

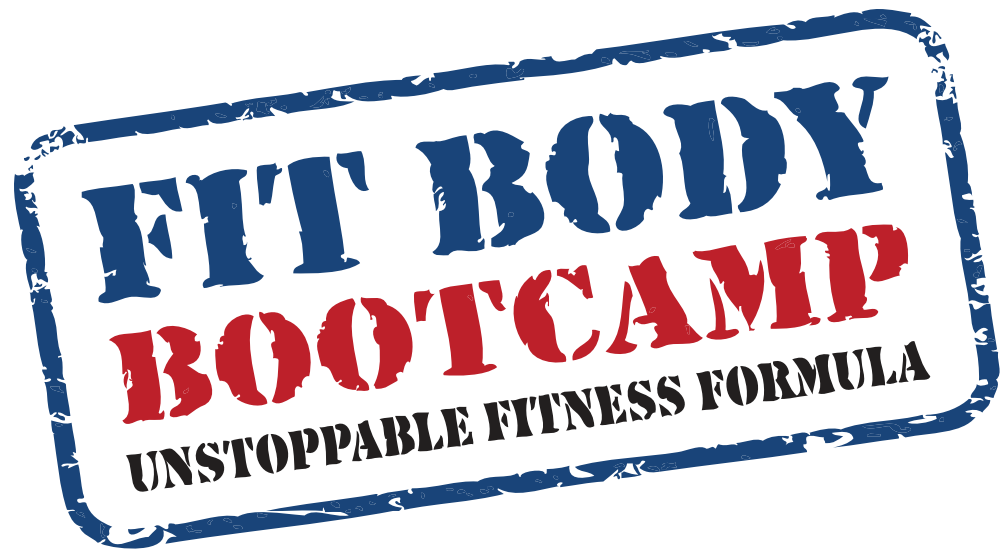


1500 Calorie Custom Meal Plans

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



F00 F00

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Low Fat - Day 1							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	8.20	2.30	164.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Breakfast</i>				28.87	16.83	2.40	209.00
Snack 1							
7	1.0	each	Banana - med 5"	1.20	26.70	0.60	105.00
<i>Totals for Snack 1</i>				1.20	26.70	0.60	105.00
Lunch							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	1.5	medium	Salad - med. garden w/tomato, onion	2.93	21.38	0.90	111.00
0	8.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	0.67	0.00	0.00
<i>Totals for Lunch</i>				30.03	45.45	2.80	336.00
Snack 2							
9	10.0	each	Cracker/Nabisco - Low Saltines	2.00	20.00	4.00	120.00
21	1.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Snack 2</i>				32.00	23.00	6.00	268.00
Dinner							
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
19	6.5	each	HEALTHY CHOICE Beef Franks, Low Fat	32.50	26.00	6.50	325.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				37.30	69.30	8.40	535.50
Breakfast							
Totals For 1500 Calories Low Fat - Day 1				129.40	181.28	20.20	1463.50

1500Calories Low Fat - Day 2
Breakfast

9	1.0	each	Bagel - plain Lenders brand	10.00	40.00	1.50	210.00
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
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
15	1.0	pack	Oatmeal - instant pkt ,maple, bn sugar Quaker	4.50	31.60	2.10	152.00
Totals for Breakfast				24.90	83.00	3.60	456.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				0.30	21.00	0.50	81.00

Lunch

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	2.0	small	Salad - sm. 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
Totals for Lunch				22.10	26.00	2.00	223.00

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	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 2				22.00	17.40	3.40	174.00

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
1	6.0	ounce(s)	Salmon - broiled	37.62	0.00	21.00	348.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Dinner				47.32	53.85	23.09	609.00

Breakfast

Totals For 1500 Calories Low Fat - Day 2				116.62	201.25	32.59	1543.00
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1500 Calories Low Fat - Day 3

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
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
15	1.0	pack	Oatmeal - instant pkt.,maple, bn sugar Quaker	4.50	31.60	2.10	152.00
Totals for Breakfast				19.90	63.00	2.85	351.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	large	Salad - lrg. 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
Totals for Lunch				28.60	29.00	2.40	270.00

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	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 2				22.00	17.40	3.40	174.00

Dinner

18	2.0	3 oz	Beef, ground, extra lean, cooked, baked, medium	41.60	0.00	27.44	425.00
5	2.0	each	Cheese - KRAFT Free slice	10.00	6.00	0.00	60.00
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
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 Dinner				56.90	50.50	31.84	734.00

