato & onion	2.80	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	4.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	12.00	4.00	80.00
<b>Totals for Lunch</b>				<b>23.00</b>	<b>37.50</b>	<b>6.50</b>	<b>301.50</b>

### Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
<b>Totals for Snack 2</b>				<b>22.00</b>	<b>14.65</b>	<b>3.72</b>	<b>183.00</b>

### Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	12.0	fluid ounce(s)	Tea - instant, lemon flavored, Lipton	0.20	1.20	0.00	0.00
20	3.0	table spoon	Thousand Island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
<b>Totals for Dinner</b>				<b>41.08</b>	<b>68.20</b>	<b>19.40</b>	<b>601.00</b>

### Breakfast

<b>Totals For 1400 Calories Low Fat - Day 6</b>				<b>92.98</b>	<b>194.55</b>	<b>31.07</b>	<b>1407.50</b>
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## 1400 Calories Low Fat - Day 7

**Breakfast**

0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
2	4.0	ounce(s)	Hash browns - frozen, pan cooked	3.60	31.88	13.00	248.00
19	2.0	ounce(s)	sausage - turkey, Jimmy Dean Light	10.00	0.00	11.62	132.00
<b>Totals for Breakfast</b>				<b>24.00</b>	<b>35.28</b>	<b>24.62</b>	<b>442.00</b>

**Snack 1**

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<b>Totals for Snack 1</b>				<b>1.10</b>	<b>17.40</b>	<b>0.30</b>	<b>69.00</b>

**Lunch**

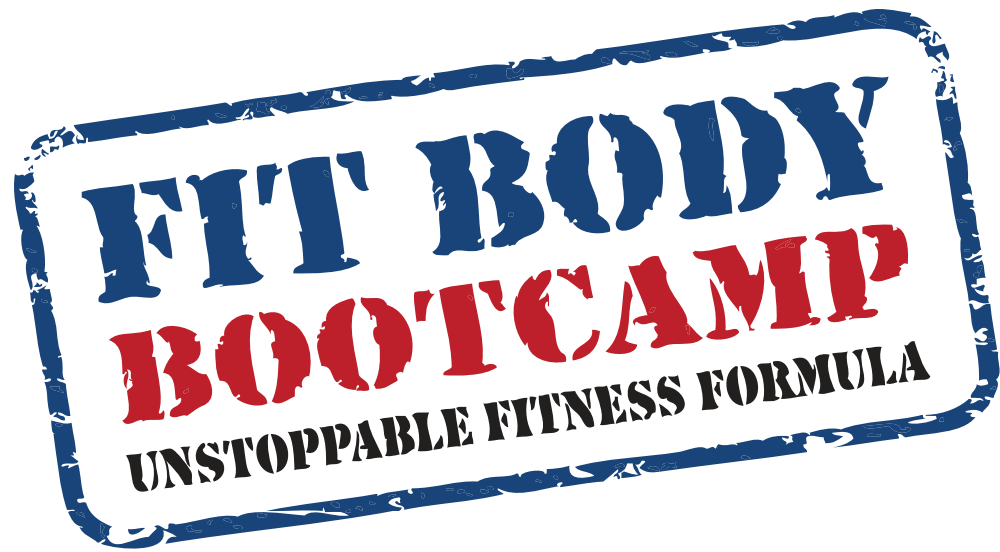
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
21	1.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.5	1 can (10.5 oz)	Soup, vegetable with beef broth, canned, condensed, commercial	3.61	15.94	2.32	98.34
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<b>Totals for Lunch</b>				<b>7.81</b>	<b>58.04</b>	<b>2.50</b>	<b>280.34</b>

**Snack 2**

0	1.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	0.67	2.67	1.00	23.00
<b>Totals for Snack 2</b>				<b>0.67</b>	<b>2.67</b>	<b>1.00</b>	<b>23.00</b>

**Dinner**

17	1.0	cup	Angel hair, corn, Westbrae, cooked	4.00	46.00	2.00	210.00
3	1.0	spears	Broccoli	5.00	4.00	1.00	40.00
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	0.3	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<b>Totals For 1400 Calories Low Fat - Day 7</b>				<b>80.30</b>	<b>185.09</b>	<b>38.25</b>	<b>1376.89</b>



