

# Grocery List: 2100 Calories Low Carb

Grocery List report created exclusively for Best Weight Loss Programs

Food	Quantity	Measure
<b>Bars</b>		
Balance Bar Honey Peanut	4.00	each
<b>Beans, Lentils</b>		
Peanuts, all types, dry-roasted, without salt	0.50	1 cup
<b>Beverages</b>		
Orange juice - 100% pure , Tropicana	16.00	ounce(s)
Vegetable juice - V8, no salt	44.00	fluid ounce(s)
<b>Breads and baked goods</b>		
Pita - wheat	1.50	each
Rolls, hamburger or hotdog, mixed-grain	2.00	1 roll
<b>Cereals</b>		
Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Shredded Wheat, Nabisco	1.00	biscuit
<b>Dairy</b>		
Cheese, mozzarella, part skim milk	2.00	1 oz
Cheese, mozzarella, part skim milk, low moisture	1.00	1 oz
Cream Cheese, Light, Phili brand	1.00	ounce(s)
Egg substitute, liquid	1.75	1 cup
Egg, whole, cooked, hard-boiled	2.00	1 large
HEALTHY CHOICE Mozzarella String Cheese	5.00	ounce(s)
KRAFT 2% Cheddar Cheese, Reduced Fat	7.50	ounce(s)
Milk - skim, no fat	6.75	cup
Parmesan, grated, KRAFT	1.00	ounce(s)
Yogurt - Yoplait, Light, all flavors	30.00	ounce(s)
<b>Dressings</b>		
Italian - fat free, KRAFT Free	17.00	table spoon
<b>Fats &amp; Oils</b>		
Olive Oil (sesame,soy bean, sunflower)	0.25	table spoon
Olive oil - pure	1.00	table spoon
Salad dressing, KRAFT Mayo Light Mayonnaise	3.50	1 tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>		
Asparagus/ Fresh - Boiled	1.50	cup
Green beans - string boiled & drained	12.00	ounce(s)
Salad - sm. garden w/tomato, onion	6.00	small
<b>Finfish and Shellfish</b>		
Fish, salmon, Atlantic, farmed, cooked, dry heat	3.00	3 oz
Fish, tuna, light, canned in water, without salt, drained solids	2.00	3 oz
Fish, tuna, white, canned in water, without salt, drained solids	2.00	3 oz
<b>Fruits &amp; Fruit Juices</b>		
Apple - medium with peel	1.50	each
Banana - med 8"	1.50	each
Blueberries, raw	0.75	1 cup
Grapes, american type (slip skin), raw	1.25	1 cup
Melons, cantaloupe, raw	2.50	1 cup, balls
Orange - medium	1.00	each
Peaches, raw	3.00	1 cup, slices

Food	Quantity	Measure
Raisins, seedless	1.00	1 small box (1.5 oz)
Strawberries, raw	2.00	1 cup, halves
Watermelon, raw	4.00	1 cup, balls
<b>Jams/ Spreads/Sauces/ Syrups</b>		
BBQ - Healthy Choice	2.00	table spoon
Catsup - tomato	0.50	table spoon
Peanut Wonder -low fat peanut butter	3.00	table spoon
Relish - pickle	1.00	table spoon
SMART BALANCE Buttery Spread	1.00	tea spoon
Soy sauce - Kikkoman 'Lite'	2.00	table spoon
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
<b>Meals, Entrees and Sidedishes</b>		
STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	1.00	each
<b>Misc. Meats</b>		
Flank - fat trimmed off, braised	7.00	ounce(s)
HEALTHY CHOICE Beef Franks, Low Fat	2.00	each
TYSON Breaded Honey Battered Tenders	8.00	each
<b>Miscellaneous</b>		
STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	1.00	each
Tortilla - flour, soft, 7" diam.	2.00	each
<b>Noodles &amp; Pastas</b>		
Angel hair - whole wheat, cooked, De Boles	0.50	cup
<b>Nuts &amp; Seeds</b>		
Nuts, almonds	0.13	1 cup, slivered
Seeds, sunflower seed kernels, toasted, without salt	1.50	1 oz
<b>Performance Carbohydrates</b>		
Orange - medium	2.00	each
<b>Pork Products</b>		
Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.50	3 oz
<b>Protein Snack Foods (Healthy)</b>		
Cottage Cheese - 1% fat	2.25	cup
<b>Proteins (Healthy)</b>		
Chicken Breast / White Meat	12.00	ounce(s)
Swordfish - cooked dry heat	8.00	ounce(s)
<b>Red Meats - Standard</b>		
Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	2.00	3 oz
<b>Rice, grains, flour</b>		
Rice, brown, long-grain, cooked	1.00	1 cup
Spaghetti, cooked, enriched, without added salt	0.50	1 cup
<b>Sausages and Lunch Meats</b>		
HEALTHY CHOICE Bulk Deli Turkey Breast	7.00	ounce(s)
<b>Seasonings</b>		
Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Spices, garlic powder	1.00	1 teaspoon
<b>Snacks &amp; Treats</b>		
Melba Toast, Wheat, Unsalted	6.00	each
<b>Soups and Gravies</b>		

