

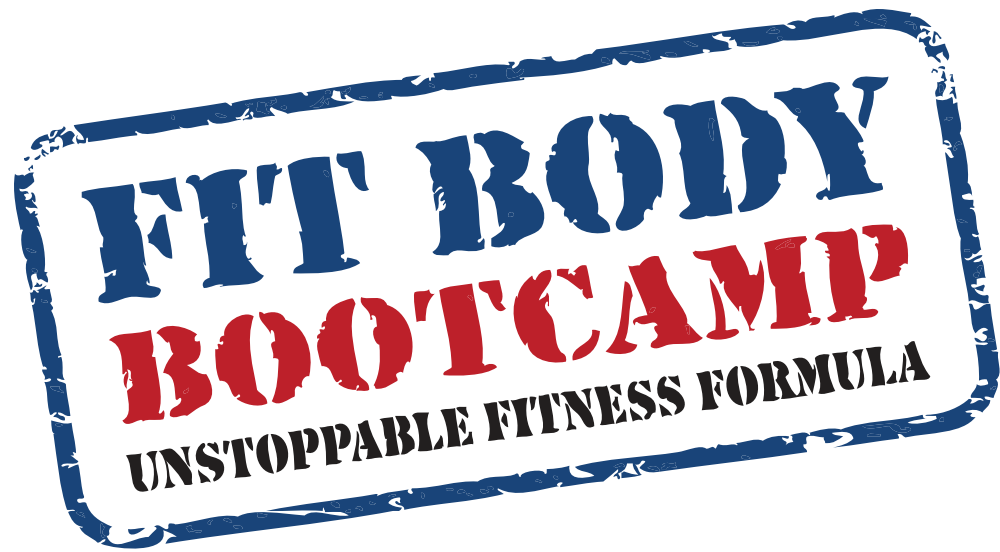


1300 Calorie Custom Meal Plans

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



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Fat - Day 1							
Breakfast							
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
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				10.50	45.90	2.20	235.00
Snack 1							
9	1.0	each	Banana - med 8"	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
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
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
20	4.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	12.00	4.00	80.00
<i>Totals for Lunch</i>				29.50	37.50	6.90	332.50
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>				22.00	17.40	3.40	174.00
Dinner							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
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	2.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
<i>Totals for Dinner</i>				38.55	40.75	7.40	379.00
Breakfast							
Totals For 1300 Calories Low Fat - Day 1				101.75	168.25	20.50	1225.50

1300 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.	0.60	11.90	0.10	46.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
Totals for Breakfast				19.50	40.85	2.10	262.00

Snack 1

9	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
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
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
20	3.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
Totals for Lunch				23.00	34.50	5.50	281.50

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	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
Totals for Dinner				41.08	68.20	19.40	601.00

Breakfast

Totals For 1300 Calories Low Fat - Day 2				97.88	167.65	28.65	1307.50
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1300 Calories Low Fat - Day 3**Breakfast**

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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				8.00	47.75	0.30	226.50

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	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 1				22.00	14.40	3.40	166.00

Lunch

21	2.0	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
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
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				23.80	43.64	12.31	380.38

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	2.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
Totals for Dinner				33.95	49.25	5.10	372.50

Breakfast

Totals For 1300 Calories Low Fat - Day 3				101.75	158.14	22.26	1227.38
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1300 Calories Low Fat - Day 4**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
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				10.60	53.35	0.20	235.00

Snack 1

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

Lunch

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
21	2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
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 Lunch</i>				25.75	49.25	5.20	347.00

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
<i>Totals for Snack 2</i>				22.00	17.40	3.40	174.00

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
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
20	3.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
<i>Totals for Dinner</i>				36.00	34.50	6.30	343.50

Breakfast

Totals For 1300 Calories Low Fat - Day 4				94.75	162.70	15.30	1139.50
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1300 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	0.3	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

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	0.3	1 can (10.75 oz)	Soup, vegetable beef, canned, condensed, commercial	4.07	7.42	1.38	57.65
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				35.21	37.72	4.39	320.15

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 1300 Calories Low Fat - Day 5				104.18	182.56	24.28	1330.53
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1300 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	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
Totals for Breakfast				6.00	41.30	0.85	195.00

Snack 1

9	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
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
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
20	3.0	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
Totals for Lunch				23.00	34.50	5.50	281.50

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
Totals for Snack 2				15.00	13.10	3.15	142.00

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
Totals for Dinner				41.08	68.20	19.40	601.00

Breakfast

Totals For 1300 Calories Low Fat - Day 6				85.38	178.10	29.40	1300.50
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1300 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
Totals for Breakfast				24.00	35.28	24.62	442.00