# LOW CARB MEAL PLAN

# Meal Planner Report

Planned Meals



F00 F00

## 1400 Calories Low Carb - Day 1

### Breakfast

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<b>Totals for Breakfast</b>				<b>14.00</b>	<b>46.90</b>	<b>6.00</b>	<b>312.00</b>

### Snack 1

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<b>Totals for Snack 1</b>				<b>8.64</b>	<b>7.85</b>	<b>18.13</b>	<b>213.53</b>

### Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
12	2.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	43.37	0.00	1.39	197.20
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.3	table spoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<b>Totals for Lunch</b>				<b>48.42</b>	<b>35.28</b>	<b>7.86</b>	<b>407.30</b>

### Snack 2

0	1.3	cup	Chicken vegetable soup - Campbell's, prepared	3.75	10.00	3.75	87.50
<b>Totals for Snack 2</b>				<b>3.75</b>	<b>10.00</b>	<b>3.75</b>	<b>87.50</b>

### Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	table spoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
3	1.0	large	Salad - lng, garden w/tomato & onion	2.60	19.00	0.80	98.00
0	0.8	0.5 cup	Sauce, ready-to-serve, salsa	1.24	6.08	0.23	27.30
<b>Totals for Dinner</b>				<b>38.94</b>	<b>35.48</b>	<b>6.93</b>	<b>385.30</b>

### Breakfast

<b>Totals For 1400 Calories Low Carb - Day 1</b>				<b>113.75</b>	<b>135.91</b>	<b>44.67</b>	<b>1405.63</b>
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## 1400 Calories Low Carb - Day 2

## Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
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
<b>Totals for Breakfast</b>				<b>14.00</b>	<b>56.20</b>	<b>3.00</b>	<b>286.00</b>

## Snack 1

7	1.3	1 cup	Grapes, american type (slip skin), raw	0.72	19.72	0.40	77.05
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 1</b>				<b>8.22</b>	<b>33.22</b>	<b>0.40</b>	<b>167.05</b>

## Lunch

6	1.0	1 cup, grated	Carrots, raw	1.02	10.54	0.26	45.10
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	3.0	table spoon	Italian - fat free, KRAFT Free	0.00	3.00	0.00	18.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	0.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	2.41	2.88	7.95	86.66
6	4.0	1 cup	Spinach, raw	3.43	4.36	0.47	27.60
<b>Totals for Lunch</b>				<b>27.15</b>	<b>22.34</b>	<b>25.98</b>	<b>434.86</b>

## Snack 2

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
<b>Totals for Snack 2</b>				<b>16.00</b>	<b>2.00</b>	<b>3.00</b>	<b>100.00</b>

## Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
19	4.0	ounce(s)	Flank - fat trimmed off, braised	31.72	0.00	14.68	268.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.3	table spoon	Olive Oil (sesame, soy bean, sunflower)	0.00	0.00	4.20	36.00
6	0.3	1 cup, chopped	Onions, raw	0.44	4.85	0.04	20.16
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	19.37
21	2.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
<b>Totals for Dinner</b>				<b>35.23</b>	<b>15.99</b>	<b>19.42</b>	<b>388.19</b>

## Breakfast

<b>Totals For 1400 Calories Low Carbs - Day 2</b>				<b>100.60</b>	<b>129.75</b>	<b>51.80</b>	<b>1376.10</b>
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## 1400 Calories Low Carb - Day 3

## Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				25.69	34.36	5.05	281.69

## Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	14.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.33	18.67	0.00	84.00
Totals for Snack 1				2.63	39.77	0.00	165.00

## Lunch

0	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.13	0.34	0.02	1.65
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.14	0.16	14.40
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				38.83	20.48	16.18	388.05

## Snack 2

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
Totals for Snack 2				15.55	19.32	1.58	148.30

