

Meal Planner: 3200 Calories Lean Bodybuilder

Meal Planner report created exclusively for Joe Bodybuilder

Day # 1

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|---------------------------|------------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 1.0 | each | Apple - medium with peel | 21.00 | 0.30 | 0.50 | 81.00 |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 1.0 | cup | Oatmeal - quick, measure uncooked | 55.80 | 13.20 | 6.00 | 297.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 8.0 | ounce(s) | Yogurt - Yoplait, fat free, all flavors | 41.33 | 9.33 | 0.00 | 200.00 |
| Totals for Breakfast | | | 140.83 | 60.03 | 8.50 | 834.00 |
| Snack 1 | | | | | | |
| 1.0 | cup | Oatmeal - quick, measure uncooked | 55.80 | 13.20 | 6.00 | 297.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Snack 1 | | | 77.80 | 50.20 | 8.00 | 547.00 |
| Lunch | | | | | | |
| 6.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 39.00 | 2.40 | 186.00 |
| 1.0 | cup | Rice - white cook steamed | 40.50 | 4.50 | 0.00 | 180.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Lunch | | | 41.45 | 43.50 | 2.40 | 370.76 |
| Snack 2 | | | | | | |
| 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 4.60 | 0.60 | 0.10 | 19.00 |
| 0.5 | cup | Pinto bean - boiled | 21.80 | 7.00 | 0.40 | 116.00 |
| 8.0 | each | Tortilla - corn, soft, 7" diam. | 72.00 | 8.00 | 8.00 | 360.00 |
| Totals for Snack 2 | | | 98.40 | 15.60 | 8.50 | 495.00 |
| Dinner | | | | | | |
| 1.3 | cup | Black Eyed Peas -boiled | 44.75 | 16.75 | 1.25 | 250.00 |
| 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 5.60 | 1.86 | 0.32 | 27.30 |
| 8.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 52.00 | 3.20 | 248.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Dinner | | | 51.30 | 70.61 | 4.77 | 530.06 |
| Snack 3 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Snack 3 | | | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Day # 1 | | | 431.79 | 276.94 | 34.17 | 3026.82 |

Day # 2

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|------------------|-----------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 7.0 | each | Egg Whites - scrambled/boiled | 2.10 | 24.50 | 0.00 | 119.00 |
| 1.0 | 0.5 cup pieces | Mushrooms, cooked, boiled, drained, without salt | 4.13 | 1.69 | 0.37 | 21.84 |
| 1.0 | cup | Oatmeal - quick, measure uncooked | 55.80 | 13.20 | 6.00 | 297.00 |
| 1.0 | small | Tomato - sm. w/peel, 2.5" diam. | 5.70 | 1.00 | 0.40 | 26.00 |
| | | Totals for Breakfast | 68.43 | 40.59 | 6.77 | 469.84 |
| Snack 1 | | | | | | |
| 1.0 | cup | Milk - skim, no fat | 11.90 | 8.40 | 0.40 | 86.00 |
| 4.0 | biscuit | Shredded Wheat, Nabisco | 76.00 | 8.00 | 4.00 | 320.00 |
| 4.0 | ounce(s) | Strawberry - fresh, 1 medium | 8.00 | 0.80 | 0.40 | 36.00 |
| | | Totals for Snack 1 | 95.90 | 17.20 | 4.80 | 442.00 |
| Lunch | | | | | | |
| 5.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 32.50 | 2.00 | 155.00 |
| 6.0 | ounce(s) | Potato - white medium | 41.10 | 4.20 | 0.18 | 180.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 4.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| | | Totals for Lunch | 63.10 | 73.70 | 4.18 | 593.00 |
| Snack 2 | | | | | | |
| 2.0 | each | Bread /Rye 7 grain | 72.00 | 10.00 | 4.00 | 180.00 |
| 2.0 | table spoon | Mayonnaise - KRAFT Free, fat free | 6.00 | 0.00 | 0.00 | 16.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 0.7 | cup | Tuna Solid White in water | 0.00 | 39.60 | 2.64 | 184.80 |
| | | Totals for Snack 2 | 100.00 | 86.60 | 8.64 | 630.80 |
| Dinner | | | | | | |
| 2.0 | table spoon | Oil & vinegar - Wish-Bone, Lite Classic | 4.00 | 0.00 | 4.00 | 40.00 |
| 6.0 | ounce(s) | Potato - white medium | 41.10 | 4.20 | 0.18 | 180.00 |
| 1.0 | medium | Salad - med. garden w/tomato, onion | 14.25 | 1.95 | 0.60 | 74.00 |
| 8.0 | ounce(s) | Salmon - broiled | 0.00 | 50.16 | 28.00 | 464.00 |
| 4.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| | | Totals for Dinner | 60.30 | 56.31 | 32.78 | 770.76 |
| Snack 3 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| | | Totals for Snack 3 | 22.00 | 37.00 | 2.00 | 250.00 |
| | | Totals for Day # 2 | 409.73 | 311.40 | 59.17 | 3156.40 |

