



**Meal Planner For:**  
**For the Date Range:**

**[{Template, Weight Loss}, 1300 Calories]**  
**01/25/2005 to 01/31/2005**

**DAY # 1**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, single brand	3.20	36.86	2.48	177.30
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
Totals:			22.19	62.65	2.97	359.30
<b>AM Snack</b>						
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
Totals:			0.60	13.35	0.30	52.50
<b>Lunch</b>						
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
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:			23.38	29.15	5.63	269.50
<b>PM Snack</b>						
5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
3	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals:			23.60	22.80	3.60	201.00
<b>Dinner</b>						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
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	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			36.70	41.17	6.01	366.76
<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>113.98</b>	<b>182.63</b>	<b>18.52</b>	<b>1339.06</b>
<b>Actual % of Total Calories:</b>			<b>33.69</b>	<b>53.99</b>	<b>12.32</b>	

## DAY # 2

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
Totals:			12.55	47.45	2.47	249.20
<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
1	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.31	77.50
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:			10.27	31.61	10.63	270.00
<b>PM Snack</b>						
1	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals:			28.00	6.20	2.30	164.00
<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
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
Totals:			44.86	40.83	11.72	448.60
<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>103.48</b>	<b>160.59</b>	<b>27.63</b>	<b>1302.80</b>
<b>Actual % of Total Calories:</b>			<b>31.72</b>	<b>49.22</b>	<b>19.05</b>	

### DAY # 3

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
<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
2	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
Totals:			36.09	49.40	6.24	384.32
<b>PM Snack</b>						
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
<b>Dinner</b>						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			32.80	30.77	6.91	318.76
<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>116.44</b>	<b>169.64</b>	<b>19.97</b>	<b>1307.36</b>
<b>Actual % of Total Calories:</b>			<b>35.18</b>	<b>51.25</b>	<b>13.58</b>	

## DAY # 4

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
<b>AM Snack</b>						
10	each	Grapes - American	0.20	4.10	0.00	20.00
Totals:			0.20	4.10	0.00	20.00
<b>Lunch</b>						
6	1 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
6	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
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:			33.68	39.24	6.58	329.00
<b>PM Snack</b>						
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
<b>Dinner</b>						
0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
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:			30.76	27.63	7.07	299.95
<b>Evening Snack</b>						
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
<b>Actual Totals for Day # 4:</b>			<b>105.17</b>	<b>171.47</b>	<b>26.17</b>	<b>1312.43</b>
<b>Actual % of Total Calories:</b>			<b>31.34</b>	<b>51.11</b>	<b>17.55</b>	

## DAY # 5

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
<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	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
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
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			46.10	41.27	8.34	419.56
<b>PM Snack</b>						
10	each	Grapes - American	0.20	4.10	0.00	20.00
Totals:			0.20	4.10	0.00	20.00
<b>Dinner</b>						
2	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
0.5	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.01	4.35	0.11	18.90
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
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
Totals:			30.02	38.23	6.41	323.70
<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>104.50</b>	<b>167.07</b>	<b>25.45</b>	<b>1315.26</b>
<b>Actual % of Total Calories:</b>			<b>31.78</b>	<b>50.81</b>	<b>17.41</b>	

## DAY # 6

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>						
0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals:			0.15	10.50	0.25	40.50
<b>Lunch</b>						
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
1	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.31	77.50
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:			10.17	29.71	9.73	254.00
<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>						
0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
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:			38.24	35.75	12.06	415.05
<b>Evening Snack</b>						
4	each	Graham Crackers	1.93	21.50	2.83	118.00
Totals:			1.93	21.50	2.83	118.00
<b>Actual Totals for Day # 6:</b>			<b>91.49</b>	<b>170.36</b>	<b>27.47</b>	<b>1301.55</b>
<b>Actual % of Total Calories:</b>			<b>28.27</b>	<b>52.64</b>	<b>19.10</b>	

## DAY # 7

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
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
<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>						
0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
3	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
1	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals:			6.95	34.47	2.20	181.76
<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>						
0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
0.5	1 tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
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:			44.86	59.65	11.87	539.27
<b>Evening Snack</b>						
2.5	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.68	6.68	2.50	57.50
Totals:			1.67	6.68	2.50	57.50
<b>Actual Totals for Day # 7:</b>			<b>80.09</b>	<b>191.00</b>	<b>23.57</b>	<b>1307.53</b>
<b>Actual % of Total Calories:</b>			<b>24.71</b>	<b>58.93</b>	<b>16.36</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.