

Nutrient-dense Eating Plan



This nutrient-dense 7-day eating plan supplies approximately 2,000 calories daily. It can be customized -- very simply -- via an online subscription.

Click on the "Precision Nutrition" link at
www.Floridafitness.com

Florida Fitness

288-2235

SUNDAY

Breakfast

Orange juice : 1 cup : 113 cal

Oatmeal, cooked, instant, fat not added in cooking : 1/2 cup, cooked : 113 cal

Raspberries, red, raw : 1/2 cup : 30 cal

Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat : 1/2 cup : 43 cal

Scrambled egg, made from cholesterol-free frozen mixture : 1/2 cup, cooked (1/4 cup raw, equivalent to 1 large egg, makes 1/3 cup cooked) : 125 cal

Calories: 424 Carb=63g Prot=19g Fat=12g

Lunch

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal

Turkey sandwich, with spread : 1/2 sandwich : 165 cal

Italian dressing, reduced calorie, fat-free : 1 tablespoon : 6 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Calories: 306 Carb=47g Prot=17g Fat=6.9g

Dinner

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal

Yam, Puerto Rican (Name), cooked : 1 Typical Serving : 81 cal

Creamy dressing, made with sour cream and/or buttermilk and oil : 1 tablespoon : 71 cal

Flounder, baked or broiled : 1 oz, boneless, cooked : 38 cal

Calories: 216 Carb=25g Prot=8.7g Fat=9.4g

Snacks

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Almonds : 1/3 cup : 277 cal

Wheat germ, plain : 1 Typical Serving : 214 cal

Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

Cheese, Mozzarella, part skim : 1 slice (1 oz) : 79 cal

Pear, raw : 1 medium pear (approx 2-1/2 per lb) : 98 cal

Calories: 876 Carb=102g Prot=47g Fat=37g

Total Calories: 1822 Carb=237g Prot=92g Fat=65g

MONDAY

Breakfast

Milk, cow's, fluid, 2% fat : 3/4 cup : 91 cal

Oatmeal with maple flavor, cooked : 2 packet, dry, yields : 219 cal

Orange juice : 1 cup : 113 cal

Protein powder : 1 Typical Serving : 112 cal

Calories: 535 Carb=91g Prot=24g Fat=9.3g

Lunch

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Cheese, cottage, lowfat (1-2% fat) : 1/4 cup : 41 cal

Walnuts : 1 Typical Serving : 180 cal

Peanut butter : 1 tablespoon : 95 cal

Bread, whole wheat, 100% : 1 regular slice : 69 cal

Calories: 466 Carb=44g Prot=18g Fat=28g

Dinner

Pork, tenderloin, baked : 3 oz, boneless, cooked : 146 cal

White potato : 1 medium (2-1/4" to 3" dia, raw) : 109 cal

Tomatoes, raw : 1 medium whole (2-3/5" dia) : 26 cal

Mushrooms, raw : 1/2 cup, whole : 12 cal

Calories: 292 Carb=33g Prot=28g Fat=5.8g

Snacks

Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb) : 42 cal

Fruit smoothie drink, made with fruit or fruit juice only (no dairy products) : 2 cup : 263 cal

Sunflower seeds, hulled, unroasted : 1/4 cup, hulled : 205 cal

Raisins : 1/4 cup : 109 cal

Popcorn, air-popped (no butter or no oil added) : 4 cup, popped : 122 cal

Calories: 868 Carb=156g Prot=29g Fat=21g

Total Calories: 2161 Carb=324g Prot=98g Fat=63g

TUESDAY

Breakfast

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk : 1 Typical Serving : 207 cal
Strawberries, raw : 1 cup, whole : 43 cal
Fiber One : 1 Typical Serving : 78 cal
Wheat germ, plain : 1 Typical Serving : 214 cal