Breakfast

Totals For 1500 Calories Low Fat - Day 3				127.40	159.90	40.49	1529.00
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1500 Calories Low Fat - Day 4

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
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
<i>Totals for Breakfast</i>				<i>8.60</i>	<i>61.10</i>	<i>0.60</i>	<i>279.00</i>

Snack 1

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

Lunch

21	3.0	table spoon	BBQ - Healthy Choice	0.09	17.10	0.06	75.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	1 tablespoon chopped	Chives, raw	0.10	0.13	0.02	0.90
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
<i>Totals for Lunch</i>				<i>34.03</i>	<i>21.94</i>	<i>13.01</i>	<i>347.38</i>

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				<i>28.00</i>	<i>6.20</i>	<i>2.30</i>	<i>164.00</i>

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
5	2.0	each	Cheese - KRAFT Free slice	10.00	6.00	0.00	60.00
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
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
9	1.5	cup	Rice - white cook steamed	6.75	60.75	0.00	270.00
3	1.0	small	Salad - sm. garden w/ tomato, onion	1.30	9.50	0.40	49.00
0	3.0	fluid ounce(s)	Tea - prepared w/ tap water	0.00	0.25	0.00	0.00
<i>Totals for Dinner</i>				<i>48.45</i>	<i>96.00</i>	<i>4.10</i>	<i>614.50</i>

Breakfast

<i>Totals For 1500 Calories Low Fat - Day 4</i>				<i>120.18</i>	<i>202.64</i>	<i>20.31</i>	<i>1473.88</i>
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1500 Calories Low Fat - Day 5

Breakfast

15	1.0	cup	Bran Flakes - cereal	6.00	46.00	0.00	180.00
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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<i>24.80</i>	<i>61.30</i>	<i>0.40</i>	<i>328.00</i>

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 1</i>				<i>0.40</i>	<i>8.20</i>	<i>0.20</i>	<i>40.00</i>

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
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
0	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
<i>Totals for Lunch</i>				<i>33.59</i>	<i>52.96</i>	<i>16.53</i>	<i>498.48</i>

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	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 2</i>				<i>22.00</i>	<i>17.40</i>	<i>3.40</i>	<i>174.00</i>

Dinner

1	4.0	ounce(s)	Catfish - dry heat cooked	21.20	0.00	9.08	172.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
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
<i>Totals for Dinner</i>				<i>27.90</i>	<i>62.50</i>	<i>9.98</i>	<i>463.50</i>

Breakfast

<i>Totals For 1500 Calories Low Fat - Day 5</i>				<i>108.69</i>	<i>202.36</i>	<i>30.51</i>	<i>1503.98</i>
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1500 Calories Low Fat - Day 6

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	0.3	cup	Egg Beaters - Fleischmann's	5.00	1.00	0.00	25.00
Totals for Breakfast				20.40	45.40	1.50	277.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
Totals for Snack 1				10.80	21.90	0.50	132.00

Lunch

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	3.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
0	0.5	1 can (19 oz), ready-to-serve	Soup, vegetable, canned, chunky, ready-to-serve, commercial	3.93	21.34	4.15	137.45
0	12.0	fluid ounce(s)	Tea - prepared w/ tap water	0.00	1.00	0.00	0.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals for Lunch				42.93	67.34	6.95	493.45

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 2				1.10	17.40	0.30	69.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	1 tablespoon chopped	Chives, raw	0.20	0.26	0.04	1.80
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
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
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 Dinner				33.94	67.87	13.65	533.78

Breakfast

Totals For 1500 Calories Low Fat - Day 6				109.17	219.11	22.98	1505.23
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1500 Calories Low Fat - Day 7
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
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
Totals for Breakfast				15.40	31.40	0.75	199.00

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals for Snack 1				1.20	26.70	0.60	105.00

Lunch

0	1.0	each	Chicken breast filet sandwich	22.20	52.10	22.50	445.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Lunch				23.30	70.50	22.80	514.00

Snack 2

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals for Snack 2				0.40	8.20	0.20	40.00

