

Sample Breakfast Meal Plans for a Calorie Goal of 1200 cals / day

| Day 1 | Serving | Calories |
|----------------|---------|------------|
| Cream of wheat | 1 Cup | 131 |
| 1% milk | 1/2 Cup | 53 |
| Hardboiled egg | 1 egg | 80 |
| Grapes | 20 | 68 |
| Total | | 332 |

| Day 2 | Serving | Calories |
|---------------------|-----------|------------|
| Egg Beaters | 1/4th Cup | 30 |
| Toasted wheat bread | 1 Slice | 78 |
| Jam | 1 Tbsp | 56 |
| Banana, medium | 1 (7 ") | 105 |
| Clementine | 1 | 41 |
| Total | | 310 |

| Day 3 | Serving | Calories |
|------------------------|-----------------|------------|
| Greek Yogurt | 1 Cup | 137 |
| Sara Lee mini bagel | Small (1.3 oz.) | 100 |
| Cream Cheese (Whipped) | 2 Tbsp | 70 |
| Blueberries | 1/2 cup | 42 |
| Total | | 349 |

| Day 4 | Serving | Calories |
|----------------------------|---------|------------|
| Kelloggs Corn Flakes | 1 Cup | 100 |
| Reduced-fat milk (2 % fat) | 1 Glass | 122 |
| Apple | 1 small | 80 |
| Total | | 302 |

| Day 5 | Serving | Calories |
|-------------------|-----------|------------|
| Whole grain bagel | 1/2 bagel | 170 |
| Peanut butter | 1 Tbsp | 94 |
| Honeydew melon | 1 cup | 61 |
| Total | | 325 |

| Day 6 | Serving | Calories |
|---------------------------------|----------|------------|
| Regular Oatmeal cooked w/ water | 1 Cup | 166 |
| Reduced-fat milk (1 % fat) | 1 Glass | 105 |
| Dole mixed fruit cup | 4 oz cup | 80 |
| Total | | 351 |

| Day 7 | Serving | Calories |
|---------------------|----------|------------|
| Toasted wheat bread | 2 Slices | 150 |
| Jam | 1 Tbsp | 64 |
| Turkey Sausage | 1 link | 67 |
| Total | | 281 |

Sample Lunch Meal Plans for a Calorie Goal of 1200 cals / day

| Day 1 | Serving | Calories |
|--|-------------------|------------|
| Whole Wheat sandwich thins | 1 | 100 |
| Hillshire Deli Select: Honey roasted turkey breast | 2 oz. (6 slices) | 60 |
| Iceberg Lettuce | 1 leaf | 1 |
| Tomato | 2 Slices | 8 |
| Mayonnaise: Reduced-Fat Light | 1 Tbsp | 49 |
| Greek yogurt, plain | 1 Cup | 130 |
| Blueberries | ¼ cup | 20 |
| Total | | 372 |

| Day 2 | Serving | Calories |
|---------------------------------|--------------|------------|
| Mixed vegetable tossed salad | 2 Cups | 44 |
| Low fat ranch dressing | 1 Tbsp | 29 |
| Pita, whole wheat | 4" Diameter | 74 |
| Roasted chicken breast, no skin | 4.2 oz | 142 |
| Ken's Lite Honey Mustard | 1Tbsp | 25 |
| Banana | 1small (6 ") | 89 |
| Total | | 403 |

| Day 3 | Serving | Calories |
|------------------------------|--------------------|------------|
| Frozen entrée (Smart Ones) | 1 package, 10.5 oz | 290 |
| Grape Tomatoes | 8 | 20 |
| Peaches canned in 100% juice | 4 oz Cup | 80 |
| Raspberry Seltzer | 1 Can | 0 |
| Total | | 390 |

| Day 4 | Serving | Calories |
|------------------------|----------|------------|
| Tomato soup, Progresso | 1 Cup | 110 |
| Toasted Wheat bread | 2 Slices | 150 |
| 2 % American cheese | 2 Slices | 90 |
| Grapes | 10 | 34 |
| Total | | 384 |

| Day 5 | Serving | Calories |
|---|------------|------------|
| Romaine Lettuce | 2 Cups | 16 |
| Cherry Tomatoes | 6 (3.6 oz) | 18 |
| Ken's light Oil and Vinegar dressing | 2 Tbsp | 50 |
| Tuna packed in water, light | 3 oz | 99 |
| Wheat roll (deli flat, Pepperidge Farm) | 1 | 100 |
| Clementine | 1 | 40 |
| Raisins | 0.6 oz | 45 |
| Total | | 368 |