## Dinner

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.59	1.55	8.92	142.24
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
20	1.0	table spoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm, garden w/tomato, onion	1.30	9.50	0.40	49.00
21	0.3	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	1.00	7.50	1.00	55.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	3.34	19.84	0.47	98.70
Totals for Dinner				51.73	39.39	12.79	505.94

## Breakfast

Totals For 1400 Calories Low Carb - Day 3				134.43	153.32	35.60	1488.98
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1400 Calories Low Carb - Day 4

**Breakfast**

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.3	cup	Milk - skim, no fat	10.92	15.47	0.52	111.80
<b>Totals for Breakfast</b>				<b>24.92</b>	<b>37.47</b>	<b>6.52</b>	<b>311.80</b>

**Snack 1**

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 1</b>				<b>8.52</b>	<b>25.17</b>	<b>0.46</b>	<b>138.64</b>

**Lunch**

21	1.0	table spoon	Catsup - tomato	0.20	4.10	0.10	16.00
6	6.0	each	Celery - raw stalk, trimmed	3.00	12.00	0.00	60.00
5	1.0	ounce(s)	Cream Cheese, Light, PHIL brand	3.00	2.00	5.00	60.00
19	2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	10.00	8.00	2.00	100.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.40	0.78	0.31	6.60
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<b>Totals for Lunch</b>				<b>21.67</b>	<b>57.69</b>	<b>10.22</b>	<b>401.89</b>

**Snack 2**

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<b>Totals for Snack 2</b>				<b>8.64</b>	<b>7.85</b>	<b>18.13</b>	<b>213.53</b>

**Dinner**

3	1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm garden w/tomato, onion	1.30	9.50	0.40	49.00
<b>Totals for Dinner</b>				<b>29.27</b>	<b>28.00</b>	<b>12.36</b>	<b>330.62</b>

**Breakfast**

<b>Totals For 1400 Calories Low Carb - Day 4</b>				<b>93.02</b>	<b>156.18</b>	<b>47.69</b>	<b>1396.48</b>
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1400 Calories Low Carb - Day 6

**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
<b>Totals for Breakfast</b>				<b>24.29</b>	<b>22.96</b>	<b>10.65</b>	<b>285.69</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
<b>Totals for Snack 1</b>				<b>15.55</b>	<b>19.32</b>	<b>1.58</b>	<b>148.30</b>

**Lunch**

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	12.0	fluid ounce(s)	Vegetable juice - VS, no salt	2.00	16.00	0.00	72.00
<b>Totals for Lunch</b>				<b>26.50</b>	<b>61.10</b>	<b>7.60</b>	<b>421.00</b>

**Snack 2**

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
<b>Totals for Snack 2</b>				<b>16.00</b>	<b>2.00</b>	<b>3.00</b>	<b>100.00</b>

**Dinner**

18	1.0	3-oz	Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24.67	0.00	8.96	186.15
3	6.0	ounce(s)	Green beans - string boiled & drained	3.15	13.35	0.45	60.00
6	0.3	1 cup, pieces or slices	Mushrooms, raw	0.54	0.57	0.06	3.85
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 teaspoon	Spices, garlic powder	0.50	2.18	0.02	9.90
<b>Totals for Dinner</b>				<b>32.03</b>	<b>35.74</b>	<b>20.22</b>	<b>443.43</b>

**Breakfast**

<b>Totals For 1400 Calories Low Carb - Day 6</b>				<b>114.37</b>	<b>141.12</b>	<b>43.05</b>	<b>1368.42</b>
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## 1400 Calories Low Carb - Day 6

## Breakfast

7	1.0	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
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
<b>Totals for Breakfast</b>				<b>13.87</b>	<b>50.51</b>	<b>2.88</b>	<b>263.65</b>

## Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	3.0	table spoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
<b>Totals for Snack 1</b>				<b>4.65</b>	<b>27.05</b>	<b>5.25</b>	<b>190.50</b>

## Lunch

12	1.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	20.08	0.00	2.52	108.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	table spoon	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
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.35	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<b>Totals for Lunch</b>				<b>24.06</b>	<b>37.95</b>	<b>9.96</b>	<b>330.43</b>

## Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 2</b>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>

