



1600 Calorie Custom Meal Plans

This Meal Plan is meant to be used for a full 30 days.

Stick with this plan along with exercise and
I can guarantee it will change your life.

**This Meal Plan includes
Low Fat, Low Carb and On-The-Go Meal Plans**



LOWFAT MEAL PLAN

Meal Planner Report

Planned Meals



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Low Fat - Day 1							
Breakfast							
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Breakfast</i>				29.00	17.30	2.40	213.00
Lunch							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				29.70	46.40	2.70	339.00
Snack 2							
9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	1.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Snack 2</i>				35.00	39.00	4.00	328.00
Dinner							
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
19	5.0	ounce(s)	Flank - fat trimmed off, braised	39.65	0.00	18.35	335.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				48.65	85.40	20.43	725.50
Breakfast							
<i>Totals For 1600 Calories Low Fat - Day 1</i>				143.55	214.80	30.13	1710.50
Breakfast							
<i>Totals For 1600 Calories Low Fat - Day 1</i>				142.35	188.10	29.77	1605.50

1600 Calories Low Fat - Day 2

Breakfast

9	1.0	each	Bagel - plain Lenders brand	10.00	40.00	1.50	210.00
0	12.0	ounce(s)	Coffee - w/cafeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals for Breakfast				24.90	83.00	3.60	456.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				0.30	21.00	0.50	81.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Lunch				28.60	29.00	2.40	270.00

Snack 2

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 2				22.00	17.40	3.40	174.00

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
1	6.0	ounce(s)	Salmon - broiled	37.62	0.00	21.00	348.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
Totals for Dinner				46.82	55.10	22.18	616.00

Breakfast

Totals For 1600 Calories Low Fat - Day 2				127.62	205.50	37.08	1597.00
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1600 Calories Low Fat - Day 3

Breakfast

9	0.5	each	Bagel - plain Lenders brand	5.00	20.00	0.75	105.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				19.90	63.00	2.85	351.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				28.60	29.00	2.40	270.00

Snack 2

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 2</i>				22.00	17.40	3.40	174.00

Dinner

18	2.0	3 oz	Beef, ground, extra lean, cooked, baked, medium	41.60	0.00	27.44	425.00
5	2.0	each	Cheese - KRAFT Free slice	10.00	6.00	0.00	60.00
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	6.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	12.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
0	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
<i>Totals for Dinner</i>				56.90	50.50	31.84	738.00

Breakfast

<i>Totals For 1600 Calories Low Fat - Day 3</i>				127.70	180.90	40.99	1614.00
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1600 Calories Low Fat - Day 4

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	6.0	ounce(s)	Yogurt - Dannon, fat free, blended, all flavors	7.00	33.00	0.00	162.00
<i>Totals for Breakfast</i>				8.60	61.10	0.60	279.00

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				1.10	17.40	0.30	69.00

Lunch

21	3.0	table spoon	BBQ - Healthy Choice	0.09	17.10	0.06	75.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	1 tablespoon chopped	Chives, raw	0.10	0.13	0.02	0.90
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
5	2.0	1 oz	Sour cream, imitation, cultured	1.34	3.71	10.93	116.48
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				31.03	56.19	12.76	466.38

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				28.00	6.20	2.30	164.00

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
5	2.0	each	Cheese - KRAFT Free slice	10.00	6.00	0.00	60.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
9	1.5	cup	Rice - white cook steamed	6.75	60.75	0.00	270.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	3.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	0.25	0.00	0.00
<i>Totals for Dinner</i>				48.45	96.00	4.10	614.50

Breakfast

<i>Totals For 1600 Calories Low Fat - Day 4</i>				117.18	236.89	20.06	1592.88
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1600 Calories Low Fat - Day 5**Breakfast**

15	1.0	cup	Bran Flakes - cereal	6.00	46.00	0.00	180.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				24.80	61.30	0.40	328.00

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 1</i>				0.40	8.20	0.20	40.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
21	6.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	12.00
5	2.0	1 oz	Sour cream, imitation, cultured	1.34	3.71	10.93	116.48
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
0	3.0	each	Tortilla - flour, soft, 7" diam.	6.00	42.00	6.00	240.00
<i>Totals for Lunch</i>				35.59	66.96	18.53	582.48