Day # 3

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|------------------|-----------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 1.0 | cup | Cheerios Oat & Wheat, Gen. Mills | 19.60 | 4.30 | 1.80 | 111.00 |
| 8.0 | ounce(s) | Coffee - w/caffeine | 0.93 | 0.27 | 0.00 | 8.00 |
| 6.0 | each | Egg Whites - scrambled/boiled | 1.80 | 21.00 | 0.00 | 102.00 |
| 1.0 | each | Egg whole w/ yolk | 1.30 | 6.70 | 7.30 | 100.00 |
| 1.0 | cup | Milk - skim, no fat | 11.90 | 8.40 | 0.40 | 86.00 |
| | | Totals for Breakfast | 35.53 | 40.67 | 9.50 | 407.00 |
| Snack 1 | | | | | | |
| 0.8 | cup | Oatmeal - quick, measure uncooked | 41.85 | 9.90 | 4.50 | 222.75 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 2.0 | ounce(s) | Strawberry - fresh, 1 medium | 4.00 | 0.40 | 0.20 | 18.00 |
| 6.0 | ounce(s) | Yogurt - Yoplait, fat free, all flavors | 31.00 | 7.00 | 0.00 | 150.00 |
| | | Totals for Snack 1 | 98.85 | 54.30 | 6.70 | 640.75 |
| Lunch | | | | | | |
| 1.0 | 1 cup | Croutons, plain | 22.05 | 3.57 | 1.98 | 122.10 |
| 4.0 | ounce(s) | Green beans - string, boiled & drained | 8.90 | 2.10 | 0.30 | 40.00 |
| 1.0 | table spoon | Oil & Vinegar - Wish-Bone, vinaigrette Lite | 1.90 | 0.10 | 0.90 | 16.00 |
| 1.0 | large | Salad - Irg. garden w/tomato & onion | 19.00 | 2.60 | 0.80 | 98.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| 8.0 | ounce(s) | Turkey Breast / White Meat | 0.00 | 68.00 | 1.60 | 304.00 |
| 1.0 | cup | Yam -baked or boiled | 37.60 | 2.00 | 0.20 | 158.00 |
| | | Totals for Lunch | 90.40 | 78.37 | 5.78 | 742.86 |
| Snack 2 | | | | | | |
| 3.0 | slice | Bread,spelt grain braed | 60.00 | 12.00 | 6.00 | 330.00 |
| 2.0 | table spoon | Peanut Butter | 7.00 | 8.00 | 16.30 | 190.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| | | Totals for Snack 2 | 89.00 | 57.00 | 24.30 | 770.00 |
| Dinner | | | | | | |
| 1.0 | each | Apple - medium with peel | 21.00 | 0.30 | 0.50 | 81.00 |
| 8.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 52.00 | 3.20 | 248.00 |
| 1.0 | ounce(s) | Potato - white medium | 6.85 | 0.70 | 0.03 | 30.00 |
| 2.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 4.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| | | Totals for Dinner | 28.80 | 53.00 | 3.73 | 367.76 |
| Snack 3 | | | | | | |
| 4.0 | ounce(s) | ice cream,strawberry,Healthy Choice | 23.72 | 1.00 | 2.00 | 120.00 |
| | | Totals for Snack 3 | 23.72 | 1.00 | 2.00 | 120.00 |
| | | Totals for Day # 3 | 366.31 | 284.34 | 52.01 | 3048.37 |

