

Meal Planner Report

Planned Meals



Janet Samples

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories On The Go - Day 1							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				16.29	38.81	6.00	271.00
Snack 1							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.42	15.46	4.75	113.04
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
<i>Totals for Snack 1</i>				10.42	33.46	4.75	233.04
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	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
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
<i>Totals for Lunch</i>				29.73	24.66	6.43	274.90
Snack 2							
21	1.0	table spoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
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>				5.30	11.85	8.20	135.00
Dinner							
4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, without salt	7.80	21.25	0.69	119.70
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
20	1.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
21	3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
0	2.0	1 cup (8 fl oz)	Water, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				15.99	56.51	8.14	351.88
Snack 3							
0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00

