

Nutrient-dense Eating Plan



This nutrient-dense 7-day eating plan supplies approximately 1,200 calories daily. It can be customized -- very simply -- via an online subscription.

Click on the "Precision Nutrition" link at
www.Floridafitness.com

Florida Fitness

288-2235

SUNDAY

Breakfast

Blueberries, raw : 1/2 cup : 41 cal

Oatmeal, cooked, instant, fat not added in cooking : 1 cup, cooked : 226 cal

Milk, cow's, fluid, 2% fat : 1 cup : 121 cal

Calories: 388 Carb=61g Prot=18g Fat=8.7g

Lunch

Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal

Vegetable burger or patty, meatless, no bun : 1 patty : 126 cal

Vinegar : 2g : 0 cal

Olive oil : 2g : 18 cal

Roll, white, soft : 1 Typical Serving : 123 cal

Calories: 295 Carb=37g Prot=18g Fat=8.6g

Dinner

Broccoli, cooked, from fresh, fat not added in cooking : 1 cup, flowerets : 27 cal

Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

Pasta, cooked, corn-based, fat not added in cooking : 1 cup, cooked : 147 cal

Calories: 320 Carb=38g Prot=26g Fat=7.7g

Snacks

Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 1 Typical Serving : 148 cal

Almonds : 1/5 oz (22 whole kernels) : 33 cal

Calories: 244 Carb=38g Prot=16g Fat=4.3g

Total Calories: 1246 Carb=175g Prot=79g Fat=29g

**WARNING: 2,741 mg
sodium; recommended
maximum 1,500 mg.**

MONDAY

Breakfast

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Wheat germ, plain : 1/2 cup : 216 cal
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
Wheaties : 1/2 cup : 51 cal

Calories: 461 Carb=79g Prot=27g Fat=7.3g

Lunch

Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4") : 92 cal
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
French dressing : 1 tablespoon : 67 cal
Almonds, unroasted : 12 almond : 85 cal

Calories: 314 Carb=8.3g Prot=25g Fat=21g

Dinner

Tuna, canned, water pack : 3 oz : 99 cal
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
Carrots, raw : 5 baby carrot : 22 cal
Celery, raw : 3 large stalk (11" - 12" long) : 31 cal

Calories: 192 Carb=19g Prot=29g Fat=1.5g

Snacks

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
Strawberries, raw : 5 medium (1-1/4" dia) : 18 cal
Yogurt, fruit variety, lowfat milk : 28.35g : 29 cal
Cake, angel food, without icing : 1 piece (1/12 of 10" dia) : 143 cal

Calories: 271 Carb=63g Prot=5.3g Fat=1.2g

Total Calories: 1239 Carb=169g Prot=87g Fat=31g

TUESDAY

Breakfast

Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Egg, white only, cooked : 2 white : 33 cal

Bread, raisin, toasted : 1 regular slice : 71 cal

Calories: 299 Carb=54g Prot=19g Fat=2.2g

Lunch

Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal

Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal

Peppercorn Dressing : 1 tablespoon : 76 cal

Tuna, canned, water pack : 3 oz : 99 cal

Calories: 245 Carb=3.1g Prot=27g Fat=14g

Dinner

Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4") : 137 cal

Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal

Sweetpotato : 1 small (less than 1-3/4" dia, raw) : 83 cal

Calories: 261 Carb=22g Prot=32g Fat=5.6g

Snacks

Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal

Celery, raw : 3 large stalk (11" - 12" long) : 31 cal

Carrots, raw : 5 baby carrot : 22 cal

Blueberries, raw : 1 Typical Serving : 41 cal

Almonds : 1/5 cup : 166 cal

Calories: 414 Carb=45g Prot=21g Fat=19g

Total Calories: 1220 Carb=124g Prot=98g Fat=41g

WEDNESDAY

Breakfast

Special K : 1-1/16 cup : 90 cal

Milk, calcium fortified, cow's, fluid, skim or nonfat : 2-1/2 Typical Serving : 216 cal

Raspberries, red, raw : 1/2 cup : 30 cal

Blueberries, raw : 1/4 cup : 20 cal

Calories: 357 Carb=60g Prot=27g Fat=1.7g

Lunch

Lettuce, raw : 3 cup, shredded or chopped : 20 cal

Carrots, raw : 10 baby carrot : 43 cal

Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal

Turkey : 3 thin slice (approx 3" x 2" x 1/8") : 87 cal

Calories: 159 Carb=15g Prot=15g Fat=4.7g

Dinner

Italian dressing, low calorie : 2-1/2 tablespoon : 40 cal

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal

Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

Flounder, baked or broiled : 141.75g : 189 cal

Calories: 322 Carb=23g Prot=36g Fat=11g

Snacks

Almonds : 1/4 cup : 208 cal

Orange, raw : 1 medium (2-5/8" dia) : 62 cal

Ice cream sandwich : 1 Typical Serving : 144 cal

Calories: 413 Carb=44g Prot=11g Fat=24g

Total Calories: 1250 Carb=142g Prot=89g Fat=41g

THURSDAY

Breakfast

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
Wheaties : 1/2 cup : 51 cal