Snack 2

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 2</i>				22.00	17.40	3.40	174.00

Dinner

1	6.0	ounce(s)	Catfish - dry heat cooked	31.80	0.00	13.62	258.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	3.0	table spoon	Ranch - no fat, KRAFT Free	0.00	9.00	0.00	48.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				38.50	65.50	14.52	565.50

Breakfast

<i>Totals For 1600 Calories Low Fat - Day 5</i>				121.29	219.36	37.05	1689.98
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1600 Calories Low Fat - Day 6**Breakfast**

9	1.0	each	Bagel - plain Lenders brand	10.00	40.00	1.50	210.00
5	1.0	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.3	cup	Egg Beaters - Fleischmann's	5.00	1.00	0.00	25.00
<i>Totals for Breakfast</i>				20.40	45.40	1.50	277.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
9	7.0	each	Cracker/Nabisco - Low Saltines	1.40	14.00	2.80	84.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 1</i>				22.70	36.40	4.70	263.00

Lunch

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	3.0	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
0	0.5	1 can (19 oz), ready-to-serve	Soup, vegetable, canned, chunky, ready-to-serve, commercial	3.93	21.34	4.15	137.45
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				42.93	67.34	6.95	493.45

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 2</i>				1.10	17.40	0.30	69.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	1 tablespoon chopped	Chives, raw	0.20	0.26	0.04	1.80
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
5	2.0	1 oz	Sour cream, imitation, cultured	1.34	3.71	10.93	116.48
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				33.04	61.57	13.05	503.28

Breakfast

Totals For 1600 Calories Low Fat - Day 6				120.17	228.11	26.60	1605.73
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1600 Calories Low Fat - Day 7

Breakfast

9	0.5	each	Bagel - plain Lenders brand	5.00	20.00	0.75	105.00
0	12.0	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	2.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
19	3.0	ounce(s)	sausage - turkey, Jimmy Dean Light	15.00	0.00	17.43	198.00
<i>Totals for Breakfast</i>				30.40	31.40	18.18	397.00

Lunch

0	1.0	each	Chicken breast fillet sandwich	22.20	52.10	22.50	445.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Lunch</i>				23.30	70.50	22.80	514.00

Snack 2

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 2</i>				0.40	8.20	0.20	40.00

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
22	0.3	cup	Croutons -plain	0.90	5.50	0.50	30.50
20	2.0	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	6.0	ounce(s)	Shrimp - boiled or steamed	35.52	0.00	1.80	168.00
0	12.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
<i>Totals for Dinner</i>				44.82	81.80	3.70	542.50

Snack 3

16	1.0	1 piece (1/12 of 12 oz cake)	Cake, angelfood, commercially prepared	1.65	16.18	0.22	72.24
5	2.0	1 tablespoon	Cream, whipped, cream topping, pressurized	0.19	0.75	1.33	15.42
7	1.0	ounce(s)	Strawberry - fresh, 1 medium	0.20	2.00	0.10	9.00
<i>Totals for Snack 3</i>				2.04	18.93	1.65	96.66

Totals For 1600 Calories Low Fat - Day 7				100.94	210.83	46.53	1590.16
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LOW CARB MEAL PLAN

Meal Planner Report

Planned Meals



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Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Low Carb - Day 1							
Breakfast							
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				14.00	46.90	6.00	312.00
Snack 1							
4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<i>Totals for Snack 1</i>				8.64	7.85	18.13	213.53
Lunch							
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.14	1.91	7.40	75.15
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<i>Totals for Lunch</i>				28.40	55.83	10.25	416.75
Snack 2							
0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				6.00	24.00	4.00	160.00
Dinner							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	6.0	ounce(s)	Green beans - string, boiled & drained	3.15	13.35	0.45	60.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	17.50	1.25	15.00	225.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	0.5	0.5 cup	Sauce, ready-to-serve, salsa	0.83	4.06	0.16	18.20
<i>Totals for Dinner</i>				55.28	30.16	18.01	519.20
Breakfast							
<i>Totals For 1600 Calories Low Carb - Day 1</i>				112.32	164.74	56.39	1621.48