Food	Quantity	Measure
CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	2.50	cup
Sauce, ready-to-serve, salsa	0.50	0.5 cup
<b>Vegetables</b>		
Broccoli, raw	1.00	0.5 cup, chopped or diced
Carrots - baby, raw	24.00	medium
Carrots, raw	0.75	1 cup, grated
Cauliflower, cooked, boiled, drained, without salt	3.00	0.5 cup (1" pieces)
Celery - raw stalk, trimmed	6.00	each
Green beans - string, boiled & drained	8.00	ounce(s)
Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped
Mushrooms, raw	1.00	1 cup, pieces or slices
Onions, raw	0.75	1 cup, chopped
Peppers, sweet, red, raw	0.50	1 cup, chopped
Spinach, cooked, boiled, drained, without salt	1.00	1 cup
Spinach, raw	4.25	1 cup
Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
Tomatoes, sun-dried	0.50	1 cup
Vegetables - mixed, frozen, boiled	1.00	cup
Zucchini, Frozen, Boiled, Drained	1.00	cup

# Meal Panner: 2100 Calories Low Carb

Meal Planner report created exclusively for Best Weight Loss Programs

## Day # 1

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Balance Bar Honey Peanut	22.00	14.00	6.00	200.00
8.0	ounce(s)	Orange juice - 100% pure , Tropicana	3.11	0.00	0.00	14.00
Totals for Breakfast			25.11	14.00	6.00	214.00
<b>Snack 1</b>						
0.3	1 cup	Peanuts, all types, dry-roasted, without salt	21.51	23.68	49.66	585.00
Totals for Snack 1			21.51	23.68	49.66	585.00
<b>Lunch</b>						
12.0	medium	Carrots - baby, raw	0.80	0.10	0.10	4.00
2.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	0.00	25.51	0.82	116.00
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
0.5	table spoon	Relish - pickle	5.30	0.10	0.10	20.00
1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	8.50	0.60	32.90	334.00
14.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	0.17	0.00	6.00
Totals for Lunch			46.93	30.48	34.82	617.00
<b>Snack 2</b>						
1.3	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	24.00	6.00	4.00	160.00
Totals for Snack 2			24.00	6.00	4.00	160.00
<b>Dinner</b>						
6.0	ounce(s)	Chicken Breast / White Meat	0.00	6.50	0.40	31.00
8.0	ounce(s)	Green beans - string, boiled & drained	2.23	0.53	0.08	10.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	0.50	7.00	6.00	90.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
0.5	0.5 cup	Sauce, ready-to-serve, salsa	6.24	1.27	0.24	28.00
Totals for Dinner			19.46	16.59	7.12	214.00
<b>Snack 3</b>						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
0.5	biscuit	Shredded Wheat, Nabisco	19.00	2.00	1.00	80.00
Totals for Snack 3			30.90	10.40	1.40	166.00
<b>Totals for Day # 1</b>			<b>167.92</b>	<b>101.15</b>	<b>103.00</b>	<b>1956.00</b>

