

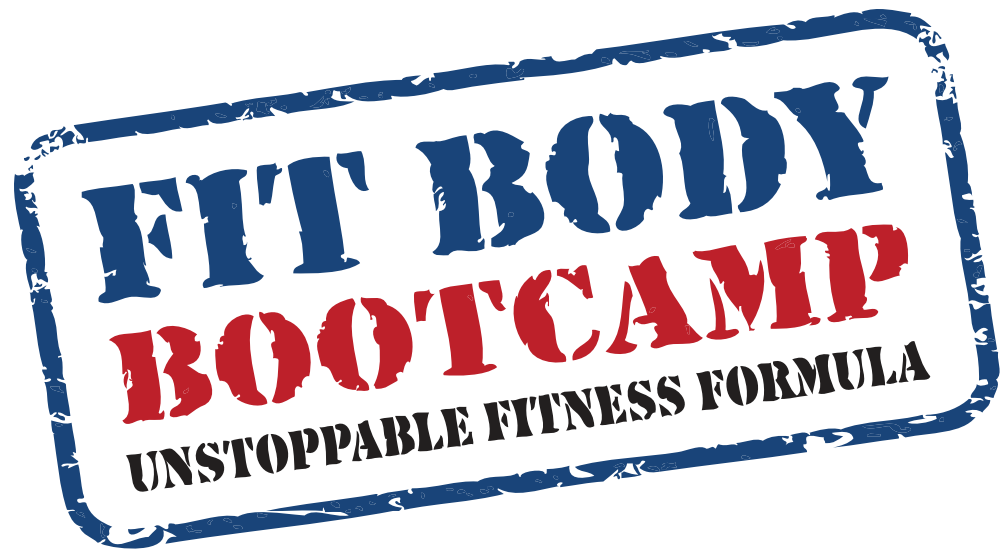


## **1600 Calorie Custom Meal Plans**

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



FOO FOO

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 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
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	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>				<b>29.00</b>	<b>17.30</b>	<b>2.40</b>	<b>213.00</b>
<b>Lunch</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	25.00	0.00	1.60	124.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
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
<i>Totals for Lunch</i>				<b>29.70</b>	<b>46.40</b>	<b>2.70</b>	<b>339.00</b>
<b>Snack 2</b>							
9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
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>				<b>35.00</b>	<b>39.00</b>	<b>4.00</b>	<b>328.00</b>
<b>Dinner</b>							
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
19	5.0	ounce(s)	Flank - fat trimmed off, braised	39.65	0.00	18.35	335.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
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
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				<b>48.65</b>	<b>85.40</b>	<b>20.43</b>	<b>725.50</b>
<b>Breakfast</b>							
<i>Totals For 1600 Calories Low Fat - Day 1</i>				<b>143.55</b>	<b>214.80</b>	<b>30.13</b>	<b>1710.50</b>
<b>Breakfast</b>							
<i>Totals For 1600 Calories Low Fat - Day 1</i>				<b>142.35</b>	<b>188.10</b>	<b>29.77</b>	<b>1605.50</b>

## 1600 Calories 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
<b>Totals for Breakfast</b>				<b>24.90</b>	<b>83.00</b>	<b>3.60</b>	<b>456.00</b>

### Snack 1

10	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
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
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
<b>Totals for Lunch</b>				<b>28.60</b>	<b>29.00</b>	<b>2.40</b>	<b>270.00</b>

### 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
<b>Totals for Snack 2</b>				<b>22.00</b>	<b>17.40</b>	<b>3.40</b>	<b>174.00</b>

### Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
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
<b>Totals for Dinner</b>				<b>46.82</b>	<b>55.10</b>	<b>22.18</b>	<b>616.00</b>

### Breakfast

<b>Totals For 1600 Calories Low Fat - Day 2</b>				<b>127.62</b>	<b>205.50</b>	<b>37.08</b>	<b>1597.00</b>
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## 1600 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, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				<i>19.90</i>	<i>63.00</i>	<i>2.85</i>	<i>351.00</i>