| Day 6 | Serving | Calories |
|--|----------|------------|
| Romaine lettuce | 2 Cups | 16 |
| Tomato | 2 Slices | 8 |
| Boiled boneless, skinless chicken breast | 4 oz | 140 |
| Kraft Zesty Italian Dressing | 2 Tbsp | 60 |
| Chopped onions | 1/4 Cup | 17 |
| Pear | 1 small | 80 |
| Total | | 321 |

| Day 7 | Serving | Calories |
|--|-----------|------------|
| Peanut butter, natural | 2 Tbsp | 210 |
| Pepperidge Farm Sandwich thin, whole wheat | 1 | 100 |
| Honey | 1 Tbsp | 64 |
| Strawberries | 10 Medium | 38 |
| Total | | 412 |

Sample Dinner Meal Plans for a Calorie Goal of 1200 cal / day

| Day 1 | Serving | Calories |
|--------------------------------|--------------------|------------|
| Baked Salmon (sockeye) | 4 Oz. | 195 |
| Baked Potato -w/ skin and salt | 1, small, (4.9 oz) | 128 |
| Lite sour cream | 1 Tbsp | 16 |
| Boiled broccoli | 1 Cup | 55 |
| Cantaloupe | 1 Cup, cubes | 53 |
| Skinny Cow Ice cream sandwich | 1 | 140 |
| Total | | 587 |

| Day 2 | Serving | Calories |
|---|-----------|------------|
| Smart Ones, Frozen dinner – Chicken Enchilada | 1 package | 290 |
| Toss salad | 1 cup | 22 |
| Dole Mixed Fruit cup | 4 oz. cup | 70 |
| Hershey's Dark Chocolate Kisses | 4 | 80 |
| Total | | 482 |

| Day 3 | Serving | Calories |
|-----------------------------|----------|------------|
| Pasta Spirals | 1 Cup | 212 |
| Zucchini, boiled, with skin | 1 Cup | 29 |
| Marinara pasta sauce | 1/2 Cup | 65 |
| Toss salad | 1 Cup | 22 |
| Ken's Lite Italian Dressing | 1 Tbsp | 23 |
| Strawberries | 5 Medium | 19 |
| Chocolate Sauce (Hershey's) | 1 Tbsp | 50 |
| Total | | 465 |

| Day 4 | Serving | Calories |
|--|---------|------------|
| Tofu (Nasoya-Firm) | 3 oz | 70 |
| Stir-fry vegetables (Birds Eye frozen) | 2 Cups | 82 |
| Cooked brown rice | 1/2 Cup | 109 |
| Sesame Ginger Dressing (Litehouse) | 2 Tbsp | 40 |
| Apple (baked if desired) | 1 small | 80 |
| Caramel Dip | 1 Tbsp | 55 |
| Total | | 436 |

| Day 5 | Serving | Calories |
|--------------------------------|---------|------------|
| Roasted Turkey Breast, no skin | 4 oz. | 153 |
| Turkey Gravy (can) | ¼ cup | 30 |
| Mashed Potatoes | 1 Cup | 237 |
| Carrots | 1 Cup | 55 |
| Fudge Bar (Walmart) | 1 | 70 |
| Total | | 545 |

| Day 6 | Serving | Calories |
|--|---------|------------|
| Pork Chop, center loin, bone in, broiled | 3 oz. | 204 |
| Applesauce, unsweetened | ½ Cup | 51 |
| Green Beans, steamed | 1 Cup | 44 |
| Dinner Roll (wheat) | 1 | 76 |
| Whipped Butter | ½ Tbsp | 34 |
| Popsicle (Blue Bunny, sugar free) | 1 | 15 |
| Total | | 424 |

| Day 7 | Serving | Calories |
|---|----------|------------|
| Broiled cube steak | 4 oz. | 188 |
| Onions and peppers roasted in Pam Spray | 1 Cup | 56 |
| Lite sour cream | 1 Tbsp | 17 |
| Sweet potato, baked w/ skin | 1 medium | 100 |
| Blueberries | ¼ Cup | 20 |
| Cool Whip, Sugar free | ¼ Cup | 40 |
| Total | | 421 |