Calories: 542 Carb=108g Prot=32g Fat=8g

Lunch

Orange, raw : 1 medium (2-5/8" dia) : 62 cal
Tuna, fresh, raw : 1 Typical Serving : 62 cal
Cheese, Cheddar or Colby, lowfat : 1 slice (1 oz) : 49 cal
Bread, whole wheat, 100% : 2 regular slice : 138 cal
Lettuce, raw : 1 large leaf : 2 cal
Tomatoes, raw : 2 thick/large slice (1/2" thick) : 11 cal
Onions, mature, raw : 2 thin slice : 7 cal

Calories: 330 Carb=46g Prot=28g Fat=5.3g

Dinner

Caesar salad (with romaine) : 1 cup : 167 cal
Spaghetti with tomato sauce, meatless : 1 Typical Serving : 229 cal
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

Calories: 483 Carb=60g Prot=21g Fat=18g

Snacks

Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
Carrots, raw : 7/8 cup, strips or slices : 46 cal
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
Almonds : 1/3 cup : 277 cal
Apricot, dried, uncooked : 1/4 cup : 77 cal

Calories: 574 Carb=85g Prot=13g Fat=26g

Total Calories: 1929 Carb=299g Prot=93g Fat=57g

WEDNESDAY

Breakfast

Blueberries, raw : 1/2 cup : 41 cal

Orange, raw : 1 medium (2-5/8" dia) : 62 cal

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low calorie sweetener : 1 8 oz container : 98 cal

Muffin, English, toasted : 1 muffin : 128 cal

Wheat germ, plain : 1/2 cup : 216 cal

Calories: 543 Carb=96g Prot=31g Fat=7.9g

Lunch

Carrots, raw : 2-4/5 baby carrot : 12 cal

Turkey sandwich, with spread : 1 sandwich : 330 cal

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low calorie sweetener : 1 8 oz container : 98 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Grapes, raw, NS as to type : 1/2 cup, seedless : 57 cal

Calories: 605 Carb=87g Prot=40g Fat=13g

Dinner

Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal

Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal

Tomatoes, raw : 1-1/3 small whole (2-2/5" dia) : 25 cal

Cucumber, raw : 3/8 small (6-3/8" long) : 7 cal

Calories: 278 Carb=15g Prot=25g Fat=14g

Snacks

Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium : 1 cup : 86 cal

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Raisins : 1/4 cup : 109 cal

Pecans : 1/4 cup, halves : 180 cal

Popcorn, air-popped (no butter or no oil added) : 2 cup, popped : 61 cal

Carrots, raw : 1 cup, strips or slices : 52 cal

Calories: 570 Carb=91g Prot=15g Fat=20g

Total Calories: 1996 Carb=289g Prot=111g Fat=56g

THURSDAY

Breakfast

Egg, white only, raw : 3 large egg white : 50 cal
Mushrooms, raw : 1/4 cup, pieces or slices : 4 cal
Onions, mature, raw : 1/4 cup, chopped : 15 cal
Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium : 1 cup : 86 cal
Pepper, sweet, red, raw : 1/4 cup, chopped : 10 cal
Salsa : 1/4 cup : 14 cal
Bread, whole wheat, 100% : 2 regular slice : 138 cal
Calories: 317 Carb=49g Prot=26g Fat=3.1g

Lunch

Tomatoes, raw : 1 small whole (2-2/5" dia) : 19 cal
Onions, mature, raw : 1/4 cup, chopped : 15 cal
Turkey, light meat, cooked, skin not eaten : 2 oz, boneless, cooked (yield after skin removed) : 78 cal
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal
Cucumber, raw : 1 medium : 24 cal
Olive oil : 1 tablespoon : 119 cal
Bread, whole wheat, 100% : 1 regular slice : 69 cal
Flax seeds : 1 Typical Serving : 45 cal
Calories: 396 Carb=34g Prot=23g Fat=20g

