

# Meal Planner Report

Planned Meals



Johnny Shelby

| Xchg   | Qty | Measure         | Description   | Protein (gm) | Carbs (gm)    | Fats (gm)    | Calories       |
|--|-----|-----------------|---|--------------|---------------|--------------|----------------|
| <b>1900 Calories Performance Training - Day 1</b>            |     |                 |   |              |               |              |                |
| <b>Breakfast</b>   |     |                 |   |              |               |              |                |
| 15   | 1.0 | 1 cup           | BRAN CHEX, (wheat bran, corn)   | 5.05         | 39.05         | 1.37         | 156.31         |
| 5  | 1.0 | cup             | Milk - skim, no fat   | 8.40         | 11.90         | 0.40         | 86.00          |
| 0  | 8.0 | ounce(s)        | Orange juice - 100% pure , Tropicana  | 0.00         | 24.90         | 0.00         | 112.00         |
| <b>Totals for Breakfast</b>                                  |     |                 |   | <b>13.45</b> | <b>75.85</b>  | <b>1.77</b>  | <b>354.31</b>  |
| <b>Snack 1</b>   |     |                 |   |              |               |              |                |
| 2  | 1.0 | each            | Bagel/Lenders   | 10.00        | 40.00         | 1.50         | 210.00         |
| 21   | 2.0 | tablespoon      | Peanut butter - creamy. Peter Pan   | 8.60         | 5.70          | 16.40        | 190.00         |
| 0  | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00          | 0.00         | 0.00           |
| <b>Totals for Snack 1</b>                                    |     |                 |   | <b>18.60</b> | <b>45.70</b>  | <b>17.90</b> | <b>400.00</b>  |
| <b>Lunch</b>   |     |                 |   |              |               |              |                |
| 6  | 8.0 | medium          | Carrots - baby, raw   | 0.80         | 6.40          | 0.80         | 32.00          |
| 12   | 2.0 | 1 oz            | Fish, tuna, light, canned in water, drained solids  | 14.29        | 0.00          | 0.46         | 64.96          |
| 7  | 1.0 | 1 cup           | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 1.00         | 20.17         | 0.12         | 75.84          |
| 21   | 0.3 | tablespoon      | Relish - pickle   | 0.03         | 1.33          | 0.03         | 5.00           |
| 23   | 1.0 | 1 tablespoon    | Salad dressing, KRAFT Mayo Light Mayonnaise   | 0.09         | 1.28          | 4.94         | 50.10          |
| 0  | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00          | 0.00         | 0.00           |
| 16   | 2.0 | slice           | Whole Wheat Bread, Prepared, Toasted  | 7.73         | 47.38         | 4.96         | 256.20         |
| <b>Totals for Lunch</b>                                      |     |                 |   | <b>23.94</b> | <b>76.56</b>  | <b>11.31</b> | <b>484.10</b>  |
| <b>Snack 2</b>   |     |                 |   |              |               |              |                |
| 7  | 1.0 | each            | Apple - medium with peel  | 0.30         | 21.10         | 0.00         | 81.00          |
| 0  | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 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          |
| <b>Totals for Snack 2</b>                                    |     |                 |   | <b>7.80</b>  | <b>34.60</b>  | <b>0.00</b>  | <b>171.00</b>  |
| <b>Dinner</b>  |     |                 |   |              |               |              |                |
| 6  | 1.0 | 1 cup           | Broccoli, frozen, chopped, cooked, boiled, drained, without salt  | 5.70         | 9.84          | 0.22         | 51.52          |
| 1  | 3.0 | ounce(s)        | Chicken Breast / White Meat   | 19.50        | 0.00          | 1.20         | 93.00          |
| 20   | 2.0 | tablespoon      | Italian - fat free, KRAFT Free  | 0.00         | 2.00          | 0.00         | 12.00          |
| 21   | 2.0 | tablespoon      | KIKKOMAN Lite Teriyaki Marinade & Sauce   | 1.00         | 6.00          | 0.00         | 30.00          |
| 17   | 1.0 | 1 cup           | Rice, brown, long-grain, cooked   | 5.03         | 44.77         | 1.75         | 216.45         |
| 3  | 1.0 | small           | Salad - sm. garden w/tomato, onion  | 1.30         | 9.50          | 0.40         | 49.00          |
| <b>Totals for Dinner</b>                                     |     |                 |   | <b>32.53</b> | <b>72.11</b>  | <b>3.57</b>  | <b>451.97</b>  |
| <b>Snack 3</b>   |     |                 |   |              |               |              |                |
| 0  | 3.0 | cup             | Popcorn - Lite, microwaved, Orvill Red. Gourmet   | 2.01         | 8.01          | 3.00         | 69.00          |
| 0  | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00          | 0.00         | 0.00           |
| <b>Totals for Snack 3</b>                                    |     |                 |   | <b>2.01</b>  | <b>8.01</b>   | <b>3.00</b>  | <b>69.00</b>   |
| <b>Totals For 1900 Calories Performance Training - Day 1</b> |     |                 |   | <b>98.33</b> | <b>312.83</b> | <b>37.55</b> | <b>1930.38</b> |