**Snack 1**

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

**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 - lng. 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
<i>Totals for Lunch</i>				<i>28.60</i>	<i>29.00</i>	<i>2.40</i>	<i>270.00</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**

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	6.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	12.00
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
<i>Totals for Dinner</i>				<i>56.90</i>	<i>50.50</i>	<i>31.84</i>	<i>738.00</i>

**Breakfast**

<i>Totals For 1600 Calories Low Fat - Day 3</i>				<i>127.70</i>	<i>180.90</i>	<i>40.99</i>	<i>1614.00</i>
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## 1600 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
Totals for Breakfast				8.60	61.10	0.60	279.00

## Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 1				1.10	17.40	0.30	69.00

## 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	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
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				31.03	56.19	12.76	466.38

## Snack 2

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

## 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	Croulons -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
Totals for Dinner				48.45	96.00	4.10	614.50

## Breakfast

Totals For 1600 Calories Low Fat - Day 4				117.18	236.89	20.06	1592.88
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## 1600 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>				<b>24.80</b>	<b>61.30</b>	<b>0.40</b>	<b>328.00</b>

## Snack 1

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

## 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	6.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	12.00
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	3.0	each	Tortilla - flour, soft, 7" diam.	6.00	42.00	6.00	240.00
<i>Totals for Lunch</i>				<b>35.59</b>	<b>66.96</b>	<b>18.53</b>	<b>582.48</b>

## 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>				<b>22.00</b>	<b>17.40</b>	<b>3.40</b>	<b>174.00</b>

## Dinner

1	6.0	ounce(s)	Catfish - dry heat cooked	31.80	0.00	13.62	258.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
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>				<b>38.50</b>	<b>65.50</b>	<b>14.52</b>	<b>565.50</b>

## Breakfast

<i>Totals For 1600 Calories Low Fat - Day 5</i>				<b>121.29</b>	<b>219.36</b>	<b>37.05</b>	<b>1689.98</b>
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**1600 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
<b>Totals for Breakfast</b>				<b>20.40</b>	<b>45.40</b>	<b>1.50</b>	<b>277.00</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
9	7.0	each	Cracker/Nabisco - Low Saltines	1.40	14.00	2.80	84.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<b>Totals for Snack 1</b>				<b>22.70</b>	<b>36.40</b>	<b>4.70</b>	<b>263.00</b>

**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
<b>Totals for Lunch</b>				<b>42.93</b>	<b>67.34</b>	<b>6.95</b>	<b>493.45</b>

**Snack 2**

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

**Dinner**

1	4.0	ounce(s)	Chicken Breast / White Meat	25.00	0.00	1.60	124.00
6	2.0	1 tablespoon chopped	Chives, raw	0.20	0.26	0.04	1.80
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
<b>Totals for Dinner</b>				<b>33.04</b>	<b>61.57</b>	<b>13.05</b>	<b>503.28</b>

**Breakfast**

<b>Totals For 1600 Calories Low Fat - Day 6</b>				<b>120.17</b>	<b>228.11</b>	<b>26.60</b>	<b>1605.73</b>
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**1600 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
19	3.0	ounce(s)	sausage - turkey, Jimmy Dean Light	15.00	0.00	17.43	198.00
<i>Totals for Breakfast</i>				<b>30.40</b>	<b>31.40</b>	<b>18.18</b>	<b>397.00</b>

**Lunch**

0	1.0	each	Chicken breast fillet 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
<i>Totals for Lunch</i>				<b>23.30</b>	<b>70.50</b>	<b>22.80</b>	<b>514.00</b>

**Snack 2**

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 2</i>				<b>0.40</b>	<b>8.20</b>	<b>0.20</b>	<b>40.00</b>