Calories: 246 Carb=51g Prot=11g Fat=1.3g

Lunch

Turkey : 2 thin slice (approx 3" x 2" x 1/8") : 58 cal
Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
French dressing : 1 tablespoon : 67 cal
Walnuts, honey-roasted : 1/2 oz (8 halves) : 83 cal

Calories: 278 Carb=9.2g Prot=14g Fat=21g

Dinner

Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4") : 92 cal
Carrots, raw : 5 baby carrot : 22 cal
Celery, raw : 3 large stalk (11" - 12" long) : 31 cal

Calories: 185 Carb=19g Prot=24g Fat=2.8g

Snacks

Wheat germ, plain : 1/2 cup : 216 cal
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal
Strawberries, raw : 5 medium (1-1/4" dia) : 18 cal
Apricot, dried, uncooked : 28.35g : 67 cal
Raisins : 1 miniature box (.5 oz) : 42 cal

Calories: 580 Carb=99g Prot=31g Fat=11g

Total Calories: 1289 Carb=178g Prot=81g Fat=36g

FRIDAY

Breakfast

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Raspberries, red, raw : 1/2 cup : 30 cal

Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 151 cal

Calories: 289 Carb=61g Prot=8.1g Fat=3.4g

Lunch

Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

Turkey sandwich, with spread : 1 sandwich : 330 cal

Lettuce, raw : 1 cup, shredded or chopped : 7 cal

Cucumber, raw : 3/8 small (6-3/8" long) : 7 cal

Tomatoes, raw : 1-1/3 small whole (2-2/5" dia) : 25 cal

Calories: 456 Carb=46g Prot=39g Fat=13g

Dinner

Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

Swiss steak, with gravy, meatless : 1 steak with gravy : 182 cal

Apricot, dried, uncooked : 9-1/4 half : 78 cal

Calories: 282 Carb=33g Prot=19g Fat=9.8g

Snacks

Yogurt, fruit variety, nonfat milk : 1 6 oz container : 160 cal

Almonds : 1/5 cup : 166 cal

Calories: 326 Carb=38g Prot=13g Fat=15g

Total Calories: 1353 Carb=178g Prot=80g Fat=41g

SATURDAY

Breakfast

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal
Wheaties : 1/2 cup : 51 cal

Calories: 246 Carb=51g Prot=11g Fat=1.3g

Lunch

Turkey : 2 thin slice (approx 3" x 2" x 1/8") : 58 cal
Cheese, natural, Cheddar or American type : 1/8 cup, shredded : 57 cal
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped : 14 cal
French dressing : 1 tablespoon : 67 cal
Walnuts, honey-roasted : 1/2 oz (8 halves) : 83 cal

Calories: 278 Carb=9.2g Prot=14g Fat=21g

Dinner

Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal
Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4") : 92 cal
Carrots, raw : 5 baby carrot : 22 cal
Celery, raw : 3 large stalk (11" - 12" long) : 31 cal

Calories: 185 Carb=19g Prot=24g Fat=2.8g

Snacks

Wheat germ, plain : 1/2 cup : 216 cal
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
Yogurt, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal
Strawberries, raw : 5 medium (1-1/4" dia) : 18 cal
Apricot, dried, uncooked : 28.35g : 67 cal
Raisins : 1 miniature box (.5 oz) : 42 cal

Calories: 580 Carb=99g Prot=31g Fat=11g

Total Calories: 1289 Carb=178g Prot=81g Fat=36g

SHOPPING LIST - 1

Fruits

Orange, raw : 1 medium (2-5/8" dia)
Apricot, dried, uncooked : 28.35g
Apricot, dried, uncooked : 28.35g
Apricot, dried, uncooked : 9-1/4 half
Raisins : 1 miniature box (.5 oz)
Raisins : 1 miniature box (.5 oz)
Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Blueberries, raw : 1/2 cup
Blueberries, raw : 1 Typical Serving
Blueberries, raw : 1/4 cup
Raspberries, red, raw : 1/2 cup
Raspberries, red, raw : 1/2 cup
Strawberries, raw : 5 medium (1-1/4" dia)
Strawberries, raw : 5 medium (1-1/4" dia)
Strawberries, raw : 5 medium (1-1/4" dia)
Vinegar : 2g