Day # 4

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|---------------------------|------------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 1.0 | cup | Oatmeal - quick, measure uncooked | 55.80 | 13.20 | 6.00 | 297.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 6.0 | ounce(s) | Yogurt - Yoplait, fat free, all flavors | 31.00 | 7.00 | 0.00 | 150.00 |
| Totals for Breakfast | | | 109.50 | 57.40 | 8.00 | 703.00 |
| Snack 1 | | | | | | |
| 2.0 | each | Bread /Rye 7 grain | 72.00 | 10.00 | 4.00 | 180.00 |
| 2.0 | table spoon | Mayonnaise - KRAFT Free, fat free | 6.00 | 0.00 | 0.00 | 16.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 0.7 | cup | Tuna Solid White in water | 0.00 | 39.60 | 2.64 | 184.80 |
| Totals for Snack 1 | | | 100.00 | 86.60 | 8.64 | 630.80 |
| Lunch | | | | | | |
| 6.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 39.00 | 2.40 | 186.00 |
| 1.0 | cup | Rice - white cook steamed | 40.50 | 4.50 | 0.00 | 180.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Lunch | | | 41.45 | 43.50 | 2.40 | 370.76 |
| Snack 2 | | | | | | |
| 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 4.60 | 0.60 | 0.10 | 19.00 |
| 0.7 | cup | Pinto bean - boiled | 28.78 | 9.24 | 0.53 | 153.12 |
| 8.0 | each | Tortilla - corn, soft, 7" diam. | 72.00 | 8.00 | 8.00 | 360.00 |
| Totals for Snack 2 | | | 105.38 | 17.84 | 8.63 | 532.12 |
| Dinner | | | | | | |
| 1.0 | cup | Black Eyed Peas -boiled | 35.80 | 13.40 | 1.00 | 200.00 |
| 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 5.60 | 1.86 | 0.32 | 27.30 |
| 7.0 | ounce(s) | Salmon - broiled | 0.00 | 43.89 | 24.50 | 406.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Dinner | | | 42.35 | 59.15 | 25.82 | 638.06 |
| Snack 3 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Snack 3 | | | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Day # 4 | | | 420.68 | 301.49 | 55.49 | 3124.74 |

Day # 5

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|---------------------------|-------------------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 1.0 | cup | Cottage Cheese - 1% fat | 6.20 | 28.00 | 2.30 | 164.00 |
| 0.7 | cup | Oatmeal - quick, measure uncooked | 36.83 | 8.71 | 3.96 | 196.02 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 0.5 | 1 cup, halves | Strawberries, raw | 5.84 | 0.51 | 0.23 | 24.32 |
| Totals for Breakfast | | | 71.56 | 74.42 | 8.49 | 640.34 |
| Snack 1 | | | | | | |
| 1.0 | each | Banana - med 8" | 26.70 | 1.20 | 0.60 | 105.00 |
| 1.0 | cup | Milk - skim, no fat | 11.90 | 8.40 | 0.40 | 86.00 |
| 3.0 | biscuit | Shredded Wheat, Nabisco | 57.00 | 6.00 | 3.00 | 240.00 |
| Totals for Snack 1 | | | 95.60 | 15.60 | 4.00 | 431.00 |
| Lunch | | | | | | |
| 1.0 | each | Bun - hamburger | 21.60 | 3.70 | 2.20 | 123.00 |
| 2.0 | table spoon | Catsup - tomato | 8.20 | 0.40 | 0.20 | 32.00 |
| 1.0 | each | Cheese - KRAFT Free slice | 3.00 | 5.00 | 0.00 | 30.00 |
| 8.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 52.00 | 3.20 | 248.00 |
| 1.0 | each | Orange - medium | 15.40 | 1.20 | 0.20 | 62.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Lunch | | | 49.15 | 62.30 | 5.80 | 499.76 |
| Snack 2 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 2.0 | slice | Wheat - Pepperidge Farm | 26.00 | 4.00 | 2.00 | 140.00 |
| Totals for Snack 2 | | | 48.00 | 41.00 | 4.00 | 390.00 |
| Dinner | | | | | | |
| 3.0 | 1 spear (about 5" long) | Broccoli, cooked, boiled, drained, without salt | 7.97 | 2.64 | 0.46 | 38.85 |
| 1.0 | 1 cup | Grapes, american type (slip skin), raw | 15.78 | 0.58 | 0.32 | 61.64 |
| 2.0 | table spoon | Oil & vinegar - Wish-Bone, Lite Classic | 4.00 | 0.00 | 4.00 | 40.00 |
| 1.0 | medium | Salad - med. garden w/tomato, onion | 14.25 | 1.95 | 0.60 | 74.00 |
| 8.0 | ounce(s) | Salmon - broiled | 0.00 | 50.16 | 28.00 | 464.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| 1.0 | cup | Yam -baked or boiled | 37.60 | 2.00 | 0.20 | 158.00 |
| Totals for Dinner | | | 80.55 | 57.33 | 33.58 | 841.25 |
| Snack 3 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Snack 3 | | | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Day # 5 | | | 366.87 | 287.65 | 57.87 | 3052.35 |