## 1900 Calories Performance Training - Day 2

### Breakfast

|                             |     |          |                                   |              |              |              |               |
|-----------------------------|-----|----------|-----------------------------------|--------------|--------------|--------------|---------------|
| 7                           | 0.5 | each     | Banana - med 8"                   | 0.60         | 13.35        | 0.30         | 52.50         |
| 16                          | 1.0 | 1 slice  | Bread, raisin, toasted, enriched  | 2.06         | 13.66        | 1.15         | 71.28         |
| 5                           | 0.3 | cup      | Milk - skim, no fat               | 2.10         | 2.97         | 0.10         | 21.50         |
| 2                           | 0.8 | cup      | Oatmeal -Quick, measured uncooked | 9.90         | 41.85        | 4.50         | 222.75        |
| 21                          | 1.0 | teaspoon | SMART BALANCE Buttery Spread      | 0.00         | 0.00         | 3.00         | 26.67         |
| 0                           | 8.0 | ounce(s) | WESTSOY Lite Plain Soy Milk       | 4.00         | 16.00        | 2.00         | 100.00        |
| <b>Totals for Breakfast</b> |     |          |                                   | <b>18.66</b> | <b>87.83</b> | <b>11.05</b> | <b>494.70</b> |

### Snack 1

|                           |     |                                |  |             |              |             |               |
|---------------------------|-----|--------------------------------|--|-------------|--------------|-------------|---------------|
| 7                         | 0.5 | 1 cup                          | Grapes, american type (slip skin), raw | 0.29        | 7.89         | 0.16        | 30.82         |
| 16                        | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran                      | 3.99        | 27.53        | 4.22        | 153.90        |
| 0                         | 2.0 | 1 cup (8 fl oz)                | Water, municipal                       | 0.00        | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 1</b> |     |                                |  | <b>4.28</b> | <b>35.42</b> | <b>4.38</b> | <b>184.72</b> |

### Lunch

|                         |     |                              |  |              |              |             |               |
|-------------------------|-----|------------------------------|--|--------------|--------------|-------------|---------------|
| 0                       | 1.0 | 1 oz                         | Babyfood, pretzels                               | 3.02         | 23.02        | 0.56        | 111.16        |
| 0                       | 3.0 | ounce(s)                     | HEALTHY CHOICE Bulk Deli Turkey Breast           | 16.50        | 0.00         | 1.50        | 75.00         |
| 6                       | 0.5 | 1 cup, shredded or chopped   | Lettuce, iceberg (includes crisphead types), raw | 0.22         | 0.57         | 0.03        | 2.75          |
| 0                       | 4.0 | 1 teaspoon or 1 packet       | Mustard, prepared, yellow                        | 0.79         | 1.56         | 0.62        | 13.20         |
| 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         |
| 0                       | 2.0 | 1 cup (8 fl oz)              | Water, municipal                                 | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Lunch</b> |     |                              |  | <b>23.06</b> | <b>41.50</b> | <b>4.83</b> | <b>292.91</b> |

### Snack 2

|                           |     |                    |                   |              |              |             |               |
|---------------------------|-----|--------------------|-------------------|--------------|--------------|-------------|---------------|
| 7                         | 0.3 | 1 cup (not packed) | Raisins, seedless | 1.11         | 28.70        | 0.17        | 108.39        |
| 14                        | 1.0 | ounce(s)           | SOLNUTS Soybeans  | 13.40        | 7.80         | 6.80        | 146.00        |
| 0                         | 2.0 | 1 cup (8 fl oz)    | Water, municipal  | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 2</b> |     |                    |                   | <b>14.51</b> | <b>36.50</b> | <b>6.97</b> | <b>254.39</b> |

