

Meal Panner: 1500 Calories Energy Booster

Meal Planner report created exclusively for Your Goals

Day # 1

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.3	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	30.38	3.00	1.01	73.88
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast			56.34	12.00	1.71	214.75
Snack 1						
0.3	1 cup	Blueberries, raw	5.25	0.27	0.12	20.66
0.5	cup	Milk - skim, no fat	5.95	4.20	0.20	43.00
6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	19.50	1.50	0.00	82.50
Totals for Snack 1			30.70	5.97	0.32	146.16
Lunch						
0.3	1 cup	Alfalfa seeds, sprouted, raw	0.31	0.33	0.06	2.39
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
0.5	1 cup	Fish, tuna salad	9.65	16.44	9.49	191.68
0.5	each	Pita - wheat	7.80	1.40	0.35	37.50
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.78	0.18	0.04	3.60
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch			36.79	20.40	10.13	315.47
Snack 2						
0.5	1 cup	Peaches, canned, juice pack, solids and liquids	14.46	0.79	0.04	55.00
0.5	1 cup, halves	Strawberries, raw	5.84	0.51	0.23	24.32
1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	18.82	14.04	0.44	137.20
Totals for Snack 2			39.12	15.34	0.71	216.52
Dinner						
1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	3.46	5.31	0.76	32.40
7.0	ounce(s)	Chicken Breast / White Meat	0.00	45.50	2.80	217.00
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
0.5	1 cup	Rice, brown, long-grain, cooked	22.39	2.52	0.88	108.23
0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	1.24	0.17	2.23	26.35
3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner			31.53	55.22	6.76	411.98
Snack 3						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
1.0	table spoon	Peanut Butter	3.50	4.00	8.15	95.00
Totals for Snack 3			24.50	4.30	8.65	176.00
Totals for Day # 1			218.97	113.22	28.28	1480.87

Day # 2

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
2.0	each	Egg Whites - scrambled/boiled	0.60	7.00	0.00	34.00
1.0	1 muffin	English muffins, whole-wheat, toasted	26.90	5.86	1.40	134.81
1.0	slice	Kraft American Cheese 2% Milk	1.00	4.00	3.00	50.00
4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	13.00	1.00	0.00	55.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	42.21	17.86	4.40	276.18
Snack 1						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	3.47	2.04	0.75	26.74
2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
2.0	table spoon	Peanut Butter	7.00	8.00	16.30	190.00
		Totals for Snack 1	35.72	19.04	17.75	355.24
Lunch						
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
3.5	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	6.65	0.35	3.15	56.00
1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	20.30	7.79	1.50	125.84
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	35.84	11.59	4.84	225.84
Snack 2						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
0.5	1 cup	Kiwi fruit, (chinese gooseberries), fresh, raw	12.97	1.01	0.46	53.99
4.0	ounce(s)	Pineapple juice - bottled, Dole	16.93	0.53	0.13	68.00
		Totals for Snack 2	43.26	2.14	0.89	174.49
Dinner						
0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	6.45	2.82	0.30	32.55
0.5	1 cup, cooked	Couscous, cooked	18.23	2.98	0.13	87.92
1.8	3 oz	Fish, salmon, pink, cooked, dry heat	0.00	38.02	6.57	221.64
0.5	table spoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	2.50	0.50	0.00	15.00
2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Dinner	27.18	44.32	7.00	357.11
Snack 3						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 miniature box (.5 oz)	Raisins, seedless	11.09	0.43	0.06	41.86
		Totals for Snack 3	22.99	8.83	0.46	127.86
		Totals for Day # 2	207.19	103.77	35.36	1516.71