Day # 6

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|------------------|-----------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 7.0 | each | Egg Whites - scrambled/boiled | 2.10 | 24.50 | 0.00 | 119.00 |
| 1.0 | 0.5 cup pieces | Mushrooms, cooked, boiled, drained, without salt | 4.13 | 1.69 | 0.37 | 21.84 |
| 1.0 | cup | Oatmeal - quick, measure uncooked | 55.80 | 13.20 | 6.00 | 297.00 |
| 1.0 | small | Tomato - sm. w/peel, 2.5" diam. | 5.70 | 1.00 | 0.40 | 26.00 |
| | | Totals for Breakfast | 68.43 | 40.59 | 6.77 | 469.84 |
| Snack 1 | | | | | | |
| 1.0 | cup | Milk - skim, no fat | 11.90 | 8.40 | 0.40 | 86.00 |
| 4.0 | biscuit | Shredded Wheat, Nabisco | 76.00 | 8.00 | 4.00 | 320.00 |
| 4.0 | ounce(s) | Strawberry - fresh, 1 medium | 8.00 | 0.80 | 0.40 | 36.00 |
| | | Totals for Snack 1 | 95.90 | 17.20 | 4.80 | 442.00 |
| Lunch | | | | | | |
| 6.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 39.00 | 2.40 | 186.00 |
| 6.0 | ounce(s) | Potato - white medium | 41.10 | 4.20 | 0.18 | 180.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 4.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| | | Totals for Lunch | 64.05 | 80.20 | 4.58 | 628.76 |
| Snack 2 | | | | | | |
| 5.0 | each | Egg - boiled white only | 1.50 | 17.50 | 0.00 | 85.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 5.0 | each | Tortilla - corn, soft, 7" diam. | 45.00 | 5.00 | 5.00 | 225.00 |
| | | Totals for Snack 2 | 68.50 | 59.50 | 7.00 | 560.00 |
| Dinner | | | | | | |
| 1.0 | table spoon | Oil & vinegar - Wish-Bone, Lite Classic | 2.00 | 0.00 | 2.00 | 20.00 |
| 6.0 | ounce(s) | Potato - white medium | 41.10 | 4.20 | 0.18 | 180.00 |
| 8.0 | ounce(s) | Rib Eye - fat trimmed off, chioce | 0.00 | 63.44 | 26.40 | 512.00 |
| 1.0 | small | Salad - sm. garden w/tomato, onion | 9.50 | 1.30 | 0.40 | 49.00 |
| 4.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| | | Totals for Dinner | 53.55 | 68.94 | 28.98 | 773.76 |
| Snack 3 | | | | | | |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| | | Totals for Snack 3 | 22.00 | 37.00 | 2.00 | 250.00 |
| | | Totals for Day # 6 | 372.43 | 303.43 | 54.13 | 3124.36 |

