

Day 1

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters/egg whites	10	2	0	50
1 pack	Oatmeal	4.4	17.6	2	95
1 cup	Milk (skim)	8.4	11.9	0.4	86
	Totals	22.8	31.5	2.4	231

AM Snack

1/2 Tbsp.	Peanut butter—all natural smooth style	2	1.5	4	52.5
1	Banana, medium	1.2	26.7	0.6	105
	Totals	3.2	28.2	4.6	157.5

Lunch

3 oz.	Chicken breast/white meat	19.5	0	1.2	93
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
2 Tbsp.	Oil & vinegar light vinaigrette	0.2	3.8	1.8	32
	Totals	23.38	29.15	5.63	269.5

PM Snack

3 oz.	Solid white tuna in water	22.5	1.5	1.5	105
1 Tbsp.	Pickle relish	0.1	5.3	0.1	20
2 Tbsp.	Fat free mayonnaise -	0	6	0	16
5	Saltine crackers, low sodium	1	10	2	60
	Totals	23.6	22.8	3.6	201

Dinner

4 oz.	Broiled halibut	30	0	4	160
1/2 cup	Cooked brown rice	2.45	24.85	0.6	116
1/2 cup	Cooked broccoli, no salt	2.85	4.92	.11	25.76
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar light vinaigrette	0.1	1.9	0.9	16
	Totals	36.7	41.17	6.01	366.76

Evening Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
	Totals	7.5	13.5	0	90

Actual Totals for Day # 1: 117.18 166.32 22.24 1315.76

Day 2

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

2/3 cup	Kellogg's low-fat ready-to-eat granola/raisins	4.4	44	2.75	50
1/2	Banana, medium	.6	13.35	.30	52.5
1/2 cup	Greek yogurt, 2% plain	10	4.5	2.25	75
	Totals	15	61.85	5.3	328.8

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
1 Tbsp.	Almond butter	2	3	9	101
	Totals:	2.3	24	9.5	182

Lunch

1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
3 Tbsp.	Oil & vinegar vinaigrette light dressing	0.3	5.7	2.7	48
	Totals:	10.27	31.61	10.63	270

PM Snack

1 cup	Cottage cheese, 1% fat	28	6.2	2.3	164
	Totals:	28	6.2	2.3	164

Dinner

3 oz.	Roasted pork tenderloin (lean only)	35.88	0	6.13	209.1
1 cup	Fresh asparagus, boiled	4.6	7.6	.6	44
3 oz.	White potato	2.1	20.55	.09	90
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
	Totals:	43.98	39.55	8.12	408.1

Actual Totals for Day 2:	99.55	163.21	35.86	1352.9
Actual % of Total Calories:	28.99%	47.52%	23.49%	

Day 3

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	10	2	0	50
1 pack	Instant oatmeal, plain	6.6	26.4	3	142.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		25	40.3	3.4	278.5

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Lunch

2 slice	Whole-grain bread	5.43	25.82	2.35	137.76
3 oz.	Turkey breast/white meat	25.5	0	0.6	114
1 slice	2% light mild cheddar cheese	4	1	3	50
2 leaves	Raw spinach	0.57	0.73	0.08	4.6
3 slices	Tomato	0.38	2.09	0.15	9.5
2 Tbsp.	Fat free mayonnaise	0	6	0	16
1/2 cup	Unsweetened canned applesauce	0.21	13.77	0.06	52.46
Totals:		36.09	49.4	6.24	384.32

PM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Canned peaches, halves or slices, in water	0.54	7.45	0.07	29.28
Totals:		14.54	10.55	1.22	111.28

Dinner

4 oz.	Broiled halibut	30	.0	4	160
1/2 cup	Cooked brown rice -	2.45	24.85	.6	116
1/2 cup	Cooked broccoli, no salt	2.85	4.92	.11	25.76
1	Small garden salad w/tomato & onion	1.3	9.5	.4	49
1 Tbsp.	Oil & vinegar light vinaigrette	.1	1.9	.9	16
Totals		36.7	41.17	6.01	366.76

Evening Snack

3 cup	Light microwave popcorn	2.01	8.01	3	69
Totals:		2.01	8.01	3	69

Actual Totals for Day 3:	117.94	152.54	20.77	1251.86
Actual % of Total Calories:	37.18%	48.09%	14.73%	