### Dinner

|                          |     |            |  |              |              |              |               |
|--------------------------|-----|------------|--|--------------|--------------|--------------|---------------|
| 12                       | 1.0 | 3 oz       | Fish, salmon, Atlantic, wild, cooked, dry heat | 21.62        | 0.00         | 6.91         | 154.70        |
| 20                       | 2.0 | tablespoon | Italian - fat free, KRAFT Free                 | 0.00         | 2.00         | 0.00         | 12.00         |
| 23                       | 0.3 | tablespoon | Olive oil - pure                               | 0.00         | 0.00         | 3.50         | 32.50         |
| 3                        | 1.0 | small      | Salad - sm. garden w/tomato, onion             | 1.30         | 9.50         | 0.40         | 49.00         |
| 17                       | 1.0 | cup        | Spaghetti - thin, cooked, Ronzoni              | 7.00         | 42.00        | 1.00         | 210.00        |
| 6                        | 0.3 | 1 cup      | Tomatoes, sun-dried                            | 1.90         | 7.53         | 0.40         | 34.83         |
| 6                        | 0.5 | cup        | Zucchini, Frozen, Boiled, Drained              | 1.30         | 4.01         | 0.15         | 19.15         |
| <b>Totals for Dinner</b> |     |            |  | <b>33.12</b> | <b>65.04</b> | <b>12.36</b> | <b>512.18</b> |

### Snack 3

|                           |     |                 |                                      |             |              |             |               |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 10                        | 1.0 | each            | Orange - medium                      | 1.20        | 15.40        | 0.20        | 62.00         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                     | 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         |
| <b>Totals for Snack 3</b> |     |                 |                                      | <b>8.70</b> | <b>28.90</b> | <b>0.20</b> | <b>152.00</b> |

|  |  |  |  |               |               |              |                |
|--|--|--|--|---------------|---------------|--------------|----------------|
| <b>Totals For 1900 Calories Performance Training - Day 2</b> |  |  |  | <b>102.33</b> | <b>295.19</b> | <b>39.79</b> | <b>1890.90</b> |
|--|--|--|--|---------------|---------------|--------------|----------------|

## 1900 Calories Performance Training - Day 3

### Breakfast

|                             |     |          |                                      |              |              |              |               |
|-----------------------------|-----|----------|--------------------------------------|--------------|--------------|--------------|---------------|
| 5                           | 0.5 | ounce(s) | Cream Cheese, Light, Phili brand     | 1.50         | 1.00         | 2.50         | 30.00         |
| 1                           | 1.0 | each     | Egg whole w/ yolk                    | 6.70         | 1.30         | 7.30         | 100.00        |
| 16                          | 1.0 | 1 muffin | English muffins, wheat               | 4.96         | 25.54        | 1.14         | 127.11        |
| 0                           | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00         | 24.90        | 0.00         | 112.00        |
| <b>Totals for Breakfast</b> |     |          |                                      | <b>13.16</b> | <b>52.74</b> | <b>10.94</b> | <b>369.11</b> |

### Snack 1

|                           |     |                 |                                   |              |              |              |               |
|---------------------------|-----|-----------------|-----------------------------------|--------------|--------------|--------------|---------------|
| 7                         | 1.0 | each            | Apple - medium with peel          | 0.30         | 21.10        | 0.00         | 81.00         |
| 21                        | 2.0 | tablespoon      | Peanut butter - creamy. Peter Pan | 8.60         | 5.70         | 16.40        | 190.00        |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                  | 0.00         | 0.00         | 0.00         | 0.00          |
| 0                         | 8.0 | ounce(s)        | WESTSOY Lite Plain Soy Milk       | 4.00         | 16.00        | 2.00         | 100.00        |
| <b>Totals for Snack 1</b> |     |                 |                                   | <b>12.90</b> | <b>42.80</b> | <b>18.40</b> | <b>371.00</b> |

### Lunch

|                         |     |                 |   |              |              |             |               |
|-------------------------|-----|-----------------|---|--------------|--------------|-------------|---------------|
| 20                      | 2.0 | tablespoon      | Italian - fat free, KRAFT Free  | 0.00         | 2.00         | 0.00        | 12.00         |
| 16                      | 1.0 | 1 roll (1 oz)   | Rolls, dinner, wheat  | 2.41         | 12.88        | 1.76        | 76.44         |
| 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 Hearty Portions - Roasted Chicken with Rice, Broccoli | 23.00        | 49.00        | 5.00        | 330.00        |
| 0                       | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Lunch</b> |     |                 |   | <b>26.71</b> | <b>73.38</b> | <b>7.16</b> | <b>467.44</b> |

### Snack 2

|                           |     |                         |  |              |              |             |               |
|---------------------------|-----|-------------------------|--|--------------|--------------|-------------|---------------|
| 8                         | 0.5 | cup                     | Cottage Cheese - 1% fat                                | 14.00        | 3.10         | 1.15        | 82.00         |
| 7                         | 0.5 | 1 cup, halves or slices | Peaches, canned, extra light syrup, solids and liquids | 0.49         | 13.71        | 0.12        | 51.87         |
| 0                         | 2.0 | 1 cup (8 fl oz)         | Water, municipal                                       | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 2</b> |     |                         |  | <b>14.49</b> | <b>16.81</b> | <b>1.27</b> | <b>133.87</b> |