Dinner

Chicken, breast, with or without bone, broiled, skin not eaten : 2 oz, with bone, cooked (yield after bone and skin removed) : 65 cal
Broccoli, raw : 1 cup, chopped : 25 cal
Cauliflower, raw : 1 cup : 25 cal
Salsa : 1/2 cup : 27 cal
Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal
Calories: 294 Carb=44g Prot=20g Fat=6.1g

Snacks

Meal replacement bar : 1 bar : 140 cal
Popcorn, air-popped (no butter or no oil added) : 4 cup, popped : 122 cal
Meal replacement bar : 1 bar : 140 cal
Apricot, raw : 1 apricot : 17 cal
Yogurt, fruit variety, lowfat milk : 1 8 oz container : 231 cal
Wheat germ, plain : 1/2 cup : 216 cal
Apple, raw : 1 large (3-1/4" dia) (approx 2 per lb) : 125 cal
Peanut butter, low sodium : 1 tablespoon : 95 cal
Calories: 1086 Carb=165g Prot=40g Fat=29g

Total Calories: 2093 Carb=292g Prot=109g Fat=58g

FRIDAY

Breakfast

Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal
Flax seeds : 1/16 cup : 45 cal
Grapefruit, raw : 1 medium (approx 4" dia) : 82 cal
Raisin Bran, Kellogg : 1 cup : 171 cal
Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

Calories: 447 Carb=94g Prot=17g Fat=5.1g

Lunch

Celery, raw : 1 medium stalk (7-1/2" - 8" long) : 6 cal
Turkey sandwich, with spread : 1 sandwich : 330 cal

Calories: 336 Carb=27g Prot=29g Fat=12g

Dinner

White potato : 1 medium (2-1/4" to 3" dia, raw) : 109 cal
Carrots, raw : 1 large (7-1/4" to 8-1/2" long) : 31 cal
Bread, whole wheat, 100% : 1 regular slice : 69 cal
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing :
1-3/4 cup : 23 cal
Fajita with chicken and vegetables : 1 tortilla : 363 cal

Calories: 594 Carb=94g Prot=27g Fat=14g

Snacks

Orange, raw : 1 medium (2-5/8" dia) : 62 cal
Raisins : 1/4 cup : 109 cal
Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Almonds : 1/2 cup : 415 cal

Calories: 694 Carb=86g Prot=18g Fat=38g

Total Calories: 2071 Carb=302g Prot=90g Fat=68g

SATURDAY

Breakfast

Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb) : 42 cal
Egg, white only, cooked : 2 white : 33 cal
Kiwi fruit, raw : 1 fruit : 46 cal
Wheat germ, plain : 3/4 cup : 324 cal
Bread, whole wheat, 100%, toasted : 2 regular slice : 139 cal
Yogurt, fruit variety, lowfat milk : 1 8 oz container : 231 cal

Calories: 815 Carb=134g Prot=48g Fat=14g

Lunch

Cucumber, raw : 1 small (6-3/8" long) : 19 cal
Celery, raw : 3 medium stalk (7-1/2" - 8" long) : 19 cal
Kidney bean salad : 1/2 cup : 174 cal
Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

Calories: 339 Carb=48g Prot=21g Fat=7.9g

Dinner

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing :
1 cup : 13 cal
Sweetpotato : 1 small (less than 1-3/4" dia, raw) : 83 cal
Chicken with rice and vegetable, reduced fat and sodium (diet frozen meal) : 1 Healthy
Choice meal (8.5 oz) : 242 cal

Calories: 338 Carb=47g Prot=22g Fat=7.2g

Snacks

Celery, raw : 3 large stalk (11" - 12" long) : 31 cal
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal
Cherries, sweet, raw (Queen Anne, Bing) : 1 cup, NFS : 84 cal
Yogurt, plain, lowfat milk : 1/2 8 oz container : 72 cal
Peanuts, roasted, without salt : 1/5 cup, halves and whole : 170 cal