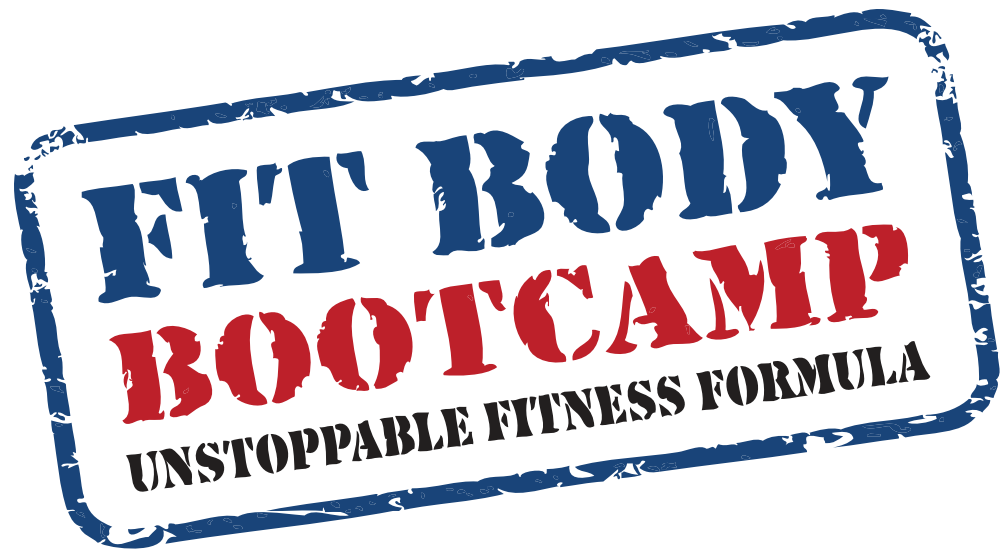
Dinner

3	1.0	each	Com - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
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	6.0	ounce(s)	Shrimp - boiled or steamed	35.52	0.00	1.80	168.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Dinner				44.82	81.80	3.70	542.50

Snack 3

16	1.0	1 piece (1/12 of 12 oz cake)	Cake, angelfood, commercially prepared	1.65	16.18	0.22	72.24
5	2.0	1 tablespoon	Cream, whipped, cream topping, pressurized	0.19	0.75	1.33	15.42
7	1.0	ounce(s)	Strawberry - fresh, 1 medium	0.20	2.00	0.10	9.00
Totals for Snack 3				2.04	18.93	1.65	96.66

Totals For 1500 Calories Low Fat - Day 7				87.16	237.53	29.70	1497.16
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LOW CARB MEAL PLAN

Meal Planner Report

Planned Meals



F00 F00

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Low Carb - Day 1							
Breakfast							
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
<i>Totals for Breakfast</i>				14.00	34.45	6.00	256.00
Snack 1							
4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<i>Totals for Snack 1</i>				8.64	7.85	18.13	213.53
Lunch							
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.14	1.91	7.40	75.15
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<i>Totals for Lunch</i>				27.20	40.43	10.05	354.75
Snack 2							
0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou{	6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				6.00	24.00	4.00	160.00
Dinner							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	6.0	ounce(s)	Green beans - string, boiled & drained	3.15	13.35	0.45	60.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	17.50	1.25	15.00	225.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	0.5	0.5 cup	Sauce, ready-to-serve, salsa	0.83	4.06	0.16	18.20
<i>Totals for Dinner</i>				55.28	30.16	18.01	519.20
Breakfast							
<i>Totals For 1500 Calories Low Carb - Day 1</i>				111.12	136.89	56.19	1503.48

1500 Calories Low Carb - Day 2

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
<i>Totals for Breakfast</i>				<i>13.40</i>	<i>42.85</i>	<i>2.70</i>	<i>233.50</i>

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<i>8.88</i>	<i>29.28</i>	<i>0.32</i>	<i>151.64</i>

Lunch

6	0.8	1 cup, grated	Carrots, raw	0.77	7.90	0.20	33.83
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	4.0	table spoon	Italian - fat free, KRAFT Free	0.00	4.00	0.00	24.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	1.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	7.23	8.65	23.86	259.98
6	4.0	1 cup	Spinach, raw	3.43	4.36	0.47	27.60
<i>Totals for Lunch</i>				<i>31.72</i>	<i>26.47</i>	<i>41.83</i>	<i>602.91</i>

Snack 2

5	3.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	24.00	3.00	4.50	150.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				<i>26.00</i>	<i>14.00</i>	<i>4.50</i>	<i>200.00</i>