### Dinner

|                          |     |                              |  |              |              |              |               |
|--------------------------|-----|------------------------------|--|--------------|--------------|--------------|---------------|
| 15                       | 1.0 | ounce(s)                     | Cheese, Swiss - Low Fat, Shredded                | 8.07         | 0.97         | 1.45         | 50.84         |
| 6                        | 2.0 | each                         | Corn - sweet, ear, boiled & drained              | 5.20         | 38.60        | 2.00         | 166.00        |
| 0                        | 2.5 | ounce(s)                     | GARDENBURGER, Veggie Medley                      | 6.00         | 17.00        | 0.70         | 100.00        |
| 6                        | 4.0 | ounce(s)                     | Green beans - string, boiled & drained           | 2.10         | 8.90         | 0.30         | 40.00         |
| 6                        | 0.3 | 1 cup, shredded or chopped   | Lettuce, iceberg (includes crisphead types), raw | 0.11         | 0.29         | 0.02         | 1.38          |
| 16                       | 1.0 | 1 roll                       | Rolls, hamburger or hotdog, mixed-grain          | 4.13         | 19.18        | 2.58         | 113.09        |
| 23                       | 1.0 | 1 tablespoon                 | Salad dressing, KRAFT Mayo Light Mayonnaise      | 0.09         | 1.28         | 4.94         | 50.10         |
| 6                        | 2.0 | 1 slice, medium (1/4" thick) | Tomatoes, red, ripe, raw, year round average     | 0.35         | 1.57         | 0.08         | 7.20          |
| <b>Totals for Dinner</b> |     |                              |  | <b>26.05</b> | <b>87.79</b> | <b>12.07</b> | <b>528.61</b> |

### Snack 3

|                           |     |                 |   |             |              |             |              |
|---------------------------|-----|-----------------|---|-------------|--------------|-------------|--------------|
| 0                         | 4.0 | cup             | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.68        | 10.68        | 4.00        | 92.00        |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                                | 0.00        | 0.00         | 0.00        | 0.00         |
| <b>Totals for Snack 3</b> |     |                 |   | <b>2.68</b> | <b>10.68</b> | <b>4.00</b> | <b>92.00</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1900 Calories Performance Training - Day 3</b> |  |  |  | <b>95.99</b> | <b>284.20</b> | <b>53.84</b> | <b>1962.03</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

## 1900 Calories Performance Training - Day 4

### Breakfast

|                             |     |       |                               |              |              |             |               |
|-----------------------------|-----|-------|-------------------------------|--------------|--------------|-------------|---------------|
| 7                           | 1.0 | each  | Banana - med 8"               | 1.20         | 26.70        | 0.60        | 105.00        |
| 15                          | 1.0 | 1 cup | BRAN CHEX, (wheat bran, corn) | 5.05         | 39.05        | 1.37        | 156.31        |
| 5                           | 1.0 | cup   | Milk - skim, no fat           | 8.40         | 11.90        | 0.40        | 86.00         |
| <b>Totals for Breakfast</b> |     |       |                               | <b>14.65</b> | <b>77.65</b> | <b>2.37</b> | <b>347.31</b> |

### Snack 1

|                           |     |                 |   |             |              |             |               |
|---------------------------|-----|-----------------|---|-------------|--------------|-------------|---------------|
| 7                         | 1.0 | 1 cup           | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 1.00        | 20.17        | 0.12        | 75.84         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 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         |
| <b>Totals for Snack 1</b> |     |                 |   | <b>8.50</b> | <b>33.67</b> | <b>0.12</b> | <b>165.84</b> |

### Lunch

|                         |     |                 |  |              |              |             |               |
|-------------------------|-----|-----------------|--|--------------|--------------|-------------|---------------|
| 6                       | 8.0 | medium          | Carrots - baby, raw                      | 0.80         | 6.40         | 0.80        | 32.00         |
| 4                       | 1.0 | cup             | HEALTH VALLEY Fat Free Honey Baked Beans | 14.00        | 50.00        | 0.00        | 220.00        |
| 19                      | 1.0 | each            | HEALTHY CHOICE Beef Franks, Low Fat      | 5.00         | 4.00         | 1.00        | 50.00         |
| 16                      | 1.0 | 1 roll          | Rolls, hamburger or hotdog, mixed-grain  | 4.13         | 19.18        | 2.58        | 113.09        |
| 0                       | 2.0 | 1 cup (8 fl oz) | Water, municipal                         | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Lunch</b> |     |                 |  | <b>23.93</b> | <b>79.58</b> | <b>4.38</b> | <b>415.09</b> |

