



Meal Planner For:  
For the Date Range:

[{Template, Weight Loss}, 2100 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
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:			34.10	71.30	2.70	430.00
<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>						
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
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:			43.96	35.50	8.66	409.00
<b>PM Snack</b>						
10	each	Cracker/Nabisco - Low Saltines	2.00	20.00	4.00	120.00
3	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
1.5	table spoon	Relish - pickle	0.15	7.95	0.15	30.00
6	ounce(s)	Tuna Solid White -Water Sm. can	45.00	3.00	3.00	210.00
Totals:			47.15	39.95	7.15	384.00
<b>Dinner</b>						
1	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1.25	cup	Brown Rice - cooked	6.13	62.13	1.50	290.00
6	ounce(s)	Halibut - broiled	45.00	0.00	6.00	240.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			58.33	85.27	9.92	662.52
<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>192.24</b>	<b>272.22</b>	<b>29.03</b>	<b>2080.52</b>
<b>Actual % of Total Calories:</b>			<b>36.29</b>	<b>51.38</b>	<b>12.33</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>						
0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
4	1 large	Egg, whole, cooked, hard-boiled	25.16	2.24	21.22	310.00
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:			30.22	39.64	28.38	549.00
<b>PM Snack</b>						
2	cup	Cottage Cheese - 1% fat	56.00	12.40	4.60	328.00
20	each	Grapes - American	0.40	8.20	0.20	40.00
Totals:			56.40	20.60	4.80	368.00
<b>Dinner</b>						
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
2	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
6	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
2	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
Totals:			59.78	70.24	12.46	637.05
<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>173.33</b>	<b>242.83</b>	<b>49.99</b>	<b>2125.10</b>
<b>Actual % of Total Calories:</b>			<b>32.79</b>	<b>45.93</b>	<b>21.28</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
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:			34.10	71.30	2.70	430.00
<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>						
1	1 cup	Applesauce, canned, unsweetened, without added ascorbic acid	0.41	27.55	0.12	104.92
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
2	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
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
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
Totals:			66.76	66.99	10.13	614.88
<b>PM Snack</b>						
1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
1	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.07	14.91	0.15	58.56
Totals:			43.07	24.21	3.60	304.56
<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
2	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			59.10	61.54	13.42	602.52
<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>212.54</b>	<b>245.55</b>	<b>32.84</b>	<b>2110.96</b>
<b>Actual % of Total Calories:</b>			<b>39.95</b>	<b>46.16</b>	<b>13.89</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
1.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.33	33.30	2.66	166.05
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:			22.43	85.40	3.66	447.05
<b>AM Snack</b>						
25	each	Grapes - American	0.50	10.25	0.00	50.00
Totals:			0.50	10.25	0.00	50.00
<b>Lunch</b>						
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
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
6	ounce(s)	Tuna Solid White -Water Sm. can	45.00	3.00	3.00	210.00
1.5	cup	Vegetable soup - prepared, Cambell's Homestyle	3.00	13.50	3.00	90.00
Totals:			50.34	55.04	9.43	475.00
<b>PM Snack</b>						
1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
1.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.61	22.36	0.22	87.84
Totals:			43.61	31.66	3.67	333.84
<b>Dinner</b>						
1	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
2	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	51.71	0.00	10.76	317.90
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:			59.02	33.33	13.65	496.90
<b>Evening Snack</b>						
7	each	Graham Crackers	3.38	37.63	4.95	206.50
1	table spoon	Peanut Butte, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals:			7.38	45.13	10.95	301.50
<b>Actual Totals for Day # 4:</b>			<b>183.28</b>	<b>260.80</b>	<b>41.35</b>	<b>2104.29</b>
<b>Actual % of Total Calories:</b>			<b>34.12</b>	<b>48.55</b>	<b>17.32</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
1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
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:			30.70	95.25	12.90	628.00
<b>AM Snack</b>						
12	ounce(s)	Yogurt - Yoplait, Light, all flavors	15.00	27.00	0.00	180.00
Totals:			15.00	27.00	0.00	180.00
<b>Lunch</b>						
2	1 slice	Bread, whole-wheat, commercially prepared	5.43	25.82	2.35	137.76
2	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
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
6	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
2	cup	Vegetable soup - prepared, Cambell's Homestyle	4.00	18.00	4.00	120.00
Totals:			70.34	57.44	14.00	629.96
<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>						
3	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	18.00	1.50	75.00
1	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	1 tsp chopped	Chives, raw	0.07	0.09	0.01	0.60
2	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
6	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
Totals:			46.16	69.17	7.92	519.90
<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>165.38</b>	<b>269.80</b>	<b>38.83</b>	<b>2099.86</b>
<b>Actual % of Total Calories:</b>			<b>31.65</b>	<b>51.63</b>	<b>16.72</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
1.25	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:			46.20	76.27	2.80	501.50
<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
4	1 large	Egg, whole, cooked, hard-boiled	25.16	2.24	21.22	310.00
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:			30.02	35.84	26.58	517.00
<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>						
1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
2	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
6	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
2	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
4	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals:			57.15	75.30	17.50	693.40
<b>Evening Snack</b>						
8	each	Graham Crackers	3.86	43.00	5.66	236.00
Totals:			3.86	43.00	5.66	236.00
<b>Actual Totals for Day # 6:</b>			<b>145.03</b>	<b>264.91</b>	<b>53.04</b>	<b>2118.90</b>
<b>Actual % of Total Calories:</b>			<b>27.40</b>	<b>50.05</b>	<b>22.55</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
1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
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:			26.70	87.75	6.90	533.00
<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
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
2	cup	Vegetable soup - prepared, Cambell's Homestyle	4.00	18.00	4.00	120.00
Totals:			52.90	68.94	6.80	543.52
<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>						
1	cup	Angel hair - wheat, cooked, Cremette	7.00	42.00	1.00	210.00
2	1 tablespoon	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
6	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
1	cup	Marinara sauce - Progresso 'Authentic'	8.00	20.00	12.00	220.00
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:			60.00	80.46	20.66	765.10
<b>Evening Snack</b>						
5	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.35	13.35	5.00	115.00
Totals:			3.35	13.35	5.00	115.00
<b>Actual Totals for Day # 7:</b>			<b>151.55</b>	<b>281.40</b>	<b>39.66</b>	<b>2115.62</b>
<b>Actual % of Total Calories:</b>			<b>29.02</b>	<b>53.89</b>	<b>17.09</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.