Day # 7

| Qty. | Measure | Description | Carbs (gm) | Prot (gm) | Fats (gm) | Calories |
|---------------------------|-----------------|---|---------------|---------------|--------------|----------------|
| Breakfast | | | | | | |
| 1.0 | cup | Cheerios Oat & Wheat, Gen. Mills | 19.60 | 4.30 | 1.80 | 111.00 |
| 6.0 | ounce(s) | Coffee - w/caffeine | 0.70 | 0.20 | 0.00 | 6.00 |
| 7.0 | each | Egg Whites - scrambled/boiled | 2.10 | 24.50 | 0.00 | 119.00 |
| 1.0 | each | Egg whole w/ yolk | 1.30 | 6.70 | 7.30 | 100.00 |
| 1.0 | cup | Milk - skim, no fat | 11.90 | 8.40 | 0.40 | 86.00 |
| Totals for Breakfast | | | 35.60 | 44.10 | 9.50 | 422.00 |
| Snack 1 | | | | | | |
| 0.8 | cup | Oatmeal - quick, measure uncooked | 41.85 | 9.90 | 4.50 | 222.75 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| 2.0 | ounce(s) | Strawberry - fresh, 1 medium | 4.00 | 0.40 | 0.20 | 18.00 |
| 6.0 | ounce(s) | Yogurt - Yoplait, fat free, all flavors | 31.00 | 7.00 | 0.00 | 150.00 |
| Totals for Snack 1 | | | 98.85 | 54.30 | 6.70 | 640.75 |
| Lunch | | | | | | |
| 1.0 | 1 cup | Croutons, plain | 22.05 | 3.57 | 1.98 | 122.10 |
| 4.0 | ounce(s) | Green beans - string, boiled & drained | 8.90 | 2.10 | 0.30 | 40.00 |
| 1.0 | table spoon | Oil & Vinegar - Wish-Bone, vinaigrette Lite | 1.90 | 0.10 | 0.90 | 16.00 |
| 1.0 | large | Salad - Irg. garden w/tomato & onion | 19.00 | 2.60 | 0.80 | 98.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| 8.0 | ounce(s) | Turkey Breast / White Meat | 0.00 | 68.00 | 1.60 | 304.00 |
| 1.0 | cup | Yam -baked or boiled | 37.60 | 2.00 | 0.20 | 158.00 |
| Totals for Lunch | | | 90.40 | 78.37 | 5.78 | 742.86 |
| Snack 2 | | | | | | |
| 3.0 | slice | Bread,spelt grain braed | 60.00 | 12.00 | 6.00 | 330.00 |
| 2.0 | table spoon | Peanut Butter | 7.00 | 8.00 | 16.30 | 190.00 |
| 1.0 | pack | Protein Drink, Generic (add 16oz. water) | 22.00 | 37.00 | 2.00 | 250.00 |
| Totals for Snack 2 | | | 89.00 | 57.00 | 24.30 | 770.00 |
| Dinner | | | | | | |
| 1.0 | each | Apple - medium with peel | 21.00 | 0.30 | 0.50 | 81.00 |
| 8.0 | ounce(s) | Chicken Breast / White Meat | 0.00 | 52.00 | 3.20 | 248.00 |
| 1.0 | ounce(s) | Potato - white medium | 6.85 | 0.70 | 0.03 | 30.00 |
| 2.0 | table spoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 4.00 |
| 1.0 | 1 cup (8 fl oz) | Tea, instant, unsweetened, lemon-flavored, powder, prepared | 0.95 | 0.00 | 0.00 | 4.76 |
| Totals for Dinner | | | 28.80 | 53.00 | 3.73 | 367.76 |
| Snack 3 | | | | | | |
| 4.0 | ounce(s) | ice cream,strawberry,Healthy Choice | 23.72 | 1.00 | 2.00 | 120.00 |
| Totals for Snack 3 | | | 23.72 | 1.00 | 2.00 | 120.00 |
| Totals for Day # 7 | | | 366.37 | 287.77 | 52.01 | 3063.37 |