### Snack 2

|                           |     |                 |                         |              |              |             |               |
|---------------------------|-----|-----------------|-------------------------|--------------|--------------|-------------|---------------|
| 8                         | 0.5 | cup             | Cottage Cheese - 1% fat | 14.00        | 3.10         | 1.15        | 82.00         |
| 7                         | 1.3 | 1 cup, balls    | Melons, cantaloupe, raw | 1.86         | 18.05        | 0.42        | 75.23         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal        | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 2</b> |     |                 |                         | <b>15.86</b> | <b>21.15</b> | <b>1.57</b> | <b>157.23</b> |

### Dinner

|                          |     |               |  |              |              |              |               |
|--------------------------|-----|---------------|--|--------------|--------------|--------------|---------------|
| 6                        | 1.0 | 1 cup         | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70         | 9.84         | 0.22         | 51.52         |
| 1                        | 3.0 | ounce(s)      | Chicken Breast / White Meat                                      | 19.50        | 0.00         | 1.20         | 93.00         |
| 20                       | 2.0 | tablespoon    | Italian - fat free, KRAFT Free                                   | 0.00         | 2.00         | 0.00         | 12.00         |
| 17                       | 1.0 | 1 cup         | Rice, brown, long-grain, cooked                                  | 5.03         | 44.77        | 1.75         | 216.45        |
| 16                       | 1.0 | 1 roll (1 oz) | Rolls, dinner, wheat   | 2.41         | 12.88        | 1.76         | 76.44         |
| 3                        | 1.0 | small         | Salad - sm. garden w/tomato, onion                               | 1.30         | 9.50         | 0.40         | 49.00         |
| 0                        | 1.0 | 1 tablespoon  | Sauce, ready-to-serve, salsa                                     | 0.20         | 1.00         | 0.04         | 4.48          |
| 21                       | 2.0 | teaspoon      | SMART BALANCE Buttery Spread                                     | 0.00         | 0.00         | 6.00         | 53.34         |
| <b>Totals for Dinner</b> |     |               |  | <b>34.14</b> | <b>79.99</b> | <b>11.37</b> | <b>556.23</b> |

### Snack 3

|                           |     |                 |                   |             |              |             |               |
|---------------------------|-----|-----------------|-------------------|-------------|--------------|-------------|---------------|
| 16                        | 4.0 | 1 cookie        | Cookies, fig bars | 2.37        | 45.38        | 4.67        | 222.72        |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00        | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 3</b> |     |                 |                   | <b>2.37</b> | <b>45.38</b> | <b>4.67</b> | <b>222.72</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1900 Calories Performance Training - Day 4</b> |  |  |  | <b>99.45</b> | <b>337.42</b> | <b>24.48</b> | <b>1864.42</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

## 1900 Calories Performance Training - Day 5

### Breakfast

|                             |     |          |                                      |             |              |              |               |
|-----------------------------|-----|----------|--------------------------------------|-------------|--------------|--------------|---------------|
| 16                          | 1.0 | 1 slice  | Bread, raisin, toasted, enriched     | 2.06        | 13.66        | 1.15         | 71.28         |
| 1                           | 1.0 | each     | Egg whole w/ yolk                    | 6.70        | 1.30         | 7.30         | 100.00        |
| 0                           | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00        | 24.90        | 0.00         | 112.00        |
| 21                          | 1.0 | teaspoon | SMART BALANCE Buttery Spread         | 0.00        | 0.00         | 3.00         | 26.67         |
| <b>Totals for Breakfast</b> |     |          |                                      | <b>8.76</b> | <b>39.86</b> | <b>11.45</b> | <b>309.95</b> |

### Snack 1

|                           |     |                 |                                      |             |              |             |               |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 7                         | 1.5 | 1 cup, halves   | Strawberries, raw                    | 1.53        | 17.51        | 0.68        | 72.96         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                     | 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         |
| <b>Totals for Snack 1</b> |     |                 |                                      | <b>9.03</b> | <b>31.01</b> | <b>0.68</b> | <b>162.96</b> |

### Lunch

|                         |     |                 |  |              |              |             |               |
|-------------------------|-----|-----------------|--|--------------|--------------|-------------|---------------|
| 0                       | 1.0 | 1 oz            | Babyfood, pretzels                     | 3.02         | 23.02        | 0.56        | 111.16        |
| 16                      | 2.0 | 1 slice         | Bread, rye                             | 5.44         | 30.91        | 2.11        | 165.76        |
| 6                       | 1.0 | 0.5 cup         | Coleslaw, home-prepared                | 0.77         | 7.45         | 1.57        | 41.40         |
| 0                       | 2.0 | ounce(s)        | HEALTHY CHOICE Bulk Deli Turkey Breast | 11.00        | 0.00         | 1.00        | 50.00         |
| 20                      | 1.0 | tablespoon      | Thousand island - reduced cal. KRAFT   | 0.00         | 3.00         | 1.00        | 20.00         |
| 0                       | 2.0 | 1 cup (8 fl oz) | Water, municipal                       | 0.00         | 0.00         | 0.00        | 0.00          |
| 0                       | 8.0 | ounce(s)        | WESTSOY Lite Plain Soy Milk            | 4.00         | 16.00        | 2.00        | 100.00        |
| <b>Totals for Lunch</b> |     |                 |  | <b>24.23</b> | <b>80.38</b> | <b>8.24</b> | <b>488.32</b> |

