

**DAY # 1**  
(03/22/2007)

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>						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals:			1.20	26.70	0.60	105.00
<b>Lunch</b>						
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
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:			29.98	31.05	6.93	316.50
<b>PM Snack</b>						
6	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
2.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	7.50	0.00	20.00
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
Totals:			31.30	26.80	4.50	252.00
<b>Dinner</b>						
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
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
1.5	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			39.60	47.04	6.57	400.52
<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 03/22/2007:</b>			<b>133.08</b>	<b>202.49</b>	<b>21.20</b>	<b>1498.02</b>
<b>Actual % of Total Calories:</b>			<b>34.72</b>	<b>52.83</b>	<b>12.45</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.