Day 4

Qty/Measure Calories	Description	Protein	Carbs	Fats	
Breakfast					
1 cup	Cheerios	3.55	22.2	1.77	110.7
1/2	Banana, medium (add to cereal)	0.6	13.35	0.3	52.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
	Totals:	20.05	60.95	2.47	339.2
AM Snack					
10	Grapes (American)	0.2	4.1	0	20
	Totals:	0.2	4.1	0	20
Lunch					
1 cup	Low sodium vegetable soup	2	9	2	60
6	Low sodium crackers	1.2	12.2	4	72
3 oz.	Solid white tuna in water, drained	22.5	1.5	1.5	105
1 Tbsp.	Pickle relish	0.1	5.3	0.1	20
2 Tbsp.	Fat free mayonnaise	0	6	0	16
6	Medium baby carrots, raw	0.38	4.94	0.08	21
	Totals:	33.68	39.24	6.58	329
PM Snack					
1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Canned peaches, halves or slices, in water	0.54	7.45	0.07	29.28
	Totals:	14.54	10.55	1.22	111.28
Dinner					
3 oz.	Broiled pork tenderloin (lean only)	25.86	0	5.38	158.95
1	Small sweet potato, baked in skin, no salt	1.21	12.43	0.09	54
1/2 cup	Fresh asparagus, boiled	2.3	3.8	0.3	22
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
	Totals:	30.76	27.63	7.07	299.95
Evening Snack					
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
4	Graham crackers	1.93	21.5	2.83	118
	Totals:	5.93	24.5	10.83	223

Day 5

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2	Honey wheat bagel	4.5	22.5	0	120
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
1	Orange, medium	1.1	17.4	0.3	69
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.	4 86
Totals:		18	54.8	8.7	380

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Lunch

2 slices	Whole-grain bread	5.43	25.82	2.35	137.76
4 oz.	Turkey breast/white meat	34	0	0.8	152
2 Tbsp.	Fat free mayonnaise	0	3	0	8
1 slice	2% light mild cheddar cheese	4	1	3	50
3 slices	Tomato	0.38	2.09	0.15	9.5
1 leaf	Fresh spinach	0.29	0.36	0.04	2.3
1 cup	Low sodium vegetable soup	2	9	2	60
Totals:		46.1	41.27	8.34	419.56

PM Snack

10	Grapes (American)	0.2	4.1	0	20
Totals:		0.2	4.1	0	20

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
2 Tbsp.	BBQ sauce	0	12	1	50
1/2 cup	Boiled frozen green beans, no salt	1.01	4.35	0.11	18.9
3 oz.	White potato, baked	2.1	20.55	.09	90
2 Tbsp.	Sour cream, reduced fat	0.88	1.28	3.6	40.5
1 tsp	Fresh chives, chopped	0.03	0.04	0.01	0.3
Totals:		30.02	38.23	6.41	323.7

Evening Snack

4 cups	Light microwave popcorn	2.68	10.68	4	92
Totals:		2.68	10.68	4	92

Actual Totals for Day 5:	104.5	162.57	27.45	1325.26
Actual % of Total Calories:	31.78%	49.44%	18.78%	

Day 6

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	20	4	0	100
1 pack	Instant oatmeal, plain	6.6	26.4	3	142.5
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		35	42.3	3.4	328.5

AM Snack

1/2	Medium apple with peel	0.15	10.5	0.25	40.5
1/2 Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
Totals:		4.15	13.5	8.25	145.5

Lunch

1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1/4 cup	Seasoned croutons	1.08	6.35	1.83	46.5
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
2 Tbsp.	Oil & vinegar vinaigrette light dressing	0.2	3.8	1.8	32
Totals:		10.17	29.71	9.73	254

PM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Dinner

4 1/2 oz.	Wild Atlantic salmon, cooked with dry heat	32.44	0	10.37	232.05
1/2 cup	Fresh asparagus, boiled	2.3	3.8	0.3	22
3 oz.	White potato, baked	2.1	20.55	.09	90
3 Tbsp.	Chunky medium salsa	0	0	0	6
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Oil & vinegar vinaigrette light dressing	0.1	1.9	0.9	16
Totals:		38.24	35.75	12.06	415.05

Evening Snack

4	Graham crackers	1.93	21.5	2.83	118
Totals:		1.93	21.5	2.83	118

Actual Totals for Day 6:	96.99	156.26	36.27	1351.05
Actual % of Total Calories:	28.96%	46.67%	24.37%	