### Snack 2

|                           |     |                 |  |             |              |             |               |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|---------------|
| 7                         | 1.0 | 1 cup           | Grapes, american type (slip skin), raw         | 0.58        | 15.78        | 0.32        | 61.64         |
| 0                         | 8.0 | each            | KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps | 2.00        | 24.00        | 1.50        | 110.00        |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                               | 0.00        | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 2</b> |     |                 |  | <b>2.58</b> | <b>39.78</b> | <b>1.82</b> | <b>171.64</b> |

### Dinner

|                          |     |                                  |   |              |              |              |               |
|--------------------------|-----|----------------------------------|---|--------------|--------------|--------------|---------------|
| 21                       | 2.0 | tablespoon                       | BBQ - Thick n' Spicy, KRAFT   | 0.00         | 12.00        | 1.00         | 50.00         |
| 6                        | 1.0 | 1 cup (1" pieces)                | Cauliflower, frozen, cooked, boiled, drained, with salt                     | 2.90         | 6.75         | 0.40         | 34.20         |
| 20                       | 2.0 | tablespoon                       | Italian - fat free, KRAFT Free  | 0.00         | 2.00         | 0.00         | 12.00         |
| 13                       | 1.0 | 3 oz                             | Pork, fresh, loin, country-style ribs, separable lean only, cooked, roasted | 22.61        | 0.00         | 12.59        | 209.95        |
| 6                        | 1.0 | 1 medium (2-1/4" to 3-1/4" dia.) | Potato, baked, flesh and skin, without salt                                 | 4.30         | 36.38        | 0.22         | 159.96        |
| 3                        | 1.0 | small                            | Salad - sm. garden w/tomato, onion  | 1.30         | 9.50         | 0.40         | 49.00         |
| 21                       | 1.0 | teaspoon                         | SMART BALANCE Buttery Spread  | 0.00         | 0.00         | 3.00         | 26.67         |
| 5                        | 2.0 | tablespoon                       | Sour Cream, Reduced Fat   | 0.88         | 1.28         | 3.60         | 40.36         |
| 6                        | 1.0 | 1 cup, mashed                    | Squash, winter, butternut, frozen, cooked, boiled, with salt                | 2.95         | 24.12        | 0.17         | 93.60         |
| <b>Totals for Dinner</b> |     |                                  |   | <b>34.94</b> | <b>92.03</b> | <b>21.38</b> | <b>675.74</b> |

### Snack 3

|                           |     |                 |   |             |             |             |              |
|---------------------------|-----|-----------------|---|-------------|-------------|-------------|--------------|
| 0                         | 3.0 | cup             | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.01        | 8.01        | 3.00        | 69.00        |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                                | 0.00        | 0.00        | 0.00        | 0.00         |
| <b>Totals for Snack 3</b> |     |                 |   | <b>2.01</b> | <b>8.01</b> | <b>3.00</b> | <b>69.00</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1900 Calories Performance Training - Day 5</b> |  |  |  | <b>81.55</b> | <b>291.07</b> | <b>46.57</b> | <b>1877.61</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

## 1900 Calories Performance Training - Day 6

### Breakfast

|                             |     |          |                                   |              |              |             |               |
|-----------------------------|-----|----------|-----------------------------------|--------------|--------------|-------------|---------------|
| 2                           | 1.0 | each     | Bagel/Lenders                     | 10.00        | 40.00        | 1.50        | 210.00        |
| 7                           | 0.5 | each     | Banana - med 8"                   | 0.60         | 13.35        | 0.30        | 52.50         |
| 5                           | 0.5 | ounce(s) | Cream Cheese, Light, Phili brand  | 1.50         | 1.00         | 2.50        | 30.00         |
| 5                           | 0.3 | cup      | Milk - skim, no fat               | 2.10         | 2.97         | 0.10        | 21.50         |
| 2                           | 0.8 | cup      | Oatmeal -Quick, measured uncooked | 9.90         | 41.85        | 4.50        | 222.75        |
| <b>Totals for Breakfast</b> |     |          |                                   | <b>24.10</b> | <b>99.17</b> | <b>8.90</b> | <b>536.75</b> |