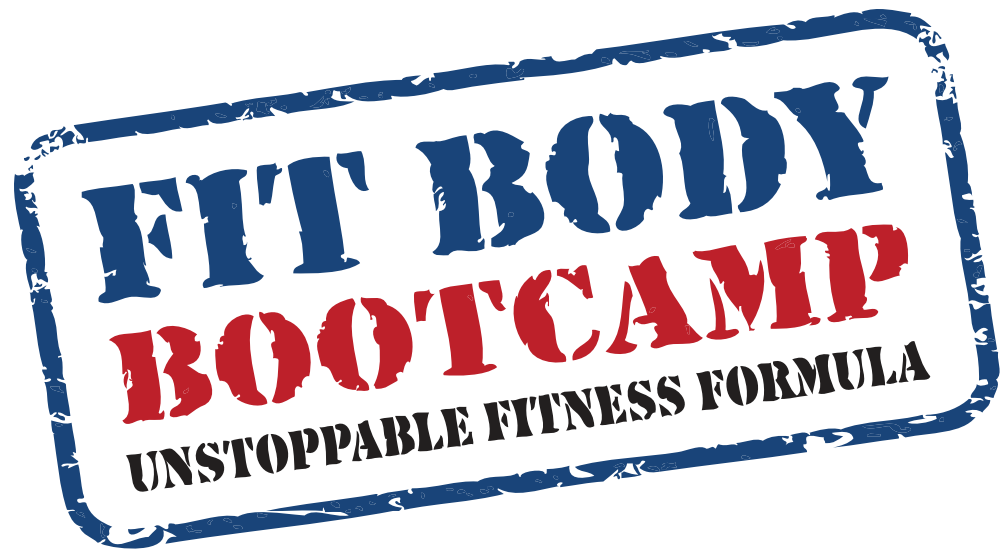
**Dinner**

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
<i>Totals for Dinner</i>				<b>44.82</b>	<b>81.80</b>	<b>3.70</b>	<b>542.50</b>

**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
<i>Totals for Snack 3</i>				<b>2.04</b>	<b>18.93</b>	<b>1.65</b>	<b>96.66</b>

<i>Totals For 1600 Calories Low Fat - Day 7</i>				<b>108.94</b>	<b>210.83</b>	<b>48.53</b>	<b>1590.16</b>
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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
<b>1600 Calories Low Carb - Day 1</b>							
<b>Breakfast</b>							
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>				<b>14.00</b>	<b>46.90</b>	<b>6.00</b>	<b>312.00</b>
<b>Snack 1</b>							
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>				<b>8.64</b>	<b>7.85</b>	<b>18.13</b>	<b>213.53</b>
<b>Lunch</b>							
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
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
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>				<b>28.40</b>	<b>55.83</b>	<b>10.25</b>	<b>416.75</b>
<b>Snack 2</b>							
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>				<b>6.00</b>	<b>24.00</b>	<b>4.00</b>	<b>160.00</b>
<b>Dinner</b>							
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>				<b>55.28</b>	<b>30.16</b>	<b>18.01</b>	<b>519.20</b>
<b>Breakfast</b>							
<i>Totals For 1600 Calories Low Carb - Day 1</i>				<b>112.32</b>	<b>164.74</b>	<b>56.39</b>	<b>1621.48</b>

**1600 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
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	4.38	0.47	27.60
<i>Totals for Lunch</i>				<i>25.43</i>	<i>25.91</i>	<i>46.02</i>	<i>525.41</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	2.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
<i>Totals for Dinner</i>				<i>31.84</i>	<i>37.57</i>	<i>5.91</i>	<i>339.06</i>

**Snack 3**

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 3</i>				<i>1.32</i>	<i>34.05</i>	<i>0.20</i>	<i>128.57</i>

<b>Totals For 1600 Calories Low Carb - Day 2</b>				<b>106.07</b>	<b>183.66</b>	<b>50.16</b>	<b>1578.18</b>
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## 1600 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
<i>Totals for Breakfast</i>				<i>25.69</i>	<i>34.36</i>	<i>5.05</i>	<i>281.69</i>

## 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
<i>Totals for Snack 1</i>				<i>2.63</i>	<i>39.77</i>	<i>0.00</i>	<i>165.00</i>

## 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	0.11	0.29	0.02	1.38
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
<i>Totals for Lunch</i>				<i>38.81</i>	<i>20.43</i>	<i>16.18</i>	<i>387.78</i>

## 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
<i>Totals for Snack 2</i>				<i>15.55</i>	<i>19.32</i>	<i>1.58</i>	<i>148.30</i>