## Day # 2

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.3	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	17.60	4.40	2.00	95.00
Totals for Breakfast			56.20	14.00	3.00	286.00
<b>Snack 1</b>						
1.3	1 cup	Grapes, american type (slip skin), raw	17.15	0.63	0.35	67.00
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.25	1.25	0.00	15.00
Totals for Snack 1			19.40	1.88	0.35	82.00
<b>Lunch</b>						
0.8	1 cup, grated	Carrots, raw	9.58	0.93	0.24	41.00
2.0	1 large	Egg, whole, cooked, hard-boiled	1.12	12.58	10.61	155.00
4.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	0.50	7.00	6.00	90.00
1.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	20.59	17.21	56.80	619.00
4.0	1 cup	Spinach, raw	3.63	2.86	0.39	23.00
Totals for Lunch			36.42	40.58	74.04	934.00
<b>Snack 2</b>						
3.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	1.00	8.00	1.50	50.00
3.0	each	Melba Toast, Wheat, Unsalted	11.00	2.00	0.00	50.00
Totals for Snack 2			12.00	10.00	1.50	100.00
<b>Dinner</b>						
1.0	0.5 cup, chopped or diced	Broccoli, raw	6.64	2.82	0.37	34.00
7.0	ounce(s)	Flank - fat trimmed off, braised	0.00	7.93	3.67	67.00
0.5	1 cup, pieces or slices	Mushrooms, raw	3.24	3.11	0.34	22.00
0.3	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	14.00	120.00
0.3	1 cup, chopped	Onions, raw	10.11	0.92	0.08	42.00
0.5	1 cup, chopped	Peppers, sweet, red, raw	6.03	0.99	0.30	26.00
0.5	1 cup	Rice, brown, long-grain, cooked	22.96	2.58	0.90	111.00
2.0	table spoon	Soy sauce - Kikkoman 'Lite'	1.30	0.00	0.00	11.00
Totals for Dinner			50.28	18.35	19.66	433.00
<b>Snack 3</b>						
1.0	1 small box (1.5 oz)	Raisins, seedless	79.18	3.07	0.46	299.00
Totals for Snack 3			79.18	3.07	0.46	299.00
<b>Totals for Day # 2</b>			<b>253.48</b>	<b>87.88</b>	<b>99.01</b>	<b>2134.00</b>

### Day # 3

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	1 cup	Egg substitute, liquid	0.64	12.00	3.31	84.00
1.5	1 cup, balls	Melons, cantaloupe, raw	8.16	0.84	0.19	34.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
		Totals for Breakfast	20.70	21.24	3.90	204.00
<b>Snack 1</b>						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
14.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	0.17	0.00	6.00
		Totals for Snack 1	22.43	0.47	0.00	87.00
<b>Lunch</b>						
7.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	0.00	5.50	0.50	25.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	0.50	7.00	6.00	90.00
0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	2.09	0.81	0.11	10.00
4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	3.92	0.88	0.20	18.00
1.0	each	Tortilla - flour, soft, 7" diam.	14.00	2.00	2.00	80.00
		Totals for Lunch	21.51	16.19	8.81	229.00
<b>Snack 2</b>						
0.8	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
1.0	1 cup, slices	Peaches, raw	9.54	0.91	0.25	39.00
		Totals for Snack 2	15.74	28.91	2.55	203.00
<b>Dinner</b>						
2.0	1 oz	Cheese, mozzarella, part skim milk	2.77	24.26	15.92	254.00
6.0	ounce(s)	Chicken Breast / White Meat	0.00	6.50	0.40	31.00
1.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	30.00	4.00	4.00	220.00
0.5	1 cup	Spaghetti, cooked, enriched, without added salt	28.34	4.77	0.67	141.00
		Totals for Dinner	71.61	40.83	21.39	701.00
<b>Snack 3</b>						
4.0	each	TYSON Breaded Honey Battered Tenders	2.40	2.40	3.00	46.00
		Totals for Snack 3	2.40	2.40	3.00	46.00
		<b>Totals for Day # 3</b>	<b>154.39</b>	<b>110.04</b>	<b>39.65</b>	<b>1470.00</b>