Sample Breakfast Meal Plans for a Calorie Goal of 1500 cal / day

| Day 1 | Serving | Calories | Fat Gms |
|------------------------|----------|------------|----------------|
| Bran Flakes | ¾ Cup | 96 | 0.7 gms |
| Banana | 1 medium | 105 | 0.4 gms |
| 1% Milk | 1 Cup | 105 | 2.4 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 311 | 3.5 gms |

| Day 2 | Serving | Calories | Fat Gms |
|------------------------|---------|------------|----------------|
| Whole Grain Bagel | ½ Bagel | 170 | 1.3 gms |
| Peanut Butter | 1 Tbsp | 94 | 8.1 gms |
| Apple | 1 Large | 110 | 0.4 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 379 | 9.8 gms |

| Day 3 | Serving | Calories | Fat Gms |
|--------------------------------------|---------|------------|----------------|
| Cooked Quaker Oats Old-Fashioned dry | ½ Cup | 150 | 3 gms |
| 1 % Milk | 1 Cup | 105 | 2.4 gms |
| Brown Sugar | 3 tsp | 33 | 0 gms |
| Orange | 1 Large | 86 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 379 | 5.6 gms |

| Day 4 | Serving | Calories | Fat Gms |
|----------------------------------|---------|------------|-----------------|
| Scrambled Eggs | 2 | 156 | 10 gms |
| Pam cooking spray | 1 Spray | 2 | 0.2 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Canned Pears | ½ Cup | 62 | 0.1 gms |
| Whole Grain Bread, toasted | 1 Slice | 65 | 1 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5.0 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 385 | 18.8 gms |

| Day 5 | Serving | Calories | Fat Gms |
|-------------------------|---------|------------|--------------|
| Cream of Wheat | 1 Cup | 131 | 0.6 gms |
| 1 % Milk | ½ Cup | 54 | 1.2 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Grapes | 20 | 68 | 0.2 gms |
| Total | | 360 | 2 gms |

Sample Lunch Meal Plans for a Calorie Goal of 1500 cal / day

| Day 1 | Serving | Calories | Fat Grams |
|---|--------------|------------|----------------|
| Healthy Choice Oven Roasted Turkey Breast | 4 Slices | 60 | 1.0 gms |
| Whole Grain Bread | 2 Slices | 131 | 2.0 gms |
| Romaine Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch Slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Baby Carrots | 1 Cup | 50 | 0.2 gms |
| Grapes | 30 | 102 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 409 | 8.5 gms |

| Day 2 | Serving | Calories | Fat Grams |
|----------------------------------|----------|------------|-----------------|
| Condensed Tomato Soup | 1 Cup | 151 | 1.4 gms |
| Whole Grain Bread, toasted | 2 Slices | 131 | 2 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 382 | 10.9 gms |

| Day 3 | Serving | Calories | Fat Grams |
|--|-------------------|------------|----------------|
| Boiled Boneless, Skinless Chicken Breast | 6 oz. | 211 | 6 gms |
| Romaine Lettuce | 2 Cups | 16 | 0.3 gms |
| Tomato | ¼ inch slices | 4 | 0.1 gms |
| Kraft Fat-Free Italian Dressing | 2 Tbsp | 15 | 6 gms |
| Chopped Onions | ¼ Cup | 12 | 0 gms |
| Welch's Light Cocktail Grape Juice | 1 Glass (8 fl oz) | 70 | 0 gms |
| Total | | 331 | 6.4 gms |

| Day 4 | Serving | Calories | Fat Grams |
|----------------------------|--------------|------------|-----------------|
| Extra Lean 5% Fat Deli Ham | 3 Slices | 69 | 1.8 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Pear | 1 Large | 110 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 319 | 10.5 gms |

| Day 5 | Serving | Calories | Fat Grams |
|-------------------------|--------------|------------|----------------|
| Light Tuna | 1 Can | 96 | 0.7 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Carrot Sticks | 1 Cup | 50 | 0.2 gms |
| Grapes | 20 | 68 | 0.2 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Total | | 505 | 8.1 gms |

Sample Dinner Meal Plans for a Calorie Goal of 1500 cal / day

| Day 1 | Serving | Calories | Fat Grams |
|---|--------------|------------|----------------|
| Healthy Choice Oven Roasted Turkey Breast | 4 Slices | 60 | 1.0 gms |
| Whole Grain Bread | 2 Slices | 131 | 2.0 gms |
| Romaine Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch Slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Baby Carrots | 1 Cup | 50 | 0.2 gms |
| Grapes | 30 | 102 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 409 | 8.5 gms |

| Day 2 | Serving | Calories | Fat Grams |
|----------------------------------|----------|------------|-----------------|
| Condensed Tomato Soup | 1 Cup | 151 | 1.4 gms |
| Whole Grain Bread, toasted | 2 Slices | 131 | 2 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 382 | 10.9 gms |