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

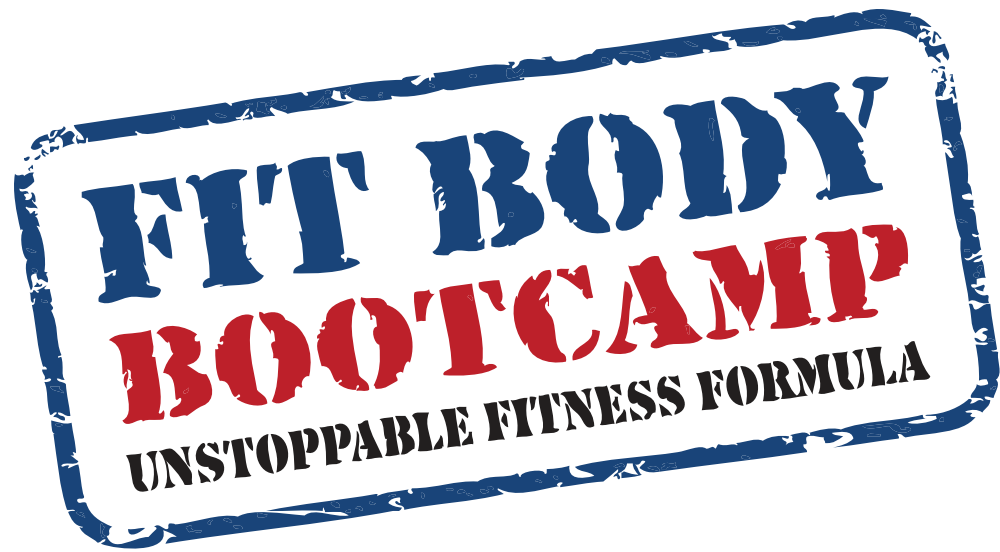
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
21	1.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.5	1 can (10.5 oz)	Soup, vegetable with beef broth, canned, condensed, commercial	3.61	15.94	2.32	98.34
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00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

Snack 2

0	1.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	0.67	2.67	1.00	23.00
Totals for Snack 2				0.67	2.67	1.00	23.00

Dinner

17	1.0	cup	Angel hair, corn, Westbrae, cooked	4.00	46.00	2.00	210.00
3	1.0	spear	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
Totals For 1300 Calories Low Fat - Day 7				80.30	185.09	38.25	1376.89



LOW CARB MEAL PLAN

Meal Planner Report

Planned Meals



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb - Day 1							
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>				14.00	46.90	6.00	312.00
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	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
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	0.3	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
<i>Totals for Lunch</i>				26.73	35.28	7.17	308.70
Snack 2							
0	1.0	cup	Chicken vegetable soup - Campbell's, prepared	3.00	8.00	3.00	70.00
<i>Totals for Snack 2</i>				3.00	8.00	3.00	70.00
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 - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	0.5	0.5 cup	Sauce, ready-to-serve, salsa	0.83	4.06	0.16	18.20
<i>Totals for Dinner</i>				38.53	33.46	8.86	376.20
Breakfast							
Totals For 1300 Calories Low Carb - Day 1				90.90	131.49	43.16	1280.43

1300 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
Totals for Breakfast				14.00	56.20	3.00	286.00

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
Totals for Snack 1				8.22	33.22	0.40	167.05

Lunch

6	0.5	1 cup, grated	Carrots, raw	0.51	5.27	0.13	22.55
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
14	0.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	2.41	2.88	7.95	86.66
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals for Lunch				25.78	14.98	25.73	399.41

Snack 2

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

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	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
21	2.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
Totals for Dinner				35.16	15.18	18.71	378.83

Breakfast

Totals For 1300 Calories Low Carb - Day 2				99.16	121.58	50.84	1331.29
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1300 Calories Low Carb - Day 3**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	0.8	1 cup, balls	Melons, cantaloupe, raw	1.12	10.83	0.25	45.14
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				24.58	23.53	4.80	236.56

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	1.3	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	8.75	0.63	7.50	112.50
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
Totals for Lunch				33.56	20.06	11.68	320.28

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 2				14.77	11.21	1.36	115.15

Dinner

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.79	0.78	4.46	71.12
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
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				38.43	38.62	7.93	403.82

Breakfast

Totals For 1300 Calories Low Carb - Day 3				113.97	133.19	25.77	1240.81
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1300 Calories Low Carb - Day 4

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				22.40	33.90	6.40	286.00

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>				8.52	25.17	0.46	138.64

Lunch

21	0.5	table spoon	Catsup - tomato	0.10	2.05	0.05	8.00
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili 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	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
<i>Totals for Lunch</i>				15.57	47.64	9.17	323.89

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>				8.64	7.85	18.13	213.53

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
<i>Totals for Dinner</i>				29.27	28.00	12.36	330.62