## Dinner

21	2.0	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	2.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
3	1.0	small	Salad - sm, garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
<b>Totals for Dinner</b>				<b>59.75</b>	<b>53.45</b>	<b>9.29</b>	<b>539.20</b>

## Breakfast

<b>Totals For 1400 Calories Low Carb - Day 6</b>				<b>126.93</b>	<b>182.46</b>	<b>27.38</b>	<b>1413.78</b>
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## 1400 Calories Low Carb - Day 7

## Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	5.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	15.56	0.00	70.00
<i>Totals for Breakfast</i>				<i>14.00</i>	<i>37.56</i>	<i>6.00</i>	<i>270.00</i>

## Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	62.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<i>15.55</i>	<i>19.32</i>	<i>1.58</i>	<i>148.30</i>

## Lunch

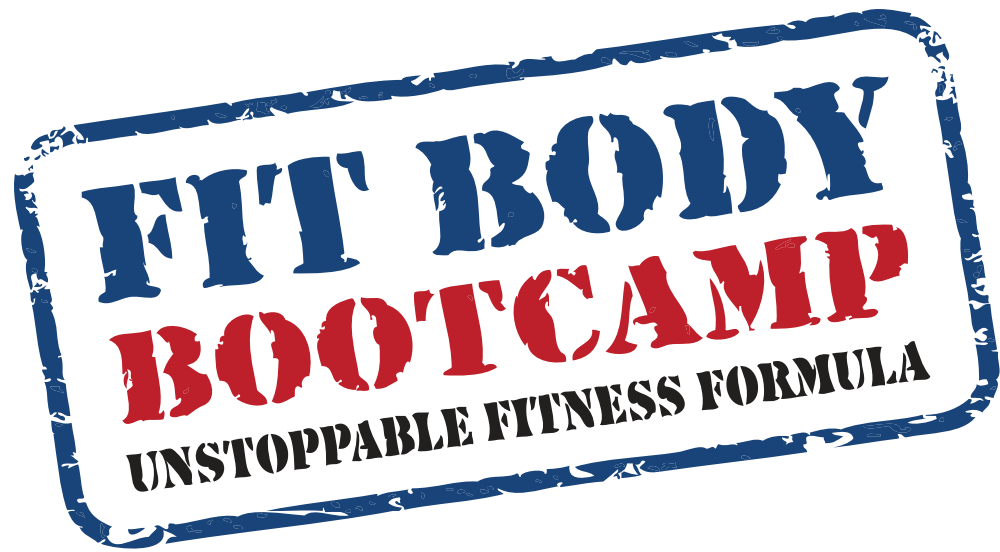
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Lunch</i>				<i>25.24</i>	<i>50.13</i>	<i>8.63</i>	<i>377.20</i>

## Snack 2

0	0.5	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	3.00	12.00	2.00	80.00
<i>Totals for Snack 2</i>				<i>3.00</i>	<i>12.00</i>	<i>2.00</i>	<i>80.00</i>

## Dinner

17	0.5	cup	Angel hair - whole wheat, cooked, De Boles	4.50	20.00	1.00	105.00
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				<i>48.50</i>	<i>32.54</i>	<i>23.39</i>	<i>529.98</i>
<b>Totals For 1400 Calories Low Carb - Day 7</b>				<b>106.29</b>	<b>151.55</b>	<b>41.60</b>	<b>1405.48</b>