| Day 3 | Serving | Calories | Fat Grams |
|--|-------------------|------------|----------------|
| Boiled Boneless, Skinless Chicken Breast | 6 oz. | 211 | 6 gms |
| Romaine Lettuce | 2 Cups | 16 | 0.3 gms |
| Tomato | ¼ inch slices | 4 | 0.1 gms |
| Kraft Fat-Free Italian Dressing | 2 Tbsp | 15 | 6 gms |
| Chopped Onions | ¼ Cup | 12 | 0 gms |
| Welch's Light Cocktail Grape Juice | 1 Glass (8 fl oz) | 70 | 0 gms |
| Total | | 331 | 6.4 gms |

| Day 4 | Serving | Calories | Fat Grams |
|----------------------------|--------------|------------|-----------------|
| Extra Lean 5% Fat Deli Ham | 3 Slices | 69 | 1.8 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Pear | 1 Large | 110 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 319 | 10.5 gms |

| Day 5 | Serving | Calories | Fat Grams |
|-------------------------|--------------|------------|----------------|
| Light Tuna | 1 Can | 96 | 0.7 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Carrot Sticks | 1 Cup | 50 | 0.2 gms |
| Grapes | 20 | 68 | 0.2 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Total | | 505 | 8.1 gms |

Sample Breakfast Meal Plans for a Calorie Goal of 1800 cal / day

| Day 1 | Serving | Calories | Fat Gms |
|------------------------------------|-------------------|------------|----------------|
| Bran Flakes | ¾ Cup | 96 | 0.7 gms |
| Banana | 1 medium | 105 | 0.4 gms |
| 2% Milk | 1 Cup | 122 | 4.8 gms |
| Welch's Light Cocktail Grape Juice | 1 Glass (8 fl oz) | 70 | 0 gms |
| Total | | 393 | 5.9 gms |

| Day 2 | Serving | Calories | Fat Gms |
|------------------------|---------|------------|----------------|
| Whole Grain Bagel | ½ Bagel | 170 | 1.3 gms |
| Peanut Butter | 1 Tbsp | 94 | 8.1 gms |
| Grape Jelly | 1 Tbsp | 50 | 0 gms |
| Apple | 1 Large | 110 | 0.4 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 429 | 9.8 gms |

| Day 3 | Serving | Calories | Fat Gms |
|--------------------------------------|---------|------------|--------------|
| Cooked Quaker Oats Old-Fashioned dry | ½ Cup | 150 | 3 gms |
| 2 % Milk | 1 Cup | 122 | 4.8 gms |
| Brown Sugar | 3 tsp | 33 | 0 gms |
| Orange | 1 Large | 86 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 396 | 8 gms |

| Day 4 | Serving | Calories | Fat Gms |
|----------------------------------|----------|------------|-----------------|
| Scrambled Eggs | 2 | 156 | 10 gms |
| Pam cooking spray | 1 Spray | 2 | 0.2 gms |
| Kraft 2 % American Cheese | 1 Slice | 50 | 2.5 gms |
| Canned Pears | ½ Cup | 62 | 0.1 gms |
| Whole Grain Bread, toasted | 2 Slices | 131 | 2 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5.0 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 451 | 19.8 gms |

| Day 5 | Serving | Calories | Fat Gms |
|-------------------------|---------|------------|----------------|
| Cream of Wheat | 1 Cup | 131 | 0.6 gms |
| 2 % Milk | ½ Cup | 61 | 2.4 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Grapes | 30 | 101 | 0.2 gms |
| Total | | 400 | 3.2 gms |

Sample Lunch Meal Plans for a Calorie Goal of 1800 cal / day

| Day 1 | Serving | Calories | Fat Grams |
|---|--------------|------------|----------------|
| Healthy Choice Oven Roasted Turkey Breast | 4 Slices | 60 | 1.0 gms |
| Whole Grain Bread | 2 Slices | 131 | 2.0 gms |
| Romaine Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch Slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Baby Carrots | 1 Cup | 50 | 0.2 gms |
| Grapes | 30 | 102 | 0.2 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Total | | 511 | 8.5 gms |

| Day 2 | Serving | Calories | Fat Grams |
|----------------------------------|----------|------------|-----------------|
| Condensed Tomato Soup | 1 Cup | 151 | 1.4 gms |
| Saltine Crackers | 3 | 77 | 2 gms |
| Whole Grain Bread, toasted | 2 Slices | 131 | 2 gms |
| Kraft 2 % American Cheese | 2 Slices | 100 | 5 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Banana | 1 Medium | 105 | 0.4 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 614 | 10.9 gms |