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	4.0	ounce(s)	Cod - Atlantic, broiled	25.88	0.00	1.00	120.00
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	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	19.37
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	1.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
<i>Totals for Dinner</i>				<i>31.84</i>	<i>36.27</i>	<i>5.91</i>	<i>328.06</i>

Breakfast

<i>Totals For 1500 Calories Low Carb - Day 2</i>				<i>111.64</i>	<i>148.87</i>	<i>55.26</i>	<i>1516.11</i>
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1500 Calories Low Carb - Day 3

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
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	85.00
Totals for Breakfast				24.95	27.14	4.89	251.60

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	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
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		180.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
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
Totals for Lunch				33.14	19.64	15.64	359.18

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	large	Salad - lg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	2.00	15.00	2.00	110.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	3.34	19.64	0.47	98.70
Totals for Dinner				64.03	56.39	14.19	609.94

Breakfast

Totals For 1500 Calories Low Carb - Day 3				130.30	162.26	36.30	1534.02
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1500 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	10.50	14.87	0.50	107.50
<i>Totals for Breakfast</i>				<i>24.50</i>	<i>36.87</i>	<i>6.50</i>	<i>307.50</i>

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
<i>Totals for Snack 1</i>				<i>8.52</i>	<i>25.17</i>	<i>0.46</i>	<i>138.64</i>

Lunch

21	0.5	table spoon	Catsup - tomato	0.10	2.05	0.05	8.00
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	1.0	each	HEALTHY CHOICE Beef Franks, Low Fat	5.00	4.00	1.00	50.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				<i>17.31</i>	<i>62.87</i>	<i>9.25</i>	<i>386.79</i>

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 2</i>				<i>1.10</i>	<i>17.40</i>	<i>0.30</i>	<i>69.00</i>

Dinner

3	1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
6	3.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	3.42	7.64	0.84	42.78
12	2.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	37.57	0.00	21.00	350.20
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	large	Salad - lg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Dinner</i>				<i>40.04</i>	<i>23.54</i>	<i>23.54</i>	<i>568.98</i>

Breakfast

<i>Totals For 1500 Calories Low Carb - Day 4</i>				<i>101.92</i>	<i>182.35</i>	<i>40.05</i>	<i>1470.91</i>
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1500 Calories Low Carb - Day 5

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	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
<i>Totals for Breakfast</i>				<i>23.55</i>	<i>15.74</i>	<i>10.49</i>	<i>255.60</i>

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
<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 Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Lunch</i>				<i>32.13</i>	<i>59.67</i>	<i>6.40</i>	<i>438.00</i>

Snack 2

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

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	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup, chopped	Onions, raw	0.74	8.09	0.06	33.60
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
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	9.96
<i>Totals for Dinner</i>				<i>30.50</i>	<i>28.10</i>	<i>19.81</i>	<i>406.58</i>

Snack 3

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
<i>Totals for Snack 3</i>				<i>14.00</i>	<i>22.00</i>	<i>6.00</i>	<i>200.00</i>

<i>Totals For 1500 Calories Low Carb - Day 5</i>				<i>131.73</i>	<i>146.83</i>	<i>47.28</i>	<i>1549.48</i>
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1500 Calories Low Carb - Day 6

Breakfast

7	0.8	1 cup	Blueberries, raw	0.80	15.76	0.36	61.99
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pld.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				13.60	45.26	2.76	242.99

Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	2.0	table spoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
Totals for Snack 1				3.15	21.55	3.50	140.50

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk, low moisture	7.27	1.07	5.61	84.56
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		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
Totals for Lunch				31.33	39.02	15.97	414.99

Snack 2

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

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	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	23.92	0.00	4.09	139.40
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
Totals for Dinner				35.83	53.45	5.20	399.80

Snack 3

19	4.0	each	TYSON Breaded Honey Battered Tenders	9.60	9.60	12.00	184.00
Totals for Snack 3				9.60	9.60	12.00	184.00

Totals For 1500 Calories Low Carb - Day 6				101.01	182.38	39.03	1472.28
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1500 Calories Low Carb - Day 7

Breakfast

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
<i>Totals for Breakfast</i>				<i>14.00</i>	<i>46.90</i>	<i>6.00</i>	<i>312.00</i>