Vegetables

Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh
Spinach, cooked, from fresh, fat not added in cooking : 1 cup, fresh
Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks
Broccoli, cooked, from fresh, fat not added in cooking : 1 cup, flowerets
Carrots, raw : 5 baby carrot
Carrots, raw : 5 baby carrot
Carrots, raw : 5 baby carrot
Carrots, raw : 10 baby carrot
Carrots, raw : 5 baby carrot
Sweetpotato : 1 small (less than 1-3/4" dia, raw)
Tomatoes, raw : 1-1/3 small whole (2-2/5" dia)
Celery, raw : 4 large stalk (11" - 12" long)
Celery, raw : 3 large stalk (11" - 12" long)
Celery, raw : 3 large stalk (11" - 12" long)
Celery, raw : 3 large stalk (11" - 12" long)

SHOPPING LIST - 2

Celery, raw : 3 large stalk (11" - 12" long)
Cucumber, raw : 3/8 small (6-3/8" long)
Lettuce, raw : 1 cup, shredded or chopped
Lettuce, raw : 3 cup, shredded or chopped
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped
Mixed salad greens, raw : 3 cup, shredded or chopped
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped
Mixed salad greens, raw : 1-1/2 cup, shredded or chopped
Mixed salad greens, raw : 1 cup, shredded or chopped
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup

Grains

Bread, raisin, toasted : 1 regular slice
Roll, white, soft : 1 Typical Serving
Cake, angel food, without icing : 1 piece (1/12 of 10" dia)
Pasta, cooked, corn-based, fat not added in cooking : 1 cup, cooked
Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked
Oatmeal, cooked, instant, fat not added in cooking : 1 cup, cooked
Special K : 1-1/16 cup
Wheat germ, plain : 1/2 cup
Wheat germ, plain : 1/2 cup
Wheat germ, plain : 1/2 cup
Wheaties : 1/2 cup
Wheaties : 1/2 cup
Wheaties : 1/2 cup

Plant Proteins

Vegetable burger or patty, meatless, no bun : 1 patty
Swiss steak, with gravy, meatless : 1 steak with gravy
Almonds : 1/5 oz (22 whole kernels)
Almonds : 1/4 cup
Almonds : 1/5 cup
Almonds : 1/5 cup
Almonds, unroasted : 12 almond
Walnuts, honey-roasted : 1/2 oz (8 halves)
Walnuts, honey-roasted : 1/2 oz (8 halves)

Meats

Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4")
Chicken, breast, with or without bone, broiled, skin not eaten : 6 medium slice (approx 2" x 1-1/2" x 1/4")
Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4")

SHOPPING LIST - 3

Chicken, breast, with or without bone, broiled, skin not eaten : 4 medium slice (approx 2" x 1-1/2" x 1/4")
Turkey : 2 thin slice (approx 3" x 2" x 1/8")
Turkey : 3 thin slice (approx 3" x 2" x 1/8")
Turkey : 2 thin slice (approx 3" x 2" x 1/8")
Flounder, baked or broiled : 141.75g
Salmon, baked or broiled : 3 oz, boneless, cooked
Tuna, canned, water pack : 3 oz
Tuna, canned, water pack : 3 oz
Turkey sandwich, with spread : 1 sandwich

Eggs & Dairy

Milk, calcium fortified, cow's, fluid, skim or nonfat : 2-1/2 Typical Serving
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup
Milk, cow's, fluid, 2% fat : 1 cup
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)
Yogurt, plain, lowfat milk : 1 cup (8 fl oz)
Yogurt, fruit variety, lowfat milk : 28.35g
Yogurt, fruit variety, nonfat milk : 1 6 oz container
Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 1 Typical Serving
Ice cream sandwich : 1 Typical Serving
Cheese, natural, Cheddar or American type : 1/8 cup, shredded
Cheese, natural, Cheddar or American type : 1/8 cup, shredded
Cheese, natural, Cheddar or American type : 1/8 cup, shredded
Cheese, natural, Cheddar or American type : 1/8 cup, shredded
Egg, white only, cooked : 2 white

Miscellaneous

Olive oil : 2g
French dressing : 1 tablespoon
French dressing : 1 tablespoon
French dressing : 1 tablespoon
Peppercorn Dressing : 1 tablespoon
Italian dressing, low calorie : 2-1/2 tablespoon

FAST FOOD EMERGENCIES

Emergencies are going to arise. When they do, try to make a fast-food selection that closely matches the content and calorie level of your prescribed meal.

To check calorie content of the foods served in popular fast-food restaurants, please see:

<http://www.fastfood.com/Nutrition/> OR <http://www.calorie-count.com/>

And some of the individual establishments:

McDonald's

http://www.mcdonalds.com/usa/eat/nutrition_info.html

Wendy's

<http://www.wendys.com/food/Nutrition.jsp>

Kentucky Friend Chicken

<http://www.kfc.com/nutrition/default.asp>

Burger King

<http://www.bk.com/#menu=3,1,-1>

Pizza Hut

<http://www.pizzahut.com/Nutrition.aspx>

LaRosa's

http://www.larosas.com/site_content/9.2.html

Skyline Chili

<http://www.skylinechili.com/nutrition.php>

Panera Bread

<http://www.panerabread.com/menu/>