# ON-THE-GO MEAL PLAN





F88 F88

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1400 Calories On The Go - Day 1</b>							
<b>Breakfast</b>							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
<b>Totals for Breakfast</b>				<b>17.29</b>	<b>51.81</b>	<b>6.00</b>	<b>326.00</b>
<b>Snack 1</b>							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.42	15.46	4.75	113.04
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 1</b>				<b>10.67</b>	<b>35.71</b>	<b>4.75</b>	<b>248.04</b>
<b>Lunch</b>							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
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
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 - VB, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>29.82</b>	<b>25.93</b>	<b>11.36</b>	<b>325.00</b>
<b>Snack 2</b>							
21	1.0	table spoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>5.30</b>	<b>11.85</b>	<b>8.20</b>	<b>135.00</b>
<b>Dinner</b>							
4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, without salt	7.80	21.25	0.69	119.70
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
20	1.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
21	3.0	table spoon	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
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>15.99</b>	<b>56.51</b>	<b>8.14</b>	<b>351.88</b>
<b>Snack 3</b>							
0	2.0	cup	Popcorn - Lite, microwaved, On the Border Gourmet	1.34	5.34	2.00	46.00
<b>Totals for Snack 3</b>				<b>1.34</b>	<b>5.34</b>	<b>2.00</b>	<b>46.00</b>
<b>Totals For 1400 Calories On The Go - Day 1</b>				<b>80.41</b>	<b>187.15</b>	<b>48.45</b>	<b>1431.92</b>

## 1400 Calories On The Go - Day 2

## Breakfast

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
5	0.5	ounce(s)	Cream Cheese, Light, Philz brand	1.50	1.00	2.50	30.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				22.71	30.61	3.38	243.91

## Snack 1

9	4.0	each	Graham Crackers	1.90	21.50	2.83	118.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.33	32.59	2.89	159.86

## Lunch

0	1.0	each	BK Barbecue Sauce	0.00	9.00	0.00	35.00
0	1.0	each	BK Chicken Whopper Jr. NO mayo	23.00	31.00	6.00	270.00
0	1.0	each	BK Side Salad w/ lite lt. Drg	1.00	9.00	5.00	75.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	49.00	11.00	380.00

## Snack 2

4	0.5	1 oz	Peanuts, all types, dry-roasted, without salt	3.32	3.01	6.95	81.90
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				3.32	3.01	6.95	81.90

## Dinner

6	1.0	1 tablespoon	Catsup	0.27	3.58	0.09	14.25
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.28	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
6	1.0	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
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	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				25.83	42.76	6.30	322.57

## Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.5	table spoon	Peanut Butter	6.00	5.25	12.22	142.50
Totals for Snack 3				6.30	26.25	12.72	223.50

Totals For 1400 Calories On The Go - Day 2				84.57	184.22	43.24	1411.74
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**1400 Calories On The Go - Day 3**
**Breakfast**

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	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
<b>Totals for Breakfast</b>				<b>15.27</b>	<b>80.52</b>	<b>2.37</b>	<b>384.00</b>

**Snack 1**

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<b>Totals for Snack 1</b>				<b>4.17</b>	<b>6.07</b>	<b>15.20</b>	<b>178.00</b>

**Lunch**

7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
0	1.0	each	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	18.00	46.00	4.50	280.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals for Lunch</b>				<b>18.55</b>	<b>54.70</b>	<b>4.65</b>	<b>314.50</b>

**Snack 2**

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - VS, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>6.96</b>	<b>5.89</b>	<b>5.30</b>	<b>101.50</b>

**Dinner**

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturalis	4.00	0.50	2.50	40.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>38.11</b>	<b>31.36</b>	<b>4.38</b>	<b>324.40</b>

**Snack 3**

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
<b>Totals for Snack 3</b>				<b>4.00</b>	<b>6.00</b>	<b>5.00</b>	<b>80.00</b>

<b>Totals For 1400 Calories On The Go - Day 3</b>				<b>87.06</b>	<b>184.54</b>	<b>37.50</b>	<b>1382.40</b>
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## 1400 Calories On The Go - Day 4

## Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
7	1.0	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.67	11.14	0.40	46.36
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
Totals for Breakfast				2.67	52.81	3.40	246.36

## Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	0.5	table spoon	Peanut butter - creamy, Peter Pan	2.15	1.42	4.10	47.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.45	22.42	4.60	128.50

## Lunch

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
4	0.5	1 cup	Hummus, commercial	9.88	17.86	12.00	207.50
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				13.66	49.08	12.82	354.00

## Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	26.00	6.20	2.30	164.00
0	4.0	fluid ounce(s)	Vegetable juice - VE, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				26.67	11.53	2.30	188.00