## Dinner

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.59	1.55	8.92	142.24
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
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	19.84	0.47	98.70
<i>Totals for Dinner</i>				<i>60.53</i>	<i>56.39</i>	<i>14.59</i>	<i>640.94</i>

## Breakfast

<i>Totals For 1600 Calories Low Carb - Day 3</i>				<i>143.21</i>	<i>170.27</i>	<i>37.40</i>	<i>1623.71</i>
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## 1600 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
8	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	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				<i>22.51</i>	<i>67.26</i>	<i>10.40</i>	<i>440.09</i>

## Snack 2

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

## Dinner

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>43.59</i>	<i>28.64</i>	<i>58.13</i>	<i>1602.74</i>

## Breakfast

<i>Totals For 1600 Calories Low Carb - Day 4</i>				<i>107.76</i>	<i>165.79</i>	<i>58.13</i>	<i>1602.74</i>
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## 1600 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

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	16.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.67	21.33	0.00	96.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Lunch</i>				<i>34.67</i>	<i>79.93</i>	<i>7.60</i>	<i>535.00</i>

## Snack 2

0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				<i>2.00</i>	<i>11.00</i>	<i>0.00</i>	<i>50.00</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	8.0	ounce(s)	Green beans - string boiled & drained	4.20	17.80	0.60	80.00
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>32.60</i>	<i>37.00</i>	<i>20.11</i>	<i>446.58</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 1600 Calories Low Carb - Day 5</i>				<i>122.37</i>	<i>184.99</i>	<i>45.78</i>	<i>1635.48</i>
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## 1600 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 pkt, plain Quaker Extra	4.40	17.60	2.00	95.00
<b>Totals for Breakfast</b>				<b>13.60</b>	<b>45.26</b>	<b>2.76</b>	<b>242.99</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

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	2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
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>31.42</b>	<b>40.29</b>	<b>20.50</b>	<b>465.09</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>54.55</b>	<b>29.65</b>	<b>9.09</b>	<b>431.20</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
<b>Totals for Dinner</b>				<b>50.75</b>	<b>53.45</b>	<b>9.29</b>	<b>539.20</b>

## Snack 3

19	4.0	each	TYSON Breaded Honey Battered Tenders	9.60	9.60	12.00	184.00
<b>Totals for Snack 3</b>				<b>9.60</b>	<b>9.60</b>	<b>12.00</b>	<b>184.00</b>

<b>Totals For 1600 Calories Low Carb - Day 6</b>				<b>121.38</b>	<b>165.35</b>	<b>40.51</b>	<b>1608.78</b>
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## 1600 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**

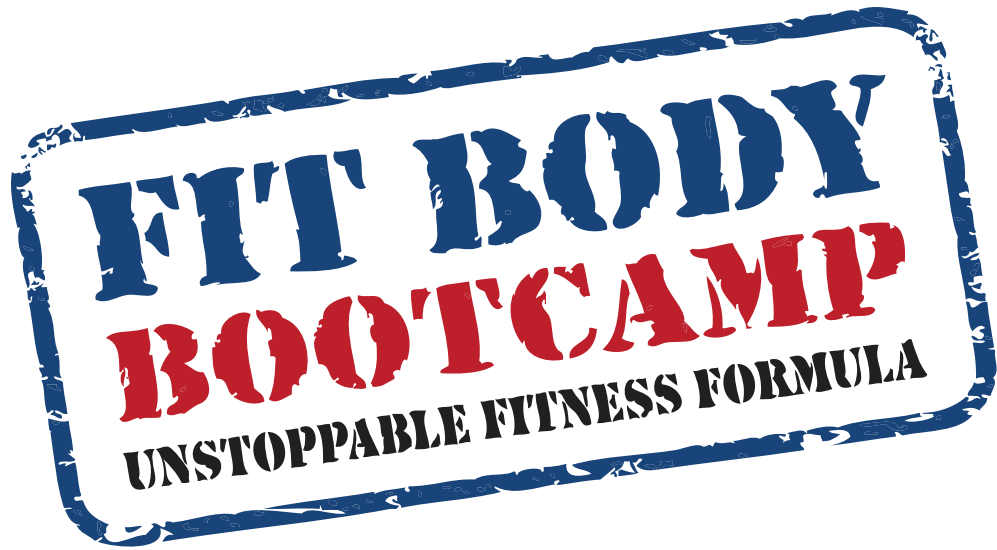
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	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>27.34</i>	<i>59.05</i>	<i>8.93</i>	<i>417.20</i>

