



Meal Planner For:
For the Date Range:

[{Template, Weight Loss}, 1500 Calories]
 07/01/2000 to 07/07/2000

DAY # 1

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			23.50	57.40	2.60	334.00
AM Snack						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals:			1.20	26.70	0.60	105.00
Lunch						
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
3	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			29.98	31.05	6.93	316.50
PM Snack						
6	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
2.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	7.50	0.00	20.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
4	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals:			31.30	26.80	4.50	252.00
Dinner						
1	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1.5	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			39.60	47.04	6.57	400.52
Evening Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Actual Totals for Day # 1:			133.08	202.49	21.20	1498.02
Actual % of Total Calories:			34.72	52.83	12.45	

DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.55	22.20	1.77	110.70
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals:			13.15	60.80	2.77	301.70
AM Snack						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Lunch						
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
2	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			16.46	30.27	15.04	331.50
PM Snack						
1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
Totals:			42.00	9.30	3.45	246.00
Dinner						
1	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
1	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	35.88	0.00	6.13	209.10
4	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			45.12	47.04	9.95	458.35
Evening Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Actual Totals for Day # 2:			124.53	181.91	31.71	1508.55
Actual % of Total Calories:			32.96	48.15	18.89	

DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			23.50	57.40	2.60	334.00
AM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Lunch						
0.5	1 cup	Applesauce, canned, unsweetened, without added ascorbic acid	0.21	13.77	0.06	52.46
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
1	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
4	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
4	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals:			45.17	50.13	6.52	426.92
PM Snack						
0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
Totals:			14.54	10.55	1.22	111.28
Dinner						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
1	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			41.75	55.62	7.91	465.76
Evening Snack						
3	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals:			2.01	8.01	3.00	69.00
Actual Totals for Day # 3:			134.46	195.22	21.25	1496.96
Actual % of Total Calories:			35.62	51.71	12.67	

DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
1	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.55	22.20	1.77	110.70
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			20.05	60.95	2.47	339.20
AM Snack						
20	each	Grapes - American	0.40	8.20	0.00	40.00
Totals:			0.40	8.20	0.00	40.00
Lunch						
10	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
8	each	Cracker/Nabisco - Low Saltines	1.60	16.00	3.20	96.00
2.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	7.50	0.00	20.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
4	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			34.34	48.04	7.43	371.00
PM Snack						
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
1	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.07	14.91	0.15	58.56
Totals:			29.07	21.11	2.45	222.56
Dinner						
1	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	25.86	0.00	5.38	158.95
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	1 small	Sweet potato, cooked, baked in skin, without salt	1.21	12.43	0.09	54.00
Totals:			33.06	31.43	7.37	321.95
Evening Snack						
4	each	Graham Crackers	1.93	21.50	2.83	118.00
1	table spoon	Peanut Butte, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			5.93	29.00	8.83	213.00
Actual Totals for Day # 4:			122.86	198.72	28.54	1507.71
Actual % of Total Calories:			31.84	51.51	16.65	

DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	each	Orange - medium	1.10	17.40	0.30	69.00
1	table spoon	Peanut Butte, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			22.50	81.80	6.70	490.00
AM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Lunch						
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
1	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
1	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
1	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00
4	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			46.48	43.35	8.49	429.06
PM Snack						
20	each	Grapes - American	0.40	8.20	0.00	40.00
Totals:			0.40	8.20	0.00	40.00
Dinner						
2	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
1	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1	1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
4	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
Totals:			31.73	49.43	6.56	372.60
Evening Snack						
4	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals:			2.68	10.68	4.00	92.00
Actual Totals for Day # 5:			111.29	206.96	25.74	1513.66
Actual % of Total Calories:			29.58	55.02	15.40	

DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.5	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			43.50	61.40	2.60	434.00
AM Snack						
0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals:			0.15	10.50	0.25	40.50
Lunch						
0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
2	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			17.44	34.72	15.97	362.00
PM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
1	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
1	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
Totals:			40.54	39.55	12.36	437.05
Evening Snack						
5	each	Graham Crackers	2.42	26.88	3.54	147.50
Totals:			2.41	26.88	3.54	147.50
Actual Totals for Day # 6:			111.54	186.54	34.71	1511.05
Actual % of Total Calories:			29.65	49.59	20.76	

DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	each	Orange - medium	1.10	17.40	0.30	69.00
1	table spoon	Peanut Butte, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			18.00	59.30	6.70	370.00
AM Snack						
1	each	Orange - medium	1.10	17.40	0.30	69.00
Totals:			1.10	17.40	0.30	69.00
Lunch						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			32.95	34.47	3.80	303.76
PM Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
2	1 tablespoon	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:			47.75	59.96	14.01	571.60
Evening Snack						
4	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals:			2.68	10.68	4.00	92.00
Actual Totals for Day # 7:			109.98	195.31	28.81	1496.36
Actual % of Total Calories:			29.71	52.77	17.52	

Important Notes

- If you have a medical condition, please consult with your doctor before utilizing this meal
- According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.