## Day # 4

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Balance Bar Honey Peanut	22.00	14.00	6.00	200.00
1.3	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
Totals for Breakfast			33.90	22.40	6.40	286.00
<b>Snack 1</b>						
2.0	1 cup, halves	Strawberries, raw	7.68	0.67	0.30	32.00
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.25	1.25	0.00	15.00
Totals for Snack 1			9.93	1.92	0.30	47.00
<b>Lunch</b>						
0.5	table spoon	Catsup - tomato	4.10	0.20	0.10	16.00
6.0	each	Celery - raw stalk, trimmed	2.00	0.50	0.00	10.00
1.0	ounce(s)	Cream Cheese, Light, Philli brand	2.00	3.00	5.00	60.00
2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	4.00	5.00	1.00	50.00
2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	7.78	3.95	3.11	66.00
2.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	44.60	9.60	6.00	263.00
2.0	1 cup, balls	Watermelon, raw	7.55	0.61	0.15	30.00
Totals for Lunch			72.03	22.86	15.36	495.00
<b>Snack 2</b>						
0.3	1 cup	Peanuts, all types, dry-roasted, without salt	21.51	23.68	49.66	585.00
Totals for Snack 2			21.51	23.68	49.66	585.00
<b>Dinner</b>						
1.5	cup	Asparagus/ Fresh - Boiled	7.60	4.60	0.60	44.00
3.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	4.11	1.84	0.45	23.00
3.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.00	22.10	12.35	206.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
0.5	1 cup	Rice, brown, long-grain, cooked	22.96	2.58	0.90	111.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
Totals for Dinner			45.17	32.42	14.70	439.00
<b>Snack 3</b>						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
0.5	biscuit	Shredded Wheat, Nabisco	19.00	2.00	1.00	80.00
Totals for Snack 3			30.90	10.40	1.40	166.00
<b>Totals for Day # 4</b>			<b>213.44</b>	<b>113.68</b>	<b>87.82</b>	<b>2018.00</b>

## Day # 5

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.8	1 cup	Egg substitute, liquid	0.64	12.00	3.31	84.00
1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	0.50	7.00	6.00	90.00
1.0	1 cup, balls	Melons, cantaloupe, raw	8.16	0.84	0.19	34.00
Totals for Breakfast			9.30	19.84	9.50	208.00
<b>Snack 1</b>						
0.8	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
1.0	1 cup, slices	Peaches, raw	9.54	0.91	0.25	39.00
Totals for Snack 1			15.74	28.91	2.55	203.00
<b>Lunch</b>						
12.0	medium	Carrots - baby, raw	0.80	0.10	0.10	4.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	24.00	22.00	6.00	240.00
16.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	0.17	0.00	6.00
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.25	1.25	0.00	15.00
Totals for Lunch			38.88	24.82	6.50	320.00
<b>Snack 2</b>						
2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	1.00	8.00	1.50	50.00
3.0	each	Melba Toast, Wheat, Unsalted	11.00	2.00	0.00	50.00
Totals for Snack 2			12.00	10.00	1.50	100.00
<b>Dinner</b>						
2.0	3 oz	Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.00	29.02	10.54	219.00
8.0	ounce(s)	Green beans - string boiled & drained	2.23	0.53	0.08	10.00
0.5	1 cup, pieces or slices	Mushrooms, raw	3.24	3.11	0.34	22.00
0.5	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
0.5	1 cup, chopped	Onions, raw	10.11	0.92	0.08	42.00
0.5	each	Pita - wheat	15.60	2.80	0.70	75.00
1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
1.0	1 teaspoon	Spices, garlic powder	72.71	16.80	0.76	332.00
Totals for Dinner			103.88	53.17	29.49	856.67
<b>Snack 3</b>						
1.0	each	Balance Bar Honey Peanut	22.00	14.00	6.00	200.00
Totals for Snack 3			22.00	14.00	6.00	200.00
<b>Totals for Day # 5</b>			<b>201.81</b>	<b>150.74</b>	<b>55.54</b>	<b>1887.67</b>