Calories: 438 Carb=61g Prot=17g Fat=18g

Total Calories: 1930 Carb=291g Prot=108g Fat=48g

SHOPPING LIST - 1

Fruits

Grapefruit, raw : 1 medium (approx 4" dia)
Orange, raw : 1 medium (2-5/8" dia)
Orange, raw : 1 medium (2-5/8" dia)
Orange, raw : 1 medium (2-5/8" dia)
Orange juice : 1 cup
Orange juice : 1 cup
Apricot, dried, uncooked : 1/4 cup
Raisins : 1/4 cup
Raisins : 1/4 cup
Raisins : 1/4 cup
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 large (3-1/4" dia) (approx 2 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb)
Apricot, raw : 1 apricot
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 small (6" to 6-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Banana, raw : 1 medium (7" to 7-7/8" long)
Cherries, sweet, raw (Queen Anne, Bing) : 1 cup, NFS
Grapes, raw, NS as to type : 1/2 cup, seedless
Kiwi fruit, raw : 1 fruit
Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb)
Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb)
Pear, raw : 1 medium pear (approx 2-1/2 per lb)
Blueberries, raw : 1/2 cup
Raspberries, red, raw : 1/2 cup
Strawberries, raw : 1 cup, whole
Fruit smoothie drink, made with fruit or fruit juice only (no dairy products) : 2 cup

Vegetables

White potato : 1 medium (2-1/4" to 3" dia, raw)
White potato : 1 medium (2-1/4" to 3" dia, raw)
Yam, Puerto Rican (Name), cooked : 1 Typical Serving
Caesar salad (with romaine) : 1 cup
Broccoli, raw : 1 cup, chopped
Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks
Carrots, raw : 2-4/5 baby carrot
Carrots, raw : 1 cup, strips or slices

SHOPPING LIST - 2

Carrots, raw : 1 large (7-1/4" to 8-1/2" long)
Carrots, raw : 7/8 cup, strips or slices
Sweetpotato : 1 medium (2" dia, 5" long, raw)
Sweetpotato : 1 small (less than 1-3/4" dia, raw)
Tomatoes, raw : 1-1/3 small whole (2-2/5" dia)
Tomatoes, raw : 1 small whole (2-2/5" dia)
Tomatoes, raw : 2 thick/large slice (1/2" thick)
Tomatoes, raw : 1 medium whole (2-3/5" dia)
Salsa : 1/2 cup
Salsa : 1/4 cup
Cauliflower, raw : 1 cup
Celery, raw : 3 medium stalk (7-1/2" - 8" long)
Celery, raw : 3 large stalk (11" - 12" long)
Celery, raw : 1 medium stalk (7-1/2" - 8" long)
Cucumber, raw : 1 medium
Cucumber, raw : 3/8 small (6-3/8" long)
Cucumber, raw : 1 small (6-3/8" long)
Lettuce, raw : 1 large leaf
Mixed salad greens, raw : 1 cup, shredded or chopped
Mushrooms, raw : 1/2 cup, whole
Mushrooms, raw : 1/4 cup, pieces or slices
Onions, mature, raw : 2 thin slice
Onions, mature, raw : 1/4 cup, chopped
Onions, mature, raw : 1/4 cup, chopped
Pepper, sweet, red, raw : 1/4 cup, chopped
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1-3/4 cup
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup

Grains

Muffin, English, toasted : 1 muffin
Bread, whole wheat, 100% : 1 regular slice
Bread, whole wheat, 100% : 2 regular slice
Bread, whole wheat, 100% : 1 regular slice
Bread, whole wheat, 100% : 1 regular slice
Bread, whole wheat, 100% : 2 regular slice
Bread, whole wheat, 100%, toasted : 2 regular slice
Meal replacement bar : 1 bar