Snack 1

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<i>22.55</i>	<i>20.87</i>	<i>2.15</i>	<i>189.30</i>

Lunch

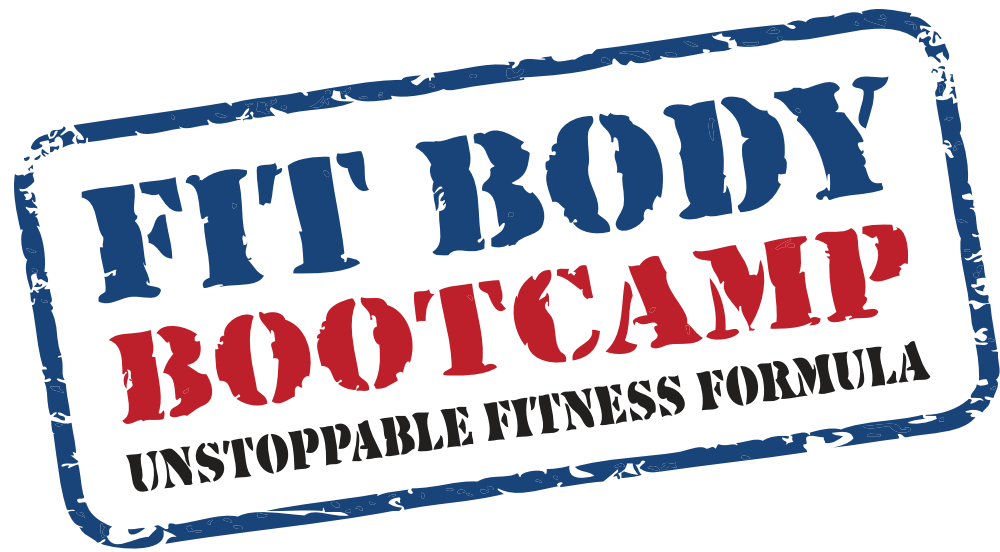
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Lunch</i>				<i>26.04</i>	<i>47.53</i>	<i>8.53</i>	<i>356.20</i>

Snack 2

0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				<i>6.00</i>	<i>24.00</i>	<i>4.00</i>	<i>160.00</i>

Dinner

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
3	1.0	large	Salad - lg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	5.0	ounce(s)	Swordfish - cooked dry heat	36.00	0.00	7.30	220.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals For 1500 Calories Low Carb - Day 7</i>				<i>121.78</i>	<i>167.32</i>	<i>45.07</i>	<i>1568.79</i>



ON-THE-GO MEAL PLAN

Meal Planner Report

Planned Meals



FIB FIB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories On The Go - Day 1							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
<i>Totals for Breakfast</i>				20.08	36.74	11.51	324.50
Snack 1							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.42	15.46	4.75	113.04
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
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
<i>Totals for Snack 1</i>				10.42	33.46	4.75	233.04
Lunch							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
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	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, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				37.56	19.33	6.63	288.90
Snack 2							
21	1.0	table spoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				6.30	20.85	8.20	175.00
Dinner							
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
4	0.5	1 cup	Refried beans, canned (includes USDA commodity)	6.92	19.57	1.59	118.44
21	2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
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
<i>Totals for Dinner</i>				19.89	51.52	13.04	381.62
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1500 Calories On The Go - Day 1				96.26	169.91	47.13	1472.66

1500 Calories On The Go - Day 2

Breakfast

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				6.96	41.21	5.73	233.41

Snack 1

9	4.0	each	Graham Crackers	1.93	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				2.36	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. Drsg	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	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	8.38	26.47	2.57	161.84
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				30.07	56.00	7.58	403.49

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
4	1.0	1 cup	Soy milk, fluid	9.19	11.37	5.10	120.05
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.12	5.95	0.09	25.20
Totals for Snack 3				9.91	30.67	5.49	197.75

Totals For 1500 Calories On The Go - Day 2				76.62	212.48	39.64	1456.41
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1500 Calories On The Go - Day 3

Breakfast

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
Totals for Breakfast				6.87	68.62	1.97	298.00

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
Totals for Snack 1				4.17	6.07	15.20	178.00

Lunch

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
Totals for Lunch				18.00	46.00	4.50	280.00

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 - 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 2				6.96	5.89	5.30	101.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
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
Totals for Dinner				61.34	49.73	12.41	562.85