### Snack 1

|                           |     |                         |  |              |              |             |               |
|---------------------------|-----|-------------------------|--|--------------|--------------|-------------|---------------|
| 8                         | 0.5 | cup                     | Cottage Cheese - 1% fat                                | 14.00        | 3.10         | 1.15        | 82.00         |
| 7                         | 0.5 | 1 cup, halves or slices | Peaches, canned, extra light syrup, solids and liquids | 0.49         | 13.71        | 0.12        | 51.87         |
| 0                         | 2.0 | 1 cup (8 fl oz)         | Water, municipal                                       | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 1</b> |     |                         |  | <b>14.49</b> | <b>16.81</b> | <b>1.27</b> | <b>133.87</b> |

### Lunch

|                         |     |                              |  |              |              |             |               |
|-------------------------|-----|------------------------------|--|--------------|--------------|-------------|---------------|
| 6                       | 8.0 | medium                       | Carrots - baby, raw                                | 0.80         | 6.40         | 0.80        | 32.00         |
| 12                      | 1.0 | 3 oz                         | Fish, tuna, light, canned in water, drained solids | 21.68        | 0.00         | 0.70        | 98.60         |
| 6                       | 0.3 | 1 cup, shredded or chopped   | Lettuce, iceberg (includes crisphead types), raw   | 0.11         | 0.29         | 0.02        | 1.38          |
| 21                      | 0.3 | tablespoon                   | Relish - pickle                                    | 0.03         | 1.33         | 0.03        | 5.00          |
| 23                      | 1.0 | 1 tablespoon                 | Salad dressing, KRAFT Mayo Light Mayonnaise        | 0.09         | 1.28         | 4.94        | 50.10         |
| 6                       | 2.0 | 1 slice, medium (1/4" thick) | Tomatoes, red, ripe, raw, year round average       | 0.35         | 1.57         | 0.08        | 7.20          |
| 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          |
| <b>Totals for Lunch</b> |     |                              |  | <b>25.06</b> | <b>24.87</b> | <b>8.57</b> | <b>274.28</b> |

### Snack 2

|                           |     |                                |                                      |              |              |             |               |
|---------------------------|-----|--------------------------------|--------------------------------------|--------------|--------------|-------------|---------------|
| 16                        | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran                    | 3.99         | 27.53        | 4.22        | 153.90        |
| 0                         | 2.0 | 1 cup (8 fl oz)                | Water, municipal                     | 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         |
| <b>Totals for Snack 2</b> |     |                                |                                      | <b>11.49</b> | <b>41.03</b> | <b>4.22</b> | <b>243.90</b> |

### Dinner

|                          |     |            |                                    |              |              |              |               |
|--------------------------|-----|------------|------------------------------------|--------------|--------------|--------------|---------------|
| 16                       | 1.0 | slice      | Bread, Garlic, Toasted             | 2.42         | 13.00        | 3.71         | 94.87         |
| 20                       | 2.0 | tablespoon | 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                        | 3.0 | 1/2 cup    | Spaghetti and Meatballs            | 28.50        | 58.50        | 10.80        | 495.00        |
| <b>Totals for Dinner</b> |     |            |                                    | <b>32.22</b> | <b>83.00</b> | <b>14.91</b> | <b>650.87</b> |

### Snack 3

|                           |     |                    |                   |              |              |             |               |
|---------------------------|-----|--------------------|-------------------|--------------|--------------|-------------|---------------|
| 7                         | 0.3 | 1 cup (not packed) | Raisins, seedless | 1.11         | 28.70        | 0.17        | 108.39        |
| 14                        | 1.0 | ounce(s)           | SOLNUTS Soybeans  | 13.40        | 7.80         | 6.80        | 146.00        |
| 0                         | 2.0 | 1 cup (8 fl oz)    | Water, municipal  | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 3</b> |     |                    |                   | <b>14.51</b> | <b>36.50</b> | <b>6.97</b> | <b>254.39</b> |

|  |  |  |  |               |               |              |                |
|--|--|--|--|---------------|---------------|--------------|----------------|
| <b>Totals For 1900 Calories Performance Training - Day 6</b> |  |  |  | <b>121.87</b> | <b>301.38</b> | <b>44.84</b> | <b>2094.06</b> |
|--|--|--|--|---------------|---------------|--------------|----------------|