Day 7

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2		Honey wheat bagel	4.5	22.5	0	120
1/2	Tbsp.	Peanut butter—all natural smooth style	4	3	8	105
1		Medium orange	1.1	17.4	0.3	69
1	cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:			18	54.8	8.7	380

AM Snack

1		Orange, medium	1.1	17.4	0.3	69
Totals:			1.1	17.4	0.3	69

Lunch

1	cup	Low sodium vegetable soup	2	9	2	60
1/2	cup	Cooked broccoli, no salt	2.85	4.92	0.11	25.76
3	oz.	White potato, baked	2.1	20.55	.09	90
3	Tbsp.	Chunky medium salsa	0	0	0	6
Totals:			6.95	34.47	2.2	181.76

PM Snack

6	oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:			7.5	13.5	0	90

Dinner

3/4	cup	Whole wheat angel hair pasta, cooked	5.25	31.5	0.75	157.5
5	oz.	Chicken breast/white meat	32.5	0	2	155
1/2	cup	Marinara sauce	4	10	6	110
1/2	Tbsp.	Grated Parmesan cheese	0.96	0.1	0.72	10.78
1		Medium garden salad w/tomato & onion	1.95	14.25	0.6	74
2	Tbsp.	Oil & vinegar vinaigrette light dressing	0.2	3.8	1.8	32
Totals:			44.86	59.65	11.87	539.27

Evening Snack

2 1/2	cup	Light microwave popcorn	1.68	6.68	2.5	57.5
Totals:			1.67	6.68	2.5	57.5

Actual Totals for Day 7:	80.09	186.5	25.57	1317.53
Actual % of Total Calories:	24.71%	57.54%	17.75%	

GET YOU IN SHAPE

Day 8

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	Honey peanut Balance Bar	14	22	6	200
8 oz.	Tropicana 100% pure orange juice	0	24.9	0	112
	Totals:	14	46.9	6	312

AM Snack

1/2 cup	Dry roasted peanuts, no salt	8.64	7.85	18.13	213.53
	Totals:	8.64	7.85	18.13	213.52

Lunch

1	Wheat pita (sandwich)	2.8	15.6	0.7	75
3 oz.	Solid white tuna in water, drained	21.68	0	0.7	98.6
1/4 Tbsp.	Pickle relish	0.03	1.33	0.03	5
1 Tbsp.	Light salad dressing	0.09	1.28	4.94	50.1
8	Medium baby carrots, raw	0.8	6.4	0.8	32
8 oz.	V8 vegetable juice, no salt	1.33	10.67	0	48
	Totals:	26.73	35.27	7.16	308.7

PM Snack

1 cup	Low sodium chicken vegetable soup	3	8	3	70
	Totals:	3	8	3	70

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
1 oz.	2% reduced-fat cheddar cheese	7	0.5	6	90
1/2 cup	Ready-to-serve salsa (for chicken)	1	4.07	0.1	17.55
4 oz.	Fresh green beans, boiled	2.1	8.9	0.3	40
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
1 Tbsp.	Fat free Italian dressing	0	1	0	6
	Totals:	38.7	33.47	8.8	375.55

Actual Totals for Day 8:	91.08	131.49	43.09	1279.77
Actual % of Total Calories:	28.51%	41.15%	30.34%	

GET YOU IN SHAPE

Day 9

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Instant oatmeal, plain	4.4	17.6	2	95
1	Banana, medium (add to oatmeal)	1.2	26.7	0.6	105
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		14	56.2	3	286

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
1 1/4 cup	Grapes (American)	0.72	19.72	0.4	77.05
Totals:		8.22	33.22	0.4	167.05

Lunch

3 cup	Raw spinach (salad)	2.57	3.27	0.35	20.7
2 oz.	2% reduced-fat cheddar cheese	14	1	12	180
1/2 oz.	Toasted sunflower seed kernels, no salt	2.44	2.92	8.05	87.74
1/2 cup	Grated raw carrots	0.51	5.27	0.13	22.55
1	Large hard-boiled egg	6.29	0.56	5.31	77.5
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		25.82	15.01	25.84	400.49