## Dinner

1	3.0	ounce(s)	Cod - Atlantic, broiled	19.41	0.00	0.75	90.00
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lng. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	7.79	20.30	1.50	125.84
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				29.80	43.30	7.05	353.84

## Snack 3

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
Totals for Snack 3				8.00	11.70	2.60	102.00

Totals For 1400 Calories On The Go - Day 4				85.45	190.84	32.77	1372.70
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## 1400 Calories On The Go - Day 5

**Breakfast**

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
5	0.5	ounce(s)	Cream Cheese, Light, Phil brand	1.50	1.00	2.50	30.00
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
<b>Totals for Breakfast</b>				<b>12.61</b>	<b>47.78</b>	<b>5.73</b>	<b>277.41</b>

**Snack 1**

7	0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals for Snack 1</b>				<b>8.04</b>	<b>34.01</b>	<b>0.24</b>	<b>131.33</b>

**Lunch**

6	1.0	1 packet	Catsup	0.11	1.43	0.04	5.70
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.28	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.76	0.04	3.60
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Jr. Hamburger	14.00	34.00	9.00	270.00
0	1.0	each	Wendy's Small Chili	17.00	21.00	6.00	200.00
<b>Totals for Lunch</b>				<b>31.63</b>	<b>57.88</b>	<b>15.26</b>	<b>484.10</b>

**Snack 2**

21	1.0	table spoon	Peanut Butter	4.00	3.50	8.15	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<b>Totals for Snack 2</b>				<b>5.00</b>	<b>12.50</b>	<b>8.15</b>	<b>135.00</b>

**Dinner**

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<b>Totals for Dinner</b>				<b>33.00</b>	<b>37.07</b>	<b>1.71</b>	<b>294.76</b>

**Snack 3**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<b>Totals for Snack 3</b>				<b>4.60</b>	<b>19.20</b>	<b>1.60</b>	<b>103.50</b>

<b>Totals For 1400 Calories On The Go - Day 5</b>				<b>94.88</b>	<b>198.44</b>	<b>32.69</b>	<b>1426.10</b>
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## 1400 Calories On The Go - Day 6

## Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
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
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.64	0.23	24.32
Totals for Breakfast				13.21	58.91	2.53	303.32

## Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				6.96	5.89	5.30	101.50

## Lunch

12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
6	0.5	0.5 cup, shredded	Lettuce, green leaf, raw	0.19	0.39	0.02	2.10
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	8.0	each	Pretzels - Rold Gold, Tiny Tim	0.80	9.20	0.40	48.00
21	1.0	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				25.09	44.81	8.31	357.30

## Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				14.00	3.10	1.15	82.00

## Dinner

0	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
21	0.8	cup	Marinara sauce - Progresso 'Authentic'	8.00	15.00	9.00	165.00
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				29.45	57.25	15.10	494.00

## Snack 3

9	2.0	each	Graham Crackers	0.97	10.75	1.41	59.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
Totals for Snack 3				1.17	14.85	1.41	79.00

Totals For 1400 Calories On The Go - Day 6				98.38	185.01	37.80	1417.12
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## 1400 Calories On The Go - Day 7

### Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Breakfast</i>				<i>5.30</i>	<i>62.30</i>	<i>3.80</i>	<i>288.00</i>

### Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<i>4.17</i>	<i>6.07</i>	<i>15.20</i>	<i>178.00</i>

### Lunch

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.48	0.04	55.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>25.79</i>	<i>48.11</i>	<i>1.76</i>	<i>308.00</i>

### Snack 2

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.63	6.02	13.90	163.80
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>7.06</i>	<i>17.11</i>	<i>13.96</i>	<i>205.66</i>

### Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
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, 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>				<i>33.20</i>	<i>34.74</i>	<i>8.36</i>	<i>338.10</i>

### Snack 3

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
<i>Totals for Snack 3</i>				<i>4.00</i>	<i>6.00</i>	<i>5.00</i>	<i>80.00</i>

<i>Totals For 1400 Calories On The Go - Day 7</i>				<i>79.52</i>	<i>174.33</i>	<i>48.06</i>	<i>1397.76</i>
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