1600 Calories Low Carb - Day 2**Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
<i>Totals for Breakfast</i>				13.40	42.85	2.70	233.50

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.08	29.28	0.32	151.64

Lunch

6	0.8	1 cup, grated	Carrots, raw	0.77	7.90	0.20	33.83
20	4.0	table spoon	Italian - fat free, KRAFT Free	0.00	4.00	0.00	24.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	1.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	7.23	8.65	23.86	259.98
6	4.0	1 cup	Spinach, raw	3.43	4.36	0.47	27.60
<i>Totals for Lunch</i>				25.43	25.91	46.02	525.41

Snack 2

5	3.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	24.00	3.00	4.50	150.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				26.00	14.00	4.50	200.00

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	4.0	ounce(s)	Cod - Atlantic, broiled	25.88	0.00	1.00	120.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.3	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	19.37
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
<i>Totals for Dinner</i>				31.84	37.57	5.91	339.06

Snack 3

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 3</i>				1.32	34.05	0.20	128.57

Totals For 1600 Calories Low Carb - Day 2				106.07	183.66	50.16	1578.18
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1600 Calories Low Carb - Day 3**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				25.69	34.36	5.05	281.69

Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	14.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.33	18.67	0.00	84.00
<i>Totals for Snack 1</i>				2.63	39.77	0.00	165.00

Lunch

0	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.14	0.16	14.40
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				38.81	20.43	16.18	387.78

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 2</i>				15.55	19.32	1.58	148.30

Dinner

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.59	1.55	8.92	142.24
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
20	1.0	table spoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	2.00	15.00	2.00	110.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	3.34	19.84	0.47	98.70
<i>Totals for Dinner</i>				60.53	56.39	14.59	640.94

Breakfast

Totals For 1600 Calories Low Carb - Day 3				143.21	170.27	37.40	1623.71
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1600 Calories Low Carb - Day 4

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
<i>Totals for Breakfast</i>				24.50	36.87	6.50	307.50

Snack 1

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.52	25.17	0.46	138.64

Lunch

21	0.5	table spoon	Catsup - tomato	0.10	2.05	0.05	8.00
6	6.0	each	Celery - raw stalk, trimmed	3.00	12.00	0.00	60.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
19	2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	10.00	8.00	2.00	100.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.40	0.78	0.31	6.60
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				22.51	67.26	10.40	440.09

Snack 2

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<i>Totals for Snack 2</i>				8.64	7.85	18.13	213.53

Dinner

6	3.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	3.42	7.64	0.84	42.78
12	2.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	37.57	0.00	21.00	350.20
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Dinner</i>				43.59	28.64	58.13	1602.74

Breakfast

Totals For 1600 Calories Low Carb - Day 4				107.76	165.79	58.13	1602.74
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1600 Calories Low Carb - Day 5**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
<i>Totals for Breakfast</i>				23.55	15.74	10.49	255.60

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	16.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.67	21.33	0.00	96.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Lunch</i>				34.67	79.93	7.60	535.00

Snack 2

0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				2.00	11.00	0.00	50.00

Dinner

18	1.0	3 oz	Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24.67	0.00	8.96	186.15
3	8.0	ounce(s)	Green beans - string boiled & drained	4.20	17.80	0.60	80.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup, chopped	Onions, raw	0.74	8.09	0.06	33.60
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 teaspoon	Spices, garlic powder	0.50	2.18	0.02	9.96
<i>Totals for Dinner</i>				32.60	37.00	20.11	446.58

Snack 3

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
<i>Totals for Snack 3</i>				14.00	22.00	6.00	200.00

Totals For 1600 Calories Low Carb - Day 5				122.37	184.99	45.78	1635.48
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1600 Calories Low Carb - Day 6**Breakfast**

7	0.8	1 cup	Blueberries, raw	0.80	15.76	0.36	61.99
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
<i>Totals for Breakfast</i>				13.60	45.26	2.76	242.99

Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	3.0	table spoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
<i>Totals for Snack 1</i>				4.65	27.05	5.25	190.50

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk, low moisture	7.27	1.07	5.61	84.56
12	1.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	20.08	0.00	2.52	108.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.35	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				31.42	40.29	20.50	465.09