| Day 3 | Serving | Calories | Fat Grams |
|--|-------------------|------------|-----------------|
| Cooked Boneless, Skinless Chicken Breast | 8 oz. | 343 | 6.9 gms |
| Romaine Lettuce | 2 Cups | 16 | 0.3 gms |
| Tomato | ¼ inch slices | 4 | 0.1 gms |
| Kraft Light Ranch Dressing | 2 Tbsp | 80 | 7 gms |
| Chopped Onions | ¼ Cup | 12 | 0 gms |
| Jello Sugar-Free Chocolate Pudding | 1 Container | 60 | 1.5 gms |
| Welch's Light Cocktail Grape Juice | 1 Glass (8 fl oz) | 70 | 0 gms |
| Total | | 588 | 15.8 gms |

| Day 4 | Serving | Calories | Fat Grams |
|----------------------------|--------------|------------|-----------------|
| Extra Lean 5% Fat Deli Ham | 4 Slices | 92 | 2 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Lettuce | 1 Cup | 8 | 0.1 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Kraft 2 % American Cheese | 2 Slices | 100 | 5 gms |
| Pear | 1 Large | 110 | 0.2 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 499 | 14.3 gms |

| Day 5 | Serving | Calories | Fat Grams |
|-------------------------|--------------|------------|----------------|
| Light Tuna | 1 Can | 96 | 0.7 gms |
| Reduced Fat Mayonnaise | 1 Tbsp | 49 | 5 gms |
| Whole Grain Bread | 2 Slices | 131 | 2 gms |
| Tomato | ¼ inch slice | 4 | 0 gms |
| Carrot Sticks | 1 Cup | 50 | 0.2 gms |
| Grapes | 20 | 68 | 0.2 gms |
| Unsweetened Apple Juice | 1 Cup | 107 | 0 gms |
| Total | | 505 | 8.1 gms |

Sample Dinner Meal Plans for a Calorie Goal of 1800 cal / day

| Day 1 | Serving | Calories | Fat Grams |
|---------------------------------|---------|------------|----------------|
| Roasted Skinless Chicken Breast | 6 oz | 284 | 6.1 gms |
| Steamed Zucchini | 1 Cup | 27 | 0.1 gms |
| Cooked Long-Grain Brown Rice | 1 Cup | 216 | 1.8 gms |
| Canned Peach Slices | 1 Cup | 136 | 0.1 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 668 | 8.1 gms |

| Day 2 | Serving | Calories | Fat Grams |
|----------------------------------|----------|------------|-----------------|
| Baked Salmon Fillet | 6 oz | 300 | 14 gms |
| Baked Potato | 1 Medium | 161 | 0.2 gms |
| Light Sour Cream | 1 Tbsp | 19 | 1.5 gms |
| Cooked Green Beans | ½ Cup | 22 | 0.2 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Diet Soda | 1 Can | 1 | 0 gms |
| Total | | 548 | 20.9 gms |

| Day 3 | Serving | Calories | Fat Grams |
|------------------------------|---------|------------|-----------------|
| Roasted Lean Pork Tenderloin | 6 oz | 279 | 8.2 gms |
| Roasted Mixed Vegetables | 1 Cup | 80 | 0 gms |
| Whole Wheat Cooked Spaghetti | 1 Cup | 176 | 0.8 gms |
| Olive Oil | 1 Tbsp | 119 | 13.5 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 659 | 22.5 gms |

| Day 4 | Serving | Calories | Fat Grams |
|------------------------------------|-------------------|------------|-----------------|
| Broiled Cubed Steak | 6 oz | 280 | 14 gms |
| Baked Potato | 1 Medium | 161 | 0.2 gms |
| Light Sour Cream | 1 Tbsp | 19 | 1.5 gms |
| Steamed Peas | ½ Cup | 34 | 0.2 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Mandarin Oranges | ½ Cup | 46 | 0.3 gms |
| Welch's Light Cocktail Grape Juice | 1 Glass (8 fl oz) | 70 | 0 gms |
| Total | | 655 | 21.2 gms |

| Day 5 | Serving | Calories | Fat Grams |
|---------------------------------------|----------|------------|-----------------|
| Cooked Whole Wheat Spaghetti | 1 Cup | 176 | 0.8 gms |
| Marinara Sauce | ½ Cup | 93 | 3 gms |
| Perdue Italian style Turkey Meatballs | 4 | 180 | 10 gms |
| Part Skim Mozzarella Cheese | 1 oz | 72 | 4.5 gms |
| Boiled Asparagus | 6 spears | 20 | 0.2 gms |
| Reduced Fat Smart Balance Spread | 1 Tbsp | 45 | 5 gms |
| Banana | 1 Medium | 105 | 0.4 gms |
| Water with Lemon Wedge | 1 Glass | 5 | 0 gms |
| Total | | 696 | 23.9 gms |

