

Day and Date
Monday

Meal 1

Item	Protein	Carbs	Fat	Cals
4 ounces yogurt (fortified)	8.3	13.4	0	67
mandarin oranges	0	12	0	40
half english muffin	2.25	13	0.5	67
ff cream cheese	4.1	1.6	0.5	27
	14.65	40	1	201

Meal 2

Item	Protein	Carbs	Fat	Cals
small salad, romaine, 1 cup	0.6	1.5	0.1	8
water packed tuna	19	0	1	90
6 All Bran crackers	1	6.6	2	40
1 Tbsp lf mayonnaise	0	2	2	20
1 tsp pickle relish	0	1.3	0	5
1/2 cup grape tomatoes	1	3	0	13
*tomatoes after first 6 months				
	21.6	14.4	5.1	176

Meal 3

Item	Protein	Carbs	Fat	Cals
4 oz turkey burger (fat free)	28	0	1	120
1/3 cup mashed sweet potato	1.3	13.7	0.1	59
1/2 cup cooked carrot slices	0.6	6.4	0.1	27
	29.9	20.1	1.2	206

Daily Totals	66.15	74.5	7.3	583
--------------	-------	------	-----	-----

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date

Tuesday

Meal 1

Item	Protein	Carbs	Fat	Cals
1 egg	6	0	5.5	78
1 link sausage	2.5	0.5	6	66
mini bagel	2.5	14	0.5	70
sugar free jelly	0	5	0	10
	11	19.5	12	224

Meal 2

Item	Protein	Carbs	Fat	Cals
3 oz chicken breast	26.7	0	3.1	142
1 cup mushrooms, sliced	3.9	4.4	0.4	28
1/2 cup cooked carrot slices	0.6	6.4	0.1	27
	31.2	10.8	3.6	197

Meal 3

Item	Protein	Carbs	Fat	Cals
9 All Bran crackers	1.5	10	3	60
1 slice pepper jack	4	0	8	80
2 oz/56 gm turkey	9	6	2	80
	14.5	16	13	220

Daily Totals	56.7	46.3	28.6	641
--------------	------	------	------	-----

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date
Wednesday

Meal 1

Item	Protein	Carbs	Fat	Cals
South Beach protein bar	10	15	5	140
4 oz yogurt (fortified)	8.3	13.4	0	67
	18.3	28.4	5	207

Meal 2

Item	Protein	Carbs	Fat	Cals
salmon with creamy lime-dill sauce (p.127 Eating Well)	26.52	4.86	11.17	231.27
mixed greens (if tolerated)	0.7	2	0	13
	27.22	6.86	11.17	244.27

Meal 3

Item	Protein	Carbs	Fat	Cals
1/2 cup chicken salad				
1/2 cup chicken	21.7	0	2.5	115
1 Tbsp lf mayonnaise	0	2	2	20
1 tsp pickle relish	0	1.3	0	5
6 All Bran crackers	1	6.6	2	40
	22.7	9.9	6.5	180

Daily Totals	68.22	45.16	22.67	631.27
--------------	-------	-------	-------	--------

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date

Thursday

Meal 1

Item	Protein	Carbs	Fat	Cals
1 egg	6	0	5.5	78
1 oz cooked ham	5	0.5	0.75	30
mini bagel	2.5	14	0.5	70
spritz of butter flavor				
	13.5	14.5	6.75	178

Meal 2

Item	Protein	Carbs	Fat	Cals
tilapia, steamed	22	0	2.5	110
spinach, 1/2 cup	3	3.6	0.5	25
mandarin oranges, sf	0	12	0	40
	25	15.6	3	175

Meal 3

Item	Protein	Carbs	Fat	Cals
1/2 fat free refried beans	6	18	0	100
1/2 cup lf shredded cheese	13.8	1.1	4	98
lo-carb tortilla	5	18	2.5	110
	24.8	37.1	6.5	308

Daily Totals	63.3	67.2	16.25	661
--------------	------	------	-------	-----

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date
Friday

Meal 1

Item	Protein	Carbs	Fat	Cals
2 oz turkey breast	9	6	2	80
1 oz lf cheese	4	2	2.5	50
half english muffin	2.25	13	0.5	67
	15.25	21	5	197

Meal 2

Item	Protein	Carbs	Fat	Cals
1 cup, prepared ff cream of chicken soup (+protein)	7	10	2.5	70
3 oz cooked chicken breast	26.7	0	3.1	142
1/2 cup green beans	0.8	3	0.1	13
	34.5	13	5.7	225

Meal 3

Item	Protein	Carbs	Fat	Cals
smoked pork chop with pineapple (p.109 eating well)	22.53	5.55	5.11	164.65
1 cup sliced zucchini, steamed	1.2	7.1	0.1	29
	23.73	12.65	5.21	193.65

Daily Totals	73.48	46.65	15.91	615.65
--------------	-------	-------	-------	--------

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date
Saturday

Meal 1

Item	Protein	Carbs	Fat	Cals
2 egg omelet	12	0	11	154
1/4 cup shredded cheese lf	6.9	0.5	2	49
1 slice rye toast	4	15	2	90
	22.9	15.5	15	293

Meal 2

Item	Protein	Carbs	Fat	Cals
homemade chili	15	8	16	237
1 tbsp shredded lf cheese	1.7	0.1	0.5	12
	16.7	8.1	16.5	249

Meal 3

Item	Protein	Carbs	Fat	Cals
small salad, romaine, 1 cup	0.6	1.5	0.1	8
water packed tuna	19	0	1	90
1 Tbsp lf mayonnaise	0	2	2	20
1 tsp pickle relish	0	1.3	0	5
	19.6	4.8	3.1	123

Daily Totals	59.2	28.4	34.6	665
--------------	------	------	------	-----

Exercise

Type	Time
goal: 30 minutes	

Total	0
-------	---

Day and Date
 Sunday

Meal 1

Item	Protein	Carbs	Fat	Cals
1 whole wheat eggo	2.5	14	1.3	70
nf cream cheese	4.1	0.6	0.5	27
sugar free jelly	0	5	0	10
1 egg, scrambled	6	0	5.5	78
	12.6	19.6	7.3	185

Meal 2

Item	Protein	Carbs	Fat	Cals
3 oz chicken breast cooked w/ mandarin oranges (sf)	26.7	0	3.1	142
1/2 cup cooked carrot slices	0.6	6.4	0.1	27
	27.3	18.4	3.2	209

Meal 3

Item	Protein	Carbs	Fat	Cals
9 All Bran crackers	1.5	10	3	60
1 slice pepper jack	4	0	8	80
2 oz/56 gm turkey	9	6	2	80
	14.5	16	13	220

Daily Totals	54.4	54	23.5	614
--------------	------	----	------	-----

Exercise

Type	Time
------	------

Total	0
-------	---