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				54.55	29.65	9.09	431.20

Dinner

21	2.0	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	2.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
<i>Totals for Dinner</i>				59.75	53.45	9.29	539.20

Snack 3

19	4.0	each	TYSON Breaded Honey Battered Tenders	9.60	9.60	12.00	184.00
<i>Totals for Snack 3</i>				9.60	9.60	12.00	184.00

Totals For 1600 Calories Low Carb - Day 6				121.38	165.35	40.51	1608.78
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1600 Calories Low Carb - Day 7

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				<i>14.00</i>	<i>46.90</i>	<i>6.00</i>	<i>312.00</i>

Snack 1

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<i>22.55</i>	<i>20.87</i>	<i>2.15</i>	<i>189.30</i>

Lunch

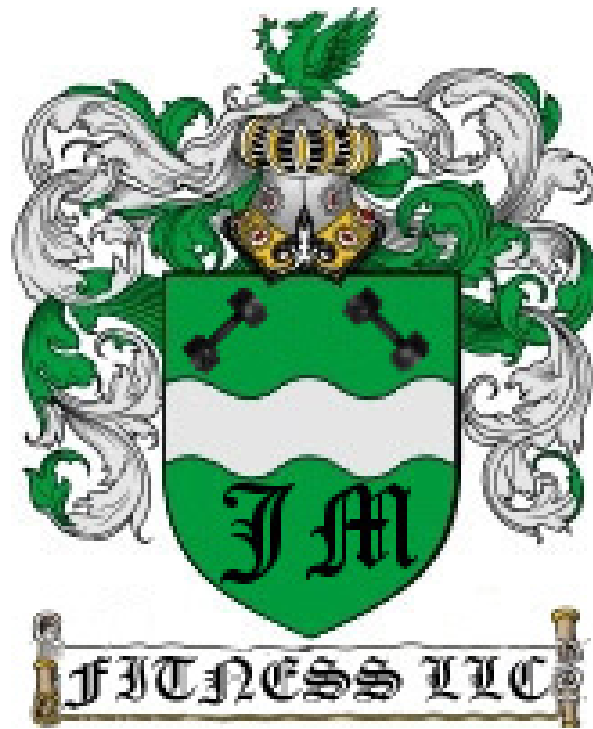
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Lunch</i>				<i>27.34</i>	<i>59.05</i>	<i>8.93</i>	<i>417.20</i>

Snack 2

0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				<i>6.00</i>	<i>24.00</i>	<i>4.00</i>	<i>160.00</i>

Dinner

23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	6.0	ounce(s)	Swordfish - cooked dry heat	43.20	0.00	8.76	264.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals For 1600 Calories Low Carb - Day 7</i>				<i>133.15</i>	<i>181.48</i>	<i>53.77</i>	<i>1751.82</i>
				<i>130.28</i>	<i>178.82</i>	<i>46.93</i>	<i>1673.79</i>



ON-THE-GO MEAL PLAN

Meal Planner Report

Planned Meals



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories On The Go - Day 1							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
Totals for Breakfast				21.58	56.24	11.51	407.00
Snack 1							
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.42	18.00	0.00	120.00
Lunch							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				38.23	24.66	6.63	312.90
Snack 2							
21	1.0	table spoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.30	20.85	8.20	175.00
Dinner							
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
4	1.0	1 cup	Refried beans, canned (includes USDA commodity)	13.83	39.14	3.18	236.88
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				26.80	71.09	14.63	504.06
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals for Snack 3				2.01	8.01	3.00	69.00
Totals For 1600 Calories On The Go - Day 1				102.92	198.85	43.97	1588.00

1700 Calories On The Go - Day 2

Breakfast

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				16.07	65.85	6.50	375.82

Snack 1

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.36	32.59	2.89	159.86

Lunch

0	1.0	each	BK Barbecue Sauce	0.00	9.00	0.00	35.00
0	1.0	each	BK Chicken Whopper Jr. NO mayo	23.00	31.00	6.00	270.00
0	1.0	each	BK Side Salad w/ lite lt. Drsg	1.00	9.00	5.00	75.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	49.00	11.00	380.00

Snack 2

4	1.5	1 oz	Peanuts, all types, dry-roasted, without salt	9.95	9.03	20.86	245.70
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				9.95	9.03	20.86	245.70