Day # 3

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S Eggo Lowfat Nutri-Grain Waffles	14.09	2.20	1.12	71.05
1.0	1 cup, balls	Melons, cantaloupe, raw	14.44	1.49	0.34	60.18
4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	13.00	1.00	0.00	55.00
1.0	table spoon	Syrup - Aunt Jemima, ButterLite	6.50	0.00	0.00	25.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	48.75	4.68	1.46	213.60
Snack 1						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.0	table spoon	Peanut Butter	3.50	4.00	8.15	95.00
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 1	28.22	13.79	13.55	267.55
Lunch						
0.5	1 oz	Babyfood, pretzels	11.51	1.51	0.28	55.58
0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	0.50	4.00	2.50	40.00
3.0	cup	Green salad w/ raw vegetables	13.33	5.18	0.29	66.00
3.5	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	6.65	0.35	3.15	56.00
3.0	ounce(s)	Turkey Breast / White Meat	0.00	25.50	0.60	114.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	39.99	37.54	6.82	367.58
Snack 2						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	3.47	2.04	0.75	26.74
2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
2.0	table spoon	peanut butter reduced fat	15.00	8.00	12.00	190.00
		Totals for Snack 2	43.72	19.04	13.45	355.24
Dinner						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	4.92	2.85	0.11	25.76
0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	5.64	0.42	0.50	27.01
0.5	cup	Pepper - sweet bell, all colors, chopped,	4.60	0.60	0.10	19.00
0.5	1 cup	Rice, brown, long-grain, cooked	22.39	2.52	0.88	108.23
1.0	table spoon	Soy sauce - Kikkoman 'Lite'	1.30	0.00	0.00	11.00
1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	3.74	10.13	5.62	97.02
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Dinner	42.59	16.52	7.20	288.02
Snack 3						
3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	8.01	2.01	3.00	69.00
		Totals for Snack 3	8.01	2.01	3.00	69.00
		Totals for Day # 3	211.28	93.58	45.48	1560.99

Day # 4

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	24.30	2.40	0.81	59.10
0.5	1 cup, balls	Melons, honeydew, raw	8.04	0.48	0.12	31.86
0.5	cup	Milk - skim, no fat	5.95	4.20	0.20	43.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	39.01	7.08	1.13	136.33
Snack 1						
0.3	1 cup	Blueberries, raw	5.25	0.27	0.12	20.66
0.5	cup	Milk - skim, no fat	5.95	4.20	0.20	43.00
6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	19.50	1.50	0.00	82.50
		Totals for Snack 1	30.70	5.97	0.32	146.16
Lunch						
0.5	1 cup, sliced	Avocados, raw, all commercial varieties	6.23	1.46	10.70	116.80
2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	25.85	5.45	2.40	138.50
3.0	ounce(s)	Chicken Breast / White Meat	0.00	19.50	1.20	93.00
2.0	1 leaf	Lettuce, green leaf, raw	0.56	0.27	0.03	3.00
8.0	each	Pretzels - Rold Gold, Tiny Tim	9.20	0.80	0.40	48.00
1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	1.28	0.09	4.94	50.10
2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	1.57	0.35	0.08	7.20
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	44.68	27.92	19.75	456.60
Snack 2						
0.5	1 cup, halves	Apricots, canned, juice pack, with skin, solids and liquids	15.05	0.77	0.05	58.56
4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	13.00	1.00	0.00	55.00
1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	18.82	14.04	0.44	137.20
		Totals for Snack 2	46.87	15.81	0.49	250.76
Dinner						
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	18.58	3.73	0.38	86.80
0.5	cup	Marinara sauce - Progresso 'Authentic'	10.00	4.00	6.00	110.00
0.5	ounce(s)	Parmesan, grated, KRAFT	0.50	6.00	4.50	65.00
0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.58	0.18	3.42	38.40
5.0	ounce(s)	Shrimp - boiled or steamed	0.00	29.60	1.50	140.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
2.0	1/2 cup	zucchini, boiled, drained	7.07	1.15	0.09	28.80
		Totals for Dinner	42.17	46.39	15.98	491.00
Snack 3						
1.0	each	Rice cake - apple cinnamon, Quaker	9.00	1.00	0.00	40.00
		Totals for Snack 3	9.00	1.00	0.00	40.00
		Totals for Day # 4	212.43	104.17	37.68	1520.85

Day # 5

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	1 large	Egg, whole, cooked, hard-boiled	0.56	6.29	5.30	77.50
1.0	1 muffin	English muffins, whole-wheat, toasted	26.90	5.86	1.40	134.81
1.0	1 teaspoon	Margarine, soft, soybean (hydrogenate and regular), without salt	0.04	0.04	4.02	35.80
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	13.00	1.00	0.00	55.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	53.12	21.59	11.12	391.48
Snack 1						
0.5	1 cup	Blueberries, raw	10.51	0.54	0.24	41.33
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	18.00	10.00	0.00	120.00
		Totals for Snack 1	44.52	21.28	4.72	306.37
Lunch						
0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	0.50	4.00	2.50	40.00
2.0	table spoon	Onion - chopped	1.80	0.20	0.00	8.00
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
1.0	1 cup	Soup, black bean, canned, prepared with equal volume water, commercial	19.81	5.63	1.51	116.09
1.0	each	Tortilla - flour, soft, 7" diam.	14.00	2.00	2.00	80.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	36.11	11.83	6.01	248.09
Snack 2						
0.5	1 cup	Peaches, canned, juice pack, solids and liquids	14.46	0.79	0.04	55.00
0.5	1 cup, halves	Strawberries, raw	5.84	0.51	0.23	24.32
1.0	1 cup (8 fl oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	18.82	14.04	0.44	137.20
		Totals for Snack 2	39.12	15.34	0.71	216.52
Dinner						
1.0	table spoon	BBQ - Thick n' Spicy, KRAFT	6.00	0.00	0.50	25.00
0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	5.64	0.42	0.50	27.01
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	4.32	0.41	0.11	17.33
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	1.24	0.17	2.23	26.35
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Dinner	21.65	28.73	5.04	241.69
Snack 3						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
0.5	table spoon	peanut butter reduced fat	3.75	2.00	3.00	47.50
		Totals for Snack 3	24.75	2.30	3.50	128.50
		Totals for Day # 5	219.26	101.06	31.09	1532.64