SHOPPING LIST - 3

Meal replacement bar : 1 bar
Popcorn, air-popped (no butter or no oil added) : 2 cup, popped
Popcorn, air-popped (no butter or no oil added) : 4 cup, popped
Popcorn, air-popped (no butter or no oil added) : 4 cup, popped
Oatmeal, cooked, instant, fat not added in cooking : 1/2 cup, cooked
Oatmeal with maple flavor, cooked : 2 packet, dry, yields
Fiber One : 1 Typical Serving
Raisin Bran, Kellogg : 1 cup
Wheat germ, plain : 3/4 cup
Wheat germ, plain : 1/2 cup
Wheat germ, plain : 1/2 cup
Wheat germ, plain : 1 Typical Serving
Wheat germ, plain : 1 Typical Serving
Fajita with chicken and vegetables : 1 tortilla
Spaghetti with tomato sauce, meatless : 1 Typical Serving

Plant Proteins

Kidney bean salad : 1/2 cup
Protein powder : 1 Typical Serving
Almonds : 1/2 cup
Almonds : 1/3 cup
Almonds : 1/3 cup
Peanuts, roasted, without salt : 1/5 cup, halves and whole
Pecans : 1/4 cup, halves
Walnuts : 1 Typical Serving
Peanut butter : 1 tablespoon
Peanut butter, low sodium : 1 tablespoon
Sunflower seeds, hulled, unroasted : 1/4 cup, hulled
Flax seeds : 1/16 cup
Flax seeds : 1 Typical Serving

Meats

Pork, tenderloin, baked : 3 oz, boneless, cooked
Chicken, breast, with or without bone, broiled, skin not eaten : 2 oz, with bone, cooked (yield after bone and skin removed)
Turkey, light meat, cooked, skin not eaten : 2 oz, boneless, cooked (yield after skin removed)
Flounder, baked or broiled : 1 oz, boneless, cooked
Salmon, baked or broiled : 3 oz, boneless, cooked
Tuna, fresh, raw : 1 Typical Serving
Turkey sandwich, with spread : 1 sandwich
Turkey sandwich, with spread : 1 sandwich
Turkey sandwich, with spread : 1/2 sandwich
Chicken with rice and vegetable, reduced fat and sodium (diet frozen meal) : 1
Healthy Choice meal (8.5 oz)

SHOPPING LIST - 4

Eggs & Dairy

Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup

Milk, calcium fortified, cow's, fluid, skim or nonfat : 1 cup

Milk, cow's, fluid, 2% fat : 3/4 cup

Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat : 1/2 cup

Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium : 1 cup

Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium : 1 cup

Yogurt, plain, lowfat milk : 1/2 8 oz container

Yogurt, plain, nonfat milk : 1 8 oz container

Yogurt, plain, nonfat milk : 1 8 oz container

Yogurt, plain, nonfat milk : 1 8 oz container

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk : 1 Typical Serving

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low

calorie sweetener : 1 8 oz container

Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low

calorie sweetener : 1 8 oz container

Yogurt, fruit variety, lowfat milk : 1 8 oz container

Yogurt, fruit variety, lowfat milk : 1 8 oz container

Cheese, Mozzarella, part skim : 1 slice (1 oz)

Cheese, Cheddar or Colby, lowfat : 1 slice (1 oz)

Cheese, cottage, lowfat (1-2% fat) : 1/4 cup

Egg, white only, raw : 3 large egg white

Egg, white only, cooked : 2 white

Scrambled egg, made from cholesterol-free frozen mixture : 1/2 cup, cooked

(1/4 cup raw, equivalent to 1 large egg, makes 1/3 cup cooked)

Miscellaneous

Olive oil : 1 tablespoon

Italian dressing, made with vinegar and oil : 1 tablespoon

Creamy dressing, made with sour cream and/or buttermilk and oil : 1 table-
spoon

Italian dressing, reduced calorie, fat-free : 1 tablespoon

SUB DAY 1

Breakfast

Rice Chex : 1g : 4 cal

Milk, cow's, fluid, lactose reduced, 1% fat, fortified with calcium : 2 Guideline amount per cup of cold cereal : 104 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Wheat germ, plain : 1 cup : 432 cal

