



Meal Planner For:  
For the Date Range:

[{Template, Weight Loss}, 1700 Calories]  
 07/01/2000 to 07/07/2000

**DAY # 1**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1.25	cup	Milk - skim, no fat	10.50	14.88	0.50	107.50
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			35.60	62.38	2.70	405.50
<b>AM Snack</b>						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals:			1.20	26.70	0.60	105.00
<b>Lunch</b>						
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
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:			37.56	37.40	9.16	394.00
<b>PM Snack</b>						
5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
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:			31.10	24.80	4.10	240.00
<b>Dinner</b>						
1	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
0.75	cup	Brown Rice - cooked	3.68	37.28	0.90	174.00
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:			40.83	59.47	6.87	458.52
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 1:</b>			<b>153.79</b>	<b>224.24</b>	<b>23.43</b>	<b>1693.02</b>
<b>Actual % of Total Calories:</b>			<b>35.70</b>	<b>52.06</b>	<b>12.24</b>	

## DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.33	33.30	2.66	166.05
1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
Totals:			19.13	77.85	3.86	400.05
<b>AM Snack</b>						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
<b>Lunch</b>						
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
3	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.92	232.50
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:			22.75	30.83	20.34	409.00
<b>PM Snack</b>						
1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
Totals:			42.00	9.30	3.45	246.00
<b>Dinner</b>						
1	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
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:			45.56	47.68	11.75	478.60
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 2:</b>			<b>137.24</b>	<b>200.16</b>	<b>39.90</b>	<b>1704.65</b>
<b>Actual % of Total Calories:</b>			<b>32.13</b>	<b>46.86</b>	<b>21.02</b>	

### DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
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:			33.50	59.40	2.60	384.00
<b>AM Snack</b>						
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
<b>Lunch</b>						
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
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00
5	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals:			54.05	52.22	6.87	474.42
<b>PM Snack</b>						
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
Totals:			28.54	13.65	2.37	193.28
<b>Dinner</b>						
1	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
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:			44.60	60.54	8.02	491.52
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 3:</b>			<b>170.20</b>	<b>207.33</b>	<b>22.86</b>	<b>1702.22</b>
<b>Actual % of Total Calories:</b>			<b>39.68</b>	<b>48.33</b>	<b>11.99</b>	

## DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			20.65	74.30	2.77	391.70
<b>AM Snack</b>						
20	each	Grapes - American	0.40	8.20	0.00	40.00
Totals:			0.40	8.20	0.00	40.00
<b>Lunch</b>						
12	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
8	each	Cracker/Nabisco - Low Saltines	1.60	16.00	3.20	96.00
3	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
5	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			41.97	51.69	7.96	417.00
<b>PM Snack</b>						
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
<b>Dinner</b>						
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
1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	38.79	0.00	8.07	238.43
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:			45.99	31.43	10.06	401.43
<b>Evening Snack</b>						
5	each	Graham Crackers	2.42	26.88	3.54	147.50
1	table spoon	Peanut Butte, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			6.41	34.38	9.54	242.50
<b>Actual Totals for Day # 4:</b>			<b>144.50</b>	<b>221.10</b>	<b>32.77</b>	<b>1715.19</b>
<b>Actual % of Total Calories:</b>			<b>32.89</b>	<b>50.33</b>	<b>16.78</b>	

## DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
2	table spoon	Peanut Butte, Jif Reduced Fat	8.00	15.00	12.00	190.00
Totals:			26.50	89.30	12.70	585.00
<b>AM Snack</b>						
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
<b>Lunch</b>						
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
1.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	4.50	0.00	12.00
2	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
1	1/2 cup	tomato, diced	0.77	4.18	0.30	19.00
5	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			55.27	45.22	8.73	473.36
<b>PM Snack</b>						
25	each	Grapes - American	0.50	10.25	0.00	50.00
Totals:			0.50	10.25	0.00	50.00
<b>Dinner</b>						
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
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
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:			38.23	49.43	6.96	403.60
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 5:</b>			<b>130.68</b>	<b>218.38</b>	<b>32.38</b>	<b>1693.96</b>
<b>Actual % of Total Calories:</b>			<b>30.97</b>	<b>51.76</b>	<b>17.27</b>	

## DAY # 6

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.5	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
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:			44.10	73.30	2.70	480.00
<b>AM Snack</b>						
1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
<b>Lunch</b>						
0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
3	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.92	232.50
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:			23.73	35.28	21.28	439.50
<b>PM Snack</b>						
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
<b>Dinner</b>						
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
<b>Evening Snack</b>						
6	each	Graham Crackers	2.90	32.25	4.24	177.00
Totals:			2.90	32.25	4.24	177.00
<b>Actual Totals for Day # 6:</b>			<b>119.06</b>	<b>214.88</b>	<b>41.07</b>	<b>1704.55</b>
<b>Actual % of Total Calories:</b>			<b>27.93</b>	<b>50.40</b>	<b>21.68</b>	

## DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
1.5	table spoon	Peanut Butte, Jif Reduced Fat	6.00	11.25	9.00	142.50
Totals:			24.50	85.55	9.70	537.50
<b>AM Snack</b>						
1	each	Orange - medium	1.10	17.40	0.30	69.00
Totals:			1.10	17.40	0.30	69.00
<b>Lunch</b>						
1	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
4	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
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:			43.00	46.24	4.34	390.52
<b>PM Snack</b>						
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
<b>Dinner</b>						
0.5	cup	Angel hair - wheat, cooked, Cremette	3.50	21.00	0.50	105.00
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:			46.00	49.46	13.76	519.10
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 7:</b>			<b>124.78</b>	<b>222.83</b>	<b>32.10</b>	<b>1698.12</b>
<b>Actual % of Total Calories:</b>			<b>29.72</b>	<b>53.08</b>	<b>17.20</b>	

### 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.