PM Snack

2 oz.	Mozzarella string cheese (low fat)	16	2	3	100
Totals:		16	2	3	100

Dinner

1/4 Tbsp.	Oil (olive, sesame, soy bean, or sunflower)	0	0	3.5	30
4 oz.	Flank steak, trimmed (stir fry)	31.72	0	14.68	268
1/2 cup	Fresh red bell peppers, chopped	0.74	4.49	0.22	19.37
1/2 cup	Fresh broccoli, chopped	1.24	2.92	0.16	14.96
1/2 cup	Fresh mushrooms, pieces or slices	1.08	1.15	0.12	7.7
1/4 cup	Onions, chopped	0.37	4.04	0.03	16.8
2 Tbsp.	Light soy sauce	0	2.6	0	22
Totals:		35.15	15.21	18.72	378.83

Actual Totals for Day 9:	99.19	121.64	50.96	1332.37
Actual % of Total Calories:	29.57%	36.26%	34.18%	

GET YOU IN SHAPE

Day 10

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg Beaters or liquid egg whites	15.06	0.8	4.15	105.42
3/4 cup	Fresh cantaloupe balls	1.12	10.83	0.25	45.14
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		24.58	23.54	4.81	236.55

AM Snack

1	Medium apple with peel	0.3	21.1	0	81
14 oz.	V8 vegetable juice, no salt	2.33	18.67	0	84
Totals:		2.63	39.77	0	165

Lunch

1	Soft flour tortilla, 7" (sandwich wrap)	2	14	2	80
4 oz.	Deli turkey breast	22	0	2	100
4 slices	Fresh tomato (1/4" slices)	0.7	3.14	0.16	14.4
1/4 cup	Fresh iceberg lettuce, chopped	0.12	0.41	0.02	1.93
1.25 oz.	2% reduced-fat cheddar cheese	8.75	0.63	7.5	112.5
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		33.58	20.17	11.68	320.82

PM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Fresh peach slices (add to cottage cheese)	0.77	8.11	0.21	33.15
Totals:		14.77	11.21	1.36	115.15

Dinner

4 oz.	Chicken breast/white meat	26	0	1.6	124
1/2 cup	Cooked spaghetti, no added salt	4.06	21.6	0.65	110.6
1/4 cup	Mushroom spaghetti sauce	1	7.5	1	55
1 oz.	Part skim mozzarella cheese	6.88	0.79	4.51	72.01
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		39.24	40.39	8.16	416.61

Actual Totals for Day 10:	114.8	135.07	26.01	1254.14
Actual % of Total Calories:	37.22%	43.8%	18.98%	

GET YOU IN SHAPE

Day 11

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	Honey peanut Balance Bar	14	22	6	200
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		22.4	33.9	6.4	286

AM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
1 cup	Fresh strawberry halves (add to yogurt)	1.02	11.67	0.46	48.64
Totals:		8.52	25.17	0.46	138.64

Lunch

1	Hot dog bun, mixed-grain	4.13	19.18	2.58	113.09
1	Low fat beef frank	5	4	1	50
2 tsp.	Prepared yellow mustard	0.4	0.78	0.31	6.6
1/2 Tbsp.	Catsup	0.1	2.05	0.05	8
4 stalks	Celery, trimmed	2	8	0	40
1.25 oz.	Light cream cheese (stuff celery)	3	2	5	60
1 cup	Fresh watermelon balls	0.94	11.63	0.23	46.2
Totals:		15.56	47.63	9.17	323.89

PM Snack

1/4 cup	Dry roasted peanuts, no salt	8.64	7.85	18.13	213.53
Totals:		8.64	7.85	18.13	213.52

Dinner

3 oz.	Atlantic salmon, broiled or baked	18.79	0	10.5	175.1
1/2 cup	Boiled cauliflower (1" pieces), no salt	2.28	5.1	0.56	28.52
1 1/2 cup	Fresh asparagus, boiled	6.9	11.4	0.9	66
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
2 Tbsp.	Fat free Italian dressing	0	2	0	12
Totals:		29.27	28	12.36	330.62

Actual Totals for Day 11:	84.39	142.55	46.51	1292.67
Actual % of Total Calories:	25.45%	42.99%	31.56%	

GET YOU IN SHAPE

Day 12

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/2 cup	Egg substitute, liquid (top with cheese)	15.06	0.8	4.15	105.42
1 oz.	Kraft 2% reduced-fat cheddar cheese	7	0.5	6	90
3/4 cup	Fresh cantaloupe balls	1.12	10.83	0.25	45.14
Totals:		23.18	12.14	10.41	240.55

