

Breakfast

Food Item	Calories
Rolled Wheat	83
69.83 gms Sesame Crunch (Sahadi)	361

Lunch

Food Item	Calories
Ambrosia Juice	61
White Bread (Home Recipe or Bakery)	285
91.87 gms Part Skim Mozzarella Cheese	275

Dinner

Food Item	Calories
Milk Chocolate Coated Coffee Beans	513
Whole Wheat Macaroni (Fat Added in Cooking)	123
64.72 gms Cholesterol Free Fat Free Reduced Calorie Blue or Roquefort Cheese Dressing	74