

1900 Calories Performance Training



Johnny Shelby

Category	Food	Qty	Measure
Baby Foods	Babyfood, pretzels	2.00	1 oz
Beans, Lentils	HEALTH VALLEY Fat Free Honey Baked Beans	1.00	cup
Beverages	Orange juice - 100% pure , Tropicana	32.00	ounce(s)
	Water, municipal	56.00	1 cup (8 fl oz)
	WESTSOY Lite Plain Soy Milk	24.00	ounce(s)
Breads and baked goods	Bread, Garlic, Toasted	1.00	slice
	Bread, raisin, toasted, enriched	2.00	1 slice
	Bread, rye	2.00	1 slice
	Cookies, fig bars	8.00	1 cookie
	English muffins, wheat	2.00	1 muffin
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Rolls, dinner, wheat	3.00	1 roll (1 oz)
	Rolls, hamburger or hotdog, mixed-grain	2.00	1 roll
	Whole Wheat Bread, Prepared, Toasted	2.00	slice
Cereals	BRAN CHEX, (wheat bran, corn)	2.00	1 cup
	Cheese, Swiss - Low Fat, Shredded	1.00	ounce(s)
Dairy	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Egg substitute, liquid	0.50	1 cup
	KRAFT American Singles - 2% Milk	1.00	slice
	Milk - skim, no fat	2.50	cup
	Sour Cream, Reduced Fat	2.00	tablespoon
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
Dressings	Italian - fat free, KRAFT Free	14.00	tablespoon
	Thousand Island - reduced cal. KRAFT	1.00	tablespoon
Fats & Oils	Olive oil - pure	0.25	tablespoon
	Salad dressing, KRAFT Mayo Light Mayonnaise	3.00	1 tablespoon
Fibrous Carbohydrates (Healthy)	Green beans - string boiled & drained	4.00	ounce(s)
	Salad - sm. garden w/tomato, onion	7.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
	Fish, tuna, light, canned in water, drained solids	2.00	1 oz
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Fruits & Fruit Juices	Apple - medium with peel	2.00	each
	Banana - med 8"	2.00	each
	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	2.00	1 cup
	Grapes, american type (slip skin), raw	1.50	1 cup
	Melons, cantaloupe, raw	2.25	1 cup, balls

	Peaches, canned, extra light syrup, solids and liquids	1.00	1 cup, halves or slices
	Raisins, seedless	0.50	1 cup (not packed)
	Strawberries, raw	3.00	1 cup, halves
Jams/ Spreads/Sauces/ Syrups	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Peanut butter - creamy. Peter Pan	5.00	tablespoon
	Relish - pickle	0.50	tablespoon
	SMART BALANCE Buttery Spread	8.00	teaspoon
Meals, Entrees and Sidedishes	Spaghetti and Meatballs	3.00	1/2 cup
	STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli	1.00	each
	STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans	1.00	each
Misc. Meats	HEALTHY CHOICE Beef Franks, Low Fat	1.00	each
	HEALTHY CHOICE Low Fat Polska Kielbasa	3.00	ounce(s)
Miscellaneous	GARDENBURGER, Veggie Medley	2.50	ounce(s)
	Tortilla - flour, soft, 7" diam.	2.00	each
Noodles & Pastas	Spaghetti - thin, cooked, Ronzoni	1.00	cup
Nuts & Seeds	SOLNUTS Soybeans	2.00	ounce(s)
Performance Carbohydrates	Orange - medium	1.00	each
Pork Products	Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted	1.00	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.00	cup
Proteins (Healthy)	Chicken Breast / White Meat	6.00	ounce(s)
	Egg whole w/ yolk	2.00	each
Rice, grains, flour	Rice, brown, long-grain, cooked	2.00	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	5.00	ounce(s)
Seasonings	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	16.00	each
	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	10.00	cup
Soups and Gravies	Sauce, ready-to-serve, salsa	1.00	1 tablespoon
Starchy Carbohydrates (Healthy)	Bagel/Lenders	2.00	each
	Oatmeal -Quick, measured uncooked	1.50	cup
Vegetables	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.00	1 cup
	Carrots - baby, raw	24.00	medium
	Cauliflower, frozen, cooked, boiled, drained, with salt	1.00	1 cup (1" pieces)
	Coleslaw, home-prepared	1.00	0.5 cup
	Corn - sweet, ear, boiled & drained	2.00	each
	Green beans - string, boiled & drained	4.00	ounce(s)
	Lettuce, iceberg (includes crisphead types), raw	1.00	1 cup, shredded or chopped

Potato, baked, flesh and skin, without salt	1.00	1 medium (2-1/4" to 3-1/4" dia.)
Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.75	1 cup
Squash, winter, butternut, frozen, cooked, boiled, with salt	1.00	1 cup, mashed
Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
Tomatoes, sun-dried	0.25	1 cup
Zucchini, Frozen, Boiled, Drained	0.50	cup