AM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1 cup	Fresh peach slices (add to cottage cheese)	1.55	16.22	0.43	66.3
Totals:		15.55	19.32	1.57	148.3

Lunch

1	Stouffer's Lean Cuisine glazed chicken with vegetables	22	24	6	240
12	Medium baby carrots	1.2	9.6	1.2	48
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
12 oz.	V8 vegetable juice, no salt	2	16	0	72
Totals:		26.5	60.1	7.6	415

PM Snack

2 oz.	Mozzarella string cheese (low fat)	16	2	3	100
Totals:		16	2	3	100

Dinner

1/2 Tbsp.	Olive oil	0	0	7	65
3 oz.	Top sirloin steak, lean and trimmed (stir fry)	24.67	0	8.96	186.15
4 oz.	Fresh green beans, boiled	2.1	8.9	0.3	40
1/4 cup	Fresh onion, chopped	0.37	4.04	0.03	16.8
1/4 cup	Fresh mushrooms, pieces or slices	0.54	0.57	0.06	3.85
1 tsp.	Spices, garlic powder	0.47	2.04	0.02	9.3
1	Wheat pita (serve on side with spread)	2.8	15.6	0.7	75
1 tsp.	Low fat buttery spread	0	0	3	26.67
Totals:		30.95	31.15	20.07	422.77

Actual Totals for Day 12:	112.17	124.71	42.65	1326.62
Actual % of Total Calories:	33.7%	37.47%	28.83%	

Day 13

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Instant oatmeal, plain	4.4	17.6	2	95
3/4 cup	Blueberries, raw (add to oatmeal)	0.8	15.76	0.36	61.99
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
Totals:		13.6	45.26	2.76	242.99

AM Snack

1/2	Medium apple with peel	0.15	10.55	0	40.5
3 Tbsp.	Peanut Wonder low fat peanut butter	4.5	16.5	5.25	150
Totals:		4.65	27.05	5.25	190.5

Lunch

1	Soft flour tortilla, 7" (sandwich wrap)	2	14	2	80
3 oz.	Solid white tuna in water, drained	20.08	0	2.52	108.8
1/4 Tbsp.	Pickle relish	0.03	1.33	0.03	5
1/4 cup	Fresh spinach	0.21	0.27	0.03	1.73
3 slices	Fresh tomato (1/4" thick)	0.53	2.35	0.12	10.8
1 Tbsp.	Fat free mayonnaise	0	1.5	0	4
1	Medium orange	1.1	17.4	0.3	69
Totals:		23.94	36.85	5	279.33

PM Snack

6 oz.	Light yogurt, any flavor (less than 9g sugar)	7.5	13.5	0	90
Totals:		7.5	13.5	0	90

Dinner

6 oz.	Roasted pork tenderloin (lean only)	47.84	0	8.18	278.8
2 Tbsp.	BBQ sauce	0.06	11.4	0.04	50
3/4 cup	Fresh spinach (add to salad or sauté)	4.01	5.06	0.35	31.05
1/2 cup	Mixed vegetables, frozen	2.6	11.9	0.1	54
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		55.81	38.86	9.07	468.85

Actual Totals for Day 13:	105.5	161.52	22.08	1317.76
Actual % of Total Calories:	32.23%	49.23%	18.55%	

Day 14

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	Honey peanut Balance Bar	14	22	6	200
4 oz.	100% pure orange juice	0	12.45	0	56
Totals:		14	34.45	6	256

AM Snack

1/2 cup	Cottage cheese, 1% fat	14	3.1	1.15	82
1/2 cup	Fresh peach slices (add to cottage cheese)	0.77	8.11	0.21	33.15
Totals:		14.77	11.21	1.36	115.15

Lunch

1	Stouffer's Lean Cuisine Salisbury steak with macaroni and cheese	23	27	8	270
1 cup,	Fresh watermelon balls	0.94	11.63	0.23	46.2
1	Small garden salad w/tomato & onion	1.3	9.5	0.4	49
1 Tbsp.	Fat free Italian dressing	0	1	0	6
Totals:		25.24	49.13	8.63	371.2

PM Snack

1/2 cup	Low sodium chicken vegetable soup	3	12	2	80
Totals:		3	12	2	80

Dinner

4 oz.	Swordfish, cooked with dry heat	28.8	0	5.84	176
1/2 cup	Whole wheat angel hair pasta	4.5	20	1	105
1/4 Tbsp.	Olive oil (toss with all ingredients)	0	0	3.5	32.5
1/4 cup	Sun-dried tomatoes	1.9	7.53	0.4	34.83
1/2 cup	Zucchini, boiled	1.3	4.01	0.15	19.15
1 oz.	Grated Parmesan cheese	12	1	9	130
Totals:		48.5	32.54	19.89	497.48

Actual Totals for Day 14:	105.51	139.32	37.88	1319.83
Actual % of Total Calories:	31.97%	42.21%	25.82%	

GET YOU IN SHAPE

Day 15

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	cup	Rice Chex	2	27	0	120
1		Banana, medium (add to cereal)	1.2	26.7	0.6	105
1	cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6	oz.	Coffee (with caffeine)	0.2	0.7	0	6
1		Multivitamin	0	0	0	0
Totals:			11.8	66.3	1	317

AM Snack

1		Chocolate chip peanut Clif bar	12	40	6	250
1		Medium apple with peel	0.3	21	0.5	81
Totals:			12.3	61	6.5	331

Lunch

4	slices	Turkey breast meat (add to salad)	14.34	3.54	1.39	87.36
1		Large garden salad w/tomato & onion	2.6	19	0.8	98
2	Tbsp.	Light oil & vinegar dressing	0	4	4	40
8	oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:			16.94	27.49	6.19	230.12

PM Snack

1	bar	Fruit leather snack bars	0.41	18.06	1.22	80.73
Totals:			0.41	18.06	1.22	80.73

Dinner

4	oz.	Shrimp, boiled or grilled	23.68	0	1.2	112
3	oz.	White potato, baked	1.95	21.45	0.09	93
1	spear	Broccoli	5	4	1	40
1	head	Fresh endive	6.41	17.19	1.03	87.21
1		Small garden salad w/tomato & onion	1.3	9.5	0.4	49
2	Tbsp.	Fat free Italian dressing	0	2	0	12
8	oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:			38.34	55.09	3.72	397.97

Evening Snack

1	cup	Light microwave popcorn	0.67	2.67	1	23
Totals:			0.67	2.67	1	23

GET YOU IN SHAPE

Day 16

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
1 cup	Frozen blueberries, unthawed	1.07	21.01	0.48	82.65
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		15.24	62.89	3.34	333.6

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
Totals:		0.3	21	0.5	81

Lunch

6 oz.	Chicken breast/white meat	39	0	2.4	186
6 oz.	White potato, baked	3.9	42.9	0.18	186
2 Tbsp.	Chunky medium salsa	0	0	0	4
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		45.5	64.85	3.38	490.76

PM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Dinner

6 oz.	Flounder, broiled	40.98	0	0	198
1 cup	Fresh butterhead lettuce, chopped	0.74	1.23	0.12	7.15
1 oz.	Artichoke heart, boiled	0.98	3.18	0.01	14
1 cup,	Cauliflower (1" pieces), boiled, no salt	2.28	5.1	0.56	28.52
1/2 cup	Sliced beets, boiled	1.43	8.47	0.15	37.4
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		46.41	20.92	0.84	289.83

Actual Totals for Day 16:	117.45	191.66	12.56	1375.19
Actual % of Total Calories:	34.81%	56.81%	8.38%	

GET YOU IN SHAPE

Day 17

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 pack	Quaker instant oatmeal plus fiber	4	28	2	150
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
1	Pink or red grapefruit, 4" diameter	1.2	23.8	0.2	92
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		13.8	64.4	2.6	337

AM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Lunch

8 oz.	Canned ready-to-serve lentil soup with ham	9.28	20.24	2.78	138.88
1	Large garden salad w/tomato & onion	2.6	19.0	8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		11.88	42.19	3.58	253.64

PM Snack

1	Fresh Asian pear	0.61	12.99	0.28	51.24
Totals:		0.61	12.99	0.28	51.24

Dinner

4 oz.	Swordfish, cooked with dry heat	28.8	0	5.84	176
2 spears	Broccoli	10	8	2	80
1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		44.37	38.23	10.31	419.71

Actual Totals for Day 17:	84.75	210.42	23.16	1367.59
Actual % of Total Calories:	24.55%	60.36%	15.09%	

Day 18

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 each	Wheat free waffles, toasted	1	43	5	230
3	Egg whites, scrambled	10.5	0.9	0	51
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		11.7	44.6	5	287

AM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Lunch

3 oz.	Chicken breast/white meat (shredded in ramen)	19.5	0	1.2	93
1 bag	Buckwheat ramen	10	60	2	280
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		29.5	60.95	3.2	377.76

PM Snack

3	Plain rice cake	2.4	21.3	0.9	105
2.8 oz.	Solid white tuna in water	21	1.4	1.4	98
2 Tbsp.	Fat free mayonnaise	0	6	0	16
1 box	Seedless raisins (1.5 oz.)	1.32	34.05	0.2	128.57
Totals:		24.72	62.75	2.5	347.57

Dinner

1	Veggie burger	11	6	0	70
1/2 cup	Fresh acorn squash, cubed	0.56	7.29	0.07	28
1/2 cup	Fresh radish slices	0.39	1.97	0.06	9.28
1	Medium garden salad w/tomato, onion	1.95	14.25	0.6	74
1/2 Tbsp.	Fat free French dressing	0	2	0	10
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		13.9	32.47	0.73	196.04

Evening Snack

2 cup	Light microwave popcorn	1.34	5.34	2	46
Totals:		1.34	5.34	2	46

Actual Totals for Day 18:	91.16	232.11	17.93	1434.37
Actual % of Total Calories:	25.07%	63.84%	11.09%	

GET YOU IN SHAPE

Day 19

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1/4 cup	Quinoa (cooked according to package)	5.57	29.28	2.47	158.95
1 cup,	Frozen blueberries, unthawed	1.07	21.01	0.48	82.65
1 cup	Nonfat skim milk or almond milk (unsweetened)	8.4	11.9	0.4	86
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		15.24	62.89	3.34	333.6

AM Snack

1	Medium apple with peel	0.3	21	0.5	81
Totals:		0.3	21	0.5	81

Lunch

6 oz.	Chicken breast/white meat	39	0	2.4	186
6 oz.	White potato, baked	3.9	42.9	0.18	186
2 Tbsp.	Chunky medium salsa	0	0	0	4
1	Large garden salad w/tomato & onion	2.6	19	0.8	98
2 Tbsp.	Fat free Italian dressing	0	2	0	12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		45.5	64.85	3.38	490.76

PM Snack

1	Luna bar	10	26	4.5	180
Totals:		10	26	4.5	180

Dinner

6 oz.	Flounder, broiled	40.98	0	0	198
1 cup	Fresh butterhead lettuce, chopped	0.74	1.23	0.12	7.15
1/2 cup	Fresh beet slices, boiled	1.43	8.47	0.15	37.4
1 oz.	Artichoke heart, boiled	0.98	3.18	0.01	14
1 cup,	Fresh cauliflower (1" pieces), boiled, no salt	2.28	5.1	0.56	28.52
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		46.41	18.92	0.84	289.83

Actual Totals for Day 19:	117.45	191.66	12.56	1363.19
Actual % of Total Calories:	34.81%	56.81%	8.38%	

GET YOU IN SHAPE

Day 20

experience **results.**

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1	pack	Quaker instant oatmeal plus fiber	4	28	2	150
1		Banana, medium (add to oatmeal)	1.2	26.7	0.6	105
6	oz.	Coffee (with caffeine)	0.2	0.7	0	6
1		Multivitamin	0	0	0	0
Totals:			5.4	55.4	2.6	261

AM Snack

2		Plain rice cake	1.6	14.2	0.6	70
1	cup	Grapes (American)	0.58	15.78	0.32	61.64
Totals:			2.18	29.98	0.92	131.64

Lunch

1/2	cup	Solid white tuna in water	30	0	2	140
2	Tbsp.	Fat free mayonnaise	0	6	0	16
1	slice	Avocado	0.5	2	3.75	42.5
1		Large garden salad w/tomato & onion	2.6	19	0.8	98
2	Tbsp.	Fat free Italian dressing	0	2	0	12
8	oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:			33.1	29.95	6.55	313.26

PM Snack

1		Luna bar	10	26	4.5	180
Totals:			10	26	4.5	180

Dinner

2		Soft corn tortilla, 7" (burrito)	2	18	2	90
1	cup	Fat free shredded cheese	36	8	0	180
1/2	cup	Pinto beans, boiled	7	21.8	0.4	116
3	Tbsp.	Chunky medium salsa	0	0	0	6
1		Large garden salad w/tomato & onion	2.6	19	0.8	98
2	Tbsp.	Fat free Italian dressing	0