## Day # 6

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.8	1 cup	Blueberries, raw	14.49	0.74	0.33	57.00
1.3	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	17.60	4.40	2.00	95.00
Totals for Breakfast			43.99	13.54	2.73	238.00
<b>Snack 1</b>						
0.5	each	Apple - medium with peel	21.10	0.30	0.00	81.00
3.0	table spoon	Peanut Wonder -low fat peanut butter	5.50	1.50	1.75	50.00
Totals for Snack 1			26.60	1.80	1.75	131.00
<b>Lunch</b>						
1.0	1 oz	Cheese, mozzarella, part skim milk, low moisture	3.83	25.96	20.03	302.00
2.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	0.00	23.62	2.97	128.00
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
1.0	each	Orange - medium	17.40	1.10	0.30	69.00
0.5	table spoon	Relish - pickle	5.30	0.10	0.10	20.00
2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	8.50	0.60	32.90	334.00
0.3	1 cup	Spinach, raw	3.63	2.86	0.39	23.00
3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	3.92	0.88	0.20	18.00
1.0	each	Tortilla - flour, soft, 7" diam.	14.00	2.00	2.00	80.00
Totals for Lunch			71.98	58.32	59.09	1036.00
<b>Snack 2</b>						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.25	1.25	0.00	15.00
Totals for Snack 2			28.95	2.45	0.60	120.00
<b>Dinner</b>						
2.0	table spoon	BBQ - Healthy Choice	5.70	0.03	0.02	25.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
2.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.00	28.14	4.81	164.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
1.0	1 cup	Spinach, cooked, boiled, drained, without salt	3.75	2.97	0.26	23.00
1.0	cup	Vegetables - mixed, frozen, boiled	23.80	5.20	0.20	108.00
Totals for Dinner			43.75	37.64	5.69	375.00
<b>Snack 3</b>						
4.0	each	TYSON Breaded Honey Battered Tenders	2.40	2.40	3.00	46.00
Totals for Snack 3			2.40	2.40	3.00	46.00
<b>Totals for Day # 6</b>			<b>217.67</b>	<b>116.15</b>	<b>72.86</b>	<b>1946.00</b>

## Day # 7

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Balance Bar Honey Peanut	22.00	14.00	6.00	200.00
8.0	ounce(s)	Orange juice - 100% pure , Tropicana	3.11	0.00	0.00	14.00
Totals for Breakfast			25.11	14.00	6.00	214.00
<b>Snack 1</b>						
0.8	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
1.0	1 cup, slices	Peaches, raw	9.54	0.91	0.25	39.00
Totals for Snack 1			15.74	28.91	2.55	203.00
<b>Lunch</b>						
4.0	ounce(s)	Green beans - string boiled & drained	2.23	0.53	0.08	10.00
2.0	table spoon	Italian - fat free, KRAFT Free	1.00	0.00	0.00	6.00
0.1	1 cup, slivered	Nuts, almonds	19.74	21.26	50.64	578.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	27.00	23.00	8.00	270.00
2.0	1 cup, balls	Watermelon, raw	7.55	0.61	0.15	30.00
Totals for Lunch			67.01	46.70	59.26	943.00
<b>Snack 2</b>						
1.3	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	24.00	6.00	4.00	160.00
Totals for Snack 2			24.00	6.00	4.00	160.00
<b>Dinner</b>						
0.5	cup	Angel hair - whole wheat, cooked, De Boles	40.00	9.00	2.00	210.00
0.5	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.0	ounce(s)	Parmesan, grated, KRAFT	1.00	12.00	9.00	130.00
8.0	ounce(s)	Swordfish - cooked dry heat	0.00	7.20	1.46	44.00
0.5	1 cup	Tomatoes, sun-dried	55.76	14.11	2.97	258.00
1.0	cup	Zucchini, Frozen, Boiled, Drained	8.02	2.59	0.29	38.29
Totals for Dinner			104.78	44.90	29.72	810.29
<b>Snack 3</b>						
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.25	1.25	0.00	15.00
Totals for Snack 3			2.25	1.25	0.00	15.00
<b>Totals for Day # 7</b>			<b>238.90</b>	<b>141.76</b>	<b>101.54</b>	<b>2345.29</b>