**Snack 2**

0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Soup	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	6.0	ounce(s)	Swordfish - cooked dry heat	43.20	0.00	8.76	264.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals For 1600 Calories Low Carb - Day 7</i>				<i>133.15</i>	<i>181.48</i>	<i>53.77</i>	<i>1751.82</i>
				<i>130.28</i>	<i>178.82</i>	<i>46.93</i>	<i>1673.79</i>



# ON-THE-GO MEAL PLAN

# Meal Planner Report

Planned Meals



FIB F88

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories On The Go - Day 1</b>							
<b>Breakfast</b>							
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
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
<b>Totals for Breakfast</b>				<b>21.58</b>	<b>56.24</b>	<b>11.51</b>	<b>407.00</b>
<b>Snack 1</b>							
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
<b>Totals for Snack 1</b>				<b>8.42</b>	<b>18.00</b>	<b>0.00</b>	<b>120.00</b>
<b>Lunch</b>							
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	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>38.23</b>	<b>24.66</b>	<b>6.63</b>	<b>312.90</b>
<b>Snack 2</b>							
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
<b>Totals for Snack 2</b>				<b>6.30</b>	<b>20.85</b>	<b>8.20</b>	<b>175.00</b>
<b>Dinner</b>							
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	1.0	1 cup	Refined beans, canned (includes USDA commodity)	13.83	39.14	3.18	236.88
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
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
<b>Totals for Dinner</b>				<b>26.80</b>	<b>71.09</b>	<b>14.63</b>	<b>504.06</b>
<b>Snack 3</b>							
0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
<b>Totals for Snack 3</b>				<b>2.01</b>	<b>8.01</b>	<b>3.00</b>	<b>69.00</b>
<b>Totals For 1600 Calories On The Go - Day 1</b>				<b>102.92</b>	<b>198.85</b>	<b>43.97</b>	<b>1588.00</b>

**1700 Calories On The Go - Day 2**
**Breakfast**

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<b>Totals for Breakfast</b>				<b>16.07</b>	<b>65.85</b>	<b>6.50</b>	<b>375.82</b>

**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
<b>Totals for Snack 1</b>				<b>2.36</b>	<b>32.59</b>	<b>2.89</b>	<b>159.86</b>

**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
<b>Totals for Lunch</b>				<b>24.00</b>	<b>49.00</b>	<b>11.00</b>	<b>380.00</b>

**Snack 2**

4	1.5	1 oz	Peanuts, all types, dry-roasted, without salt	9.95	9.03	20.86	245.70
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>9.95</b>	<b>9.03</b>	<b>20.86</b>	<b>245.70</b>

**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
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
<b>Totals for Dinner</b>				<b>12.31</b>	<b>29.53</b>	<b>5.01</b>	<b>241.65</b>

**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	Synups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.12	5.95	0.09	25.20
<b>Totals for Snack 3</b>				<b>9.91</b>	<b>30.67</b>	<b>5.49</b>	<b>197.75</b>
<b>Totals For 1700 Calories On The Go - Day 2</b>				<b>84.02</b>	<b>216.67</b>	<b>61.25</b>	<b>1600.78</b>

**1600 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	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
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>19.10</b>	<b>63.40</b>	<b>4.80</b>	<b>349.00</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	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
<b>Totals for Dinner</b>				<b>61.34</b>	<b>49.73</b>	<b>12.41</b>	<b>562.85</b>

**Snack 3**

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
<b>Totals for Snack 3</b>				<b>1.50</b>	<b>6.00</b>	<b>0.00</b>	<b>130.00</b>