Orange juice : 1 cup : 113 cal

Calories: 761 Carb=124g Prot=44g Fat=15g

Lunch

Turkey sandwich, with spread : 1 sandwich : 330 cal

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Cheese, processed, American or Cheddar type, nonfat or fat free : 1 slice, NFS (.75 oz) : 31 cal

Calories: 442 Carb=50g Prot=34g Fat=12g

Dinner

Carrots, cooked, from frozen, fat not added in cooking : 1/2 cup, baby carrots : 27 cal

Spaghetti with tomato sauce, meatless : 1 cup : 229 cal

Bread, whole wheat, 100% : 1 regular slice : 69 cal

Calories: 325 Carb=60g Prot=11g Fat=4.9g

Snacks

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Almonds : 1 oz (22 whole kernels) : 167 cal

Yogurt, fruit variety, lowfat milk : 1 8 oz container : 231 cal

Banana, raw : 1 large (8" to 8-7/8" long) : 125 cal

Calories: 605 Carb=102g Prot=17g Fat=18g

Total Calories: 2133 Carb=336g Prot=106g Fat=51g

SUB DAY 2

Breakfast

Orange juice : 1 cup : 113 cal

Oatmeal, cooked, instant, fat not added in cooking : 1/2 cup, cooked : 113 cal

Raspberries, red, raw : 1/2 cup : 30 cal

Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat : 1/2 cup : 43 cal

Scrambled egg, made from cholesterol-free frozen mixture : 1/2 cup, cooked (1/4 cup raw, equivalent to 1 large egg, makes 1/3 cup cooked) : 125 cal

Calories: 424 Carb=63g Prot=19g Fat=12g

Lunch

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal

Turkey sandwich, with spread : 1/2 sandwich : 165 cal

Italian dressing, reduced calorie, fat-free : 1 tablespoon : 6 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Calories: 306 Carb=47g Prot=17g Fat=6.9g

Dinner

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal

Yam, Puerto Rican (Name), cooked : 1 Typical Serving : 81 cal

Creamy dressing, made with sour cream and/or buttermilk and oil : 1 tablespoon : 71 cal

Flounder, baked or broiled : 1 oz, boneless, cooked : 38 cal

Calories: 216 Carb=25g Prot=8.7g Fat=9.4g

Snacks

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Almonds : 1/3 cup : 277 cal

Wheat germ, plain : 1 Typical Serving : 214 cal

Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal

Cheese, Mozzarella, part skim : 1 slice (1 oz) : 79 cal

Pear, raw : 1 medium pear (approx 2-1/2 per lb) : 98 cal

Calories: 876 Carb=102g Prot=47g Fat=37g

Total Calories: 1822 Carb=237g Prot=92g Fat=65g

FAST FOOD EMERGENCIES

Emergencies are going to arise. When they do, try to make a fast-food selection that closely matches the content and calorie level of your prescribed meal.

To check calorie content of the foods served in popular fast-food restaurants, please see:

<http://www.fastfood.com/Nutrition/> OR <http://www.calorie-count.com/>

And some of the individual establishments:

McDonald's

http://www.mcdonalds.com/usa/eat/nutrition_info.html

Wendy's

<http://www.wendys.com/food/Nutrition.jsp>

Kentucky Friend Chicken

<http://www.kfc.com/nutrition/default.asp>

Burger King

<http://www.bk.com/#menu=3,1,-1>

Pizza Hut

<http://www.pizzahut.com/Nutrition.aspx>

LaRosa's

http://www.larosas.com/site_content/9.2.html

Skyline Chili

<http://www.skylinechili.com/nutrition.php>

Panera Bread

<http://www.panerabread.com/menu/>