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.5	ounce(s)	Cream Cheese, Light, Phil brand	4.50	3.00	7.50	90.00
Totals for Snack 3				6.00	9.00	7.50	120.00

Totals For 1500 Calories On The Go - Day 3				103.34	185.31	46.88	1540.35
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1500 Calories On The Go - Day 4

Breakfast

7	1.0	1 fruit without skin, medium	Kwai fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
<i>Totals for Breakfast</i>				<i>2.87</i>	<i>38.14</i>	<i>3.40</i>	<i>186.36</i>

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	table spoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
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>4.45</i>	<i>13.35</i>	<i>8.45</i>	<i>135.50</i>

Lunch

6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	0.8	1 cup	Hummus, commercial	14.81	26.79	18.00	311.25
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
<i>Totals for Lunch</i>				<i>18.87</i>	<i>60.90</i>	<i>18.89</i>	<i>468.75</i>

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>29.00</i>	<i>14.20</i>	<i>2.30</i>	<i>200.00</i>

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	15.58	40.61	3.00	251.68
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>27.43</i>	<i>65.40</i>	<i>7.59</i>	<i>421.68</i>

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				<i>2.01</i>	<i>8.01</i>	<i>3.00</i>	<i>69.00</i>

<i>Totals For 1500 Calories On The Go - Day 4</i>				<i>84.63</i>	<i>296.00</i>	<i>43.63</i>	<i>1481.29</i>
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1500 Calories On The Go - Day 5

Breakfast

16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
Totals for Breakfast				9.77	44.58	6.35	262.32

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
Totals for Snack 1				8.04	24.01	0.24	131.33

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	0.78	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
Totals for Lunch				31.63	57.88	15.26	484.10

Snack 2

21	1.0	table spoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
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 2				6.67	26.83	8.15	199.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				35.10	22.74	6.42	285.52

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
Totals for Snack 3				6.60	22.12	2.25	129.00

Totals For 1500 Calories On The Go - Day 5				97.81	198.16	38.67	1491.27
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1500 Calories On The Go - Day 6

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
15	1.0	pack	Oatmeal - instant pkt., apples/spice, Quaker	4.30	26.70	1.90	133.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<i>5.32</i>	<i>53.04</i>	<i>2.36</i>	<i>241.64</i>

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
<i>Totals for Snack 1</i>				<i>6.96</i>	<i>5.89</i>	<i>5.30</i>	<i>101.50</i>

Lunch

12	1.5	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	32.53	0.00	1.05	147.90
6	0.3	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
7	1.0	each	Pear -medium wipeel	0.70	25.10	0.00	98.00
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	1.0	1/2 cup	tomato, diced	0.75	4.18	0.30	19.00
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
<i>Totals for Lunch</i>				<i>36.28</i>	<i>50.06</i>	<i>8.40</i>	<i>416.05</i>

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>28.00</i>	<i>6.20</i>	<i>2.30</i>	<i>164.00</i>

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	4.0	each	Lean Turkey Meatballs- HoneySuckle White	22.67	8.00	9.33	200.00
21	0.8	cup	Marinara sauce - Progresso 'Authentic'	6.00	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
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>37.15</i>	<i>59.44</i>	<i>21.18</i>	<i>534.50</i>

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
<i>Totals for Snack 3</i>				<i>1.17</i>	<i>14.85</i>	<i>1.41</i>	<i>79.00</i>

<i>Totals For 1500 Calories On The Go - Day 6</i>				<i>114.88</i>	<i>189.48</i>	<i>40.95</i>	<i>1536.69</i>
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1500 Calories On The Go - Day 7

Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
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
Totals for Breakfast				8.80	62.60	3.80	305.00

Snack 1

4	0.8	ounce(s)	Walnuts, dried	3.13	4.55	11.40	133.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				3.13	4.55	11.40	133.50

Lunch

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
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, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				33.57	64.12	2.37	404.00

Snack 2

7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
0	0.3	1 cup	Snacks, trail mix, regular, unsalted	5.18	16.84	11.02	173.25
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.04	39.01	11.15	256.97

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
12	1.3	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	27.03	0.00	8.64	193.38
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
Totals for Dinner				38.61	34.74	10.09	376.78

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
Totals for Snack 3				1.50	6.00	0.00	30.00

Totals For 1500 Calories On The Go - Day 7				91.65	211.02	38.81	1506.25
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