<b>Totals For 1600 Calories On The Go - Day 3</b>				<b>158.34</b>	<b>208.61</b>	<b>0.00</b>	<b>1605.35</b>
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## 1600 Calories On The Go - Day 4

## Breakfast

0	6.0	ounce(s)	Apple juice - Mott's	0.00	22.00	0.00	90.00
7	2.0	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	1.73	22.28	0.79	92.72
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
Totals for Breakfast				3.73	71.28	3.79	322.72

## 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
Totals for Snack 1				4.45	13.35	8.45	135.50

## Lunch

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	1.0	1 cup	Hummus, commercial	19.75	35.72	24.00	415.00
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				22.85	57.47	24.70	520.00

## 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
Totals for Snack 2				29.00	14.20	2.30	200.00

## 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
Totals for Dinner				27.43	65.40	7.59	421.68
Totals For 1600 Calories On The Go - Day 4				87.56	244.08	47.02	1599.90

## 1600 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
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<b>Totals for Breakfast</b>				<b>10.77</b>	<b>57.58</b>	<b>6.35</b>	<b>317.32</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>24.01</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	0.78	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
<b>Totals for Lunch</b>				<b>31.63</b>	<b>57.88</b>	<b>15.26</b>	<b>484.10</b>

## Snack 2

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
<b>Totals for Snack 2</b>				<b>7.67</b>	<b>23.33</b>	<b>0.00</b>	<b>104.00</b>

## 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	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
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
<b>Totals for Dinner</b>				<b>50.05</b>	<b>44.19</b>	<b>7.31</b>	<b>440.52</b>

## 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
<b>Totals for Snack 3</b>				<b>6.60</b>	<b>22.12</b>	<b>2.25</b>	<b>129.00</b>

<b>Totals For 1600 Calories On The Go - Day 5</b>				<b>109.76</b>	<b>229.11</b>	<b>31.41</b>	<b>1606.27</b>
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## 1600 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<b>Totals for Breakfast</b>				<b>13.72</b>	<b>64.94</b>	<b>2.76</b>	<b>327.64</b>

## 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 - 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 1</b>				<b>6.96</b>	<b>5.89</b>	<b>5.30</b>	<b>101.50</b>

## 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 w/peel	0.70	25.10	0.00	98.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
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	0.76	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
<b>Totals for Lunch</b>				<b>37.28</b>	<b>61.56</b>	<b>8.90</b>	<b>476.05</b>

## Snack 2

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>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>

## Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	5.0	each	Lean Turkey Meatballs- HoneySuckle White	28.33	10.00	11.67	250.00
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
<b>Totals for Dinner</b>				<b>42.81</b>	<b>61.44</b>	<b>23.52</b>	<b>584.50</b>

## 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
<b>Totals for Snack 3</b>				<b>1.17</b>	<b>14.85</b>	<b>1.41</b>	<b>79.00</b>

<b>Totals For 1600 Calories On The Go - Day 6</b>				<b>101.94</b>	<b>208.68</b>	<b>41.89</b>	<b>1568.69</b>
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## 1600 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
<b>Totals for Breakfast</b>				<b>8.80</b>	<b>62.60</b>	<b>3.80</b>	<b>305.00</b>

### Snack 1

4	1.3	ounce(s)	Walnuts, dried	5.21	7.59	19.00	222.50
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>5.21</b>	<b>7.59</b>	<b>19.00</b>	<b>222.50</b>

### 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
<b>Totals for Lunch</b>				<b>33.57</b>	<b>64.12</b>	<b>2.37</b>	<b>404.00</b>

### 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
<b>Totals for Snack 2</b>				<b>6.04</b>	<b>39.01</b>	<b>11.15</b>	<b>256.97</b>

### Dinner

12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
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
<b>Totals for Dinner</b>				<b>41.62</b>	<b>15.44</b>	<b>10.82</b>	<b>332.45</b>

### Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phil brand	3.00	2.00	5.00	60.00
<b>Totals For 1600 Calories On The Go - Day 7</b>				<b>100.08</b>	<b>196.76</b>	<b>52.14</b>	<b>1610.92</b>