Breakfast

Totals For 1300 Calories Low Carb - Day 4				84.40	142.56	46.52	1292.68
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1300 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	0.8	1 cup, balls	Melons, cantaloupe, raw	1.12	10.83	0.25	45.14
Totals for Breakfast				23.18	12.13	10.40	240.56

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
Totals for Snack 1				15.55	19.32	1.58	148.30

Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
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
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 - V8, no salt	2.00	16.00	0.00	72.00
Totals for Lunch				26.50	60.10	7.60	415.00

Snack 2

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

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	0.3	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	9.96
Totals for Dinner				30.98	31.29	20.07	423.43

Breakfast

Totals For 1300 Calories Low Carb - Day 5				112.21	124.84	42.65	1327.29
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1300 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
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	3.0	table spoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
Totals for Snack 1				4.65	27.05	5.25	190.50

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	0.3	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
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				24.04	36.63	9.94	325.43

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	1.0	table spoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
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	0.8	1 cup	Spinach, cooked, boiled, drained, without salt	4.01	5.06	0.35	31.05
6	0.5	cup	Vegetables - mixed, frozen, boiled	2.60	11.90	0.10	54.00
Totals for Dinner				55.81	38.86	9.07	468.85

Breakfast

Totals For 1300 Calories Low Carb - Day 6				105.60	161.30	27.02	1317.77
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1300 Calories Low Carb - Day 7**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
Totals for Breakfast				14.00	34.45	6.00	256.00

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 1				14.77	11.21	1.36	115.15

Lunch

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
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
Totals for Lunch				25.24	49.13	8.63	371.20

Snack 2

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

Dinner

17	0.5	cup	Angel hair - whole wheat, cooked, De Boles	4.50	20.00	1.00	105.00
23	0.3	table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
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
Totals for Snack 3				48.50	32.54	19.89	497.48

Totals For 1300 Calories Low Carb - Day 7				105.51	139.33	37.88	1319.83
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ON-THE-GO MEAL PLAN

Meal Planner Report

Planned Meals



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories On The Go - Day 1							
Breakfast							
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	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				16.29	38.81	6.00	271.00
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
Totals for Snack 1				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	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
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, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				29.73	24.66	6.43	274.90
Snack 2							
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
Totals for Snack 2				5.30	11.85	8.20	135.00
Dinner							
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
Totals for Dinner				15.99	56.51	8.14	351.88
Snack 3							
0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1300 Calories On The Go - Day 1				79.07	170.63	35.52	1311.82

1300 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, Phili 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	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
Totals for Breakfast				20.61	27.63	3.28	222.41

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	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				25.88	42.76	6.30	322.57

Snack 3

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	table spoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals for Snack 3				4.15	14.00	8.40	135.50

Totals For 1300 Calories On The Go - Day 2				80.32	168.99	38.82	1302.24
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1300 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	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
Totals for Breakfast				14.49	66.06	2.34	329.00

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

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
Totals for Lunch				18.55	54.70	4.65	314.50

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	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	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
Totals for Dinner				35.46	29.63	4.60	308.20

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, Phili brand	3.00	2.00	5.00	60.00
Totals for Snack 3				4.00	6.00	5.00	80.00

Totals For 1300 Calories On The Go - Day 3				83.63	168.35	37.09	1311.20
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1300 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	0.87	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				2.87	52.81	3.40	246.36

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
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				2.30	11.92	4.35	88.00

Lunch

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
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				13.56	47.03	12.82	344.00

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
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				28.67	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 - lrg. 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 1300 Calories On The Go - Day 4				85.20	178.29	32.52	1322.20
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1300 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	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	0.5	ounce(s)	Cream Cheese, Light, Philli brand	1.50	1.00	2.50	30.00
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
Totals for Breakfast				11.46	36.63	5.33	230.91

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	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
Totals for Snack 2				5.00	12.50	8.15	135.00

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	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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
Totals for Dinner				28.80	31.12	1.51	251.76

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
Totals for Snack 3				4.60	19.20	1.60	103.50
Totals For 1300 Calories On The Go - Day 5				89.53	181.34	32.09	1336.60

1300 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	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				10.85	53.21	2.31	269.66

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	0.3	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
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				25.50	44.62	8.30	356.25

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	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
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				27.45	52.25	16.10	439.00

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 1300 Calories On The Go - Day 6				85.93	173.92	34.57	1327.41
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1300 Calories On The Go - Day 7

Breakfast

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
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>				4.15	51.15	3.40	241.50

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>				4.17	6.07	15.20	178.00

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
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	14.46	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>				18.79	46.56	1.19	267.00

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>				7.06	17.11	13.96	205.66

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>				33.20	34.74	8.36	338.10

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, Phili brand	3.00	2.00	5.00	60.00
<i>Totals for Snack 3</i>				4.00	6.00	5.00	80.00

Totals For 1300 Calories On The Go - Day 7				71.37	161.63	47.11	1310.26
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