Day # 6

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	13.11	0.95	0.17	51.66
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	26.70	4.30	1.90	133.00
0.5	50 raisins	Raisins, seedless	10.29	0.40	0.06	38.87
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	62.72	14.05	2.53	311.90
Snack 1						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	3.47	2.04	0.75	26.74
2.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.0	table spoon	Peanut Butter	3.50	4.00	8.15	95.00
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 1	31.69	15.82	14.29	294.29
Lunch						
10.0	1 large	Carrots, baby, raw	12.36	0.96	0.19	52.50
1.0	cup	Cucumber - raw, slices	2.80	0.80	0.00	14.00
0.5	1 cup	Fish, tuna salad	9.65	16.44	9.49	191.68
0.5	each	Pita - wheat	7.80	1.40	0.35	37.50
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	1.57	0.35	0.08	7.20
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	42.54	21.24	10.16	341.18
Snack 2						
0.3	1 cup	Blueberries, raw	5.25	0.27	0.12	20.66
0.5	cup	Milk - skim, no fat	5.95	4.20	0.20	43.00
6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	19.50	1.50	0.00	82.50
		Totals for Snack 2	30.70	5.97	0.32	146.16
Dinner						
1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	6.75	2.90	0.40	34.20
1.0	0.5 cup pieces	Mushrooms, cooked, boiled, drained, without salt	4.13	1.69	0.37	21.84
1.0	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.0	table spoon	Onion - chopped	0.90	0.10	0.00	4.00
0.5	cup	Pepper - sweet bell, all colors, chopped,	4.60	0.60	0.10	19.00
0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	20.00	4.50	0.50	85.00
1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	4.90	3.81	0.48	30.40
1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	8.00	18.00	4.00	140.00
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Dinner	49.28	31.60	19.84	464.44
		Totals for Day # 6	216.92	88.68	47.14	1557.97

Day # 7

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S Eggo Lowfat Nutri-Grain Waffles	14.09	2.20	1.12	71.05
1.5	cup	Milk - skim, no fat	17.85	12.60	0.60	129.00
4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	13.00	1.00	0.00	55.00
1.0	table spoon	Syrup - Aunt Jemima, ButterLite	6.50	0.00	0.00	25.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Breakfast	52.16	15.80	1.72	282.42
Snack 1						
0.5	1 cup	Blueberries, raw	10.51	0.54	0.24	41.33
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	18.00	10.00	0.00	120.00
		Totals for Snack 1	44.52	21.28	4.72	306.37
Lunch						
0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	0.50	4.00	2.50	40.00
0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	13.57	2.97	0.68	71.40
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	2.48	0.34	4.46	52.70
1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	13.23	4.19	1.29	80.92
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Lunch	38.67	14.95	9.13	289.02
Snack 2						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.0	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	11.14	0.87	0.40	46.36
4.0	ounce(s)	Pineapple juice - bottled, Dole	16.93	0.53	0.13	68.00
		Totals for Snack 2	41.42	2.00	0.83	166.86
Dinner						
1.0	3 oz	Beef, ground, extra lean, cooked, pan-fried, well done	0.00	23.79	13.56	223.55
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	4.92	2.85	0.11	25.76
0.5	1 medium	Sweetpotato, cooked, boiled, without skin	13.38	1.03	0.11	57.38
3.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
		Totals for Dinner	18.30	27.68	13.77	306.69
Snack 3						
0.5	table spoon	peanut butter reduced fat	3.75	2.00	3.00	47.50
2.0	each	Rice cake - apple cinnamon, Quaker	18.00	2.00	0.00	80.00
		Totals for Snack 3	21.75	4.00	3.00	127.50
		Totals for Day # 7	216.82	85.70	33.17	1478.86