**1900 Calories Performance Training - Day 7****Breakfast**

|                             |     |          |                                      |              |              |              |               |
|-----------------------------|-----|----------|--------------------------------------|--------------|--------------|--------------|---------------|
| 5                           | 0.5 | 1 cup    | Egg substitute, liquid               | 15.06        | 0.80         | 4.15         | 105.42        |
| 16                          | 1.0 | 1 muffin | English muffins, wheat               | 4.96         | 25.54        | 1.14         | 127.11        |
| 5                           | 1.0 | slice    | KRAFT American Singles - 2% Milk     | 4.00         | 2.00         | 3.00         | 50.00         |
| 0                           | 8.0 | ounce(s) | Orange juice - 100% pure , Tropicana | 0.00         | 24.90        | 0.00         | 112.00        |
| 21                          | 2.0 | teaspoon | SMART BALANCE Buttery Spread         | 0.00         | 0.00         | 6.00         | 53.34         |
| <b>Totals for Breakfast</b> |     |          |                                      | <b>24.02</b> | <b>53.24</b> | <b>14.29</b> | <b>447.87</b> |

**Snack 1**

|                           |     |                 |  |             |              |             |               |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|---------------|
| 0                         | 8.0 | each            | KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps | 2.00        | 24.00        | 1.50        | 110.00        |
| 21                        | 1.0 | tablespoon      | Peanut butter - creamy. Peter Pan              | 4.30        | 2.85         | 8.20        | 95.00         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                               | 0.00        | 0.00         | 0.00        | 0.00          |
| <b>Totals for Snack 1</b> |     |                 |  | <b>6.30</b> | <b>26.85</b> | <b>9.70</b> | <b>205.00</b> |

**Lunch**

|                         |     |                 |   |              |              |             |               |
|-------------------------|-----|-----------------|---|--------------|--------------|-------------|---------------|
| 8                       | 0.5 | cup             | Cottage Cheese - 1% fat   | 14.00        | 3.10         | 1.15        | 82.00         |
| 7                       | 1.0 | 1 cup, balls    | Melons, cantaloupe, raw   | 1.49         | 14.44        | 0.34        | 60.18         |
| 0                       | 1.0 | each            | STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans | 22.00        | 40.00        | 6.00        | 300.00        |
| 0                       | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00         | 0.00        | 0.00          |
| <b>Totals for Lunch</b> |     |                 |   | <b>37.49</b> | <b>57.54</b> | <b>7.49</b> | <b>442.18</b> |

**Snack 2**

|                           |     |                 |                                      |             |              |             |               |
|---------------------------|-----|-----------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 7                         | 1.5 | 1 cup, halves   | Strawberries, raw                    | 1.53        | 17.51        | 0.68        | 72.96         |
| 0                         | 2.0 | 1 cup (8 fl oz) | Water, municipal                     | 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         |
| <b>Totals for Snack 2</b> |     |                 |                                      | <b>9.03</b> | <b>31.01</b> | <b>0.68</b> | <b>162.96</b> |

**Dinner**

|                          |     |               |  |              |              |              |               |
|--------------------------|-----|---------------|--|--------------|--------------|--------------|---------------|
| 3                        | 4.0 | ounce(s)      | Green beans - string boiled & drained  | 2.10         | 8.90         | 0.30         | 40.00         |
| 19                       | 3.0 | ounce(s)      | HEALTHY CHOICE Low Fat Polska Kielbasa   | 10.50        | 9.00         | 2.25         | 105.00        |
| 20                       | 2.0 | tablespoon    | Italian - fat free, KRAFT Free   | 0.00         | 2.00         | 0.00         | 12.00         |
| 6                        | 0.8 | 1 cup         | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 3.23         | 22.68        | 7.76         | 170.10        |
| 16                       | 1.0 | 1 roll (1 oz) | Rolls, dinner, wheat   | 2.41         | 12.88        | 1.76         | 76.44         |
| 3                        | 1.0 | small         | Salad - sm. garden w/tomato, onion   | 1.30         | 9.50         | 0.40         | 49.00         |
| 21                       | 1.0 | teaspoon      | SMART BALANCE Buttery Spread   | 0.00         | 0.00         | 3.00         | 26.67         |
| <b>Totals for Dinner</b> |     |               |  | <b>19.54</b> | <b>64.96</b> | <b>15.47</b> | <b>479.21</b> |

**Snack 3**

|  |     |                 |                   |              |               |              |                |
|--|-----|-----------------|-------------------|--------------|---------------|--------------|----------------|
| 16   | 4.0 | 1 cookie        | Cookies, fig bars | 2.37         | 45.38         | 4.67         | 222.72         |
| 0  | 2.0 | 1 cup (8 fl oz) | Water, municipal  | 0.00         | 0.00          | 0.00         | 0.00           |
| <b>Totals For 1900 Calories Performance Training - Day 7</b> |     |                 |                   | <b>98.75</b> | <b>278.98</b> | <b>52.30</b> | <b>1959.94</b> |