Dinner

6	1.0	1 tablespoon	Catsup	0.27	3.58	0.09	14.25
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.28	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
6	1.0	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				12.31	29.53	5.01	241.65

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
4	1.0	1 cup	Soy milk, fluid	9.19	11.37	5.10	120.05
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.12	5.95	0.09	25.20
Totals for Snack 3				9.91	30.67	5.49	197.75

Totals For 1700 Calories On The Go - Day 2				84.02	216.67	51.25	1600.78
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1600 Calories On The Go - Day 3**Breakfast**

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
<i>Totals for Breakfast</i>				15.27	80.52	2.37	384.00

Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				4.17	6.07	15.20	178.00

Lunch

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	each	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	18.00	46.00	4.50	280.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				19.10	63.40	4.80	349.00

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				6.96	5.89	5.30	101.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	4.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				61.34	49.73	12.41	562.85

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
<i>Totals for Snack 3</i>				1.50	6.00	0.00	130.00

Totals For 1600 Calories On The Go - Day 3				108.34	208.61	0.00	1605.35
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1600 Calories On The Go - Day 4**Breakfast**

0	6.0	ounce(s)	Apple juice - Mott's	0.00	22.00	0.00	90.00
7	2.0	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	1.73	22.28	0.79	92.72
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
Totals for Breakfast				3.73	71.28	3.79	322.72

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	table spoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				4.45	13.35	8.45	135.50

Lunch

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	1.0	1 cup	Hummus, commercial	19.75	35.72	24.00	415.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				22.85	57.47	24.70	520.50

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				29.00	14.20	2.30	200.00

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	15.58	40.61	3.00	251.68
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				27.43	65.40	7.59	421.68
Totals For 1600 Calories On The Go - Day 4				87.56	244.06	47.02	1599.90

1600 Calories On The Go - Day 5

Breakfast

16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				10.77	57.58	6.35	317.32

Snack 1

7	0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.04	24.01	0.24	131.33

Lunch

6	1.0	1 packet	Catsup	0.11	1.43	0.04	5.70
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.28	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.20	0.39	0.16	3.30
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Jr. Hamburger	14.00	34.00	9.00	270.00
0	1.0	each	Wendy's Small Chili	17.00	21.00	6.00	200.00
Totals for Lunch				31.63	57.88	15.26	484.10

Snack 2

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				7.67	23.33	0.00	104.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				50.05	44.19	7.31	440.52

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
Totals for Snack 3				6.60	22.12	2.25	129.00

Totals For 1600 Calories On The Go - Day 5				109.76	229.11	31.41	1606.27
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1600 Calories On The Go - Day 6

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				13.72	64.94	2.76	327.64

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				6.96	5.89	5.30	101.50

Lunch

12	1.5	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	32.53	0.00	1.05	147.90
6	0.3	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
21	1.0	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				37.28	61.56	8.90	476.05

Snack 2

0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				0.00	0.00	0.00	0.00

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	5.0	each	Lean Turkey Meatballs- HoneySuckle White	28.33	10.00	11.67	250.00
21	0.8	cup	Marinara sauce - Progresso 'Authentic'	6.00	15.00	9.00	165.00
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				42.81	61.44	23.52	584.50

Snack 3

9	2.0	each	Graham Crackers	0.97	10.75	1.41	59.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 3</i>				1.17	14.85	1.41	79.00

Totals For 1600 Calories On The Go - Day 6				101.94	208.68	41.89	1568.69
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1600 Calories On The Go - Day 7

Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Breakfast</i>				8.80	62.60	3.80	305.00

Snack 1

4	1.3	ounce(s)	Walnuts, dried	5.21	7.59	19.00	222.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				5.21	7.59	19.00	222.50

Lunch

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				33.57	64.12	2.37	404.00

Snack 2

7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
0	0.3	1 cup	Snacks, trail mix, regular, unsalted	5.18	16.84	11.02	173.25
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				6.04	39.01	11.15	256.97

Dinner

12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				41.62	15.44	10.82	332.45

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
<i>Totals For 1600 Calories On The Go - Day 7</i>				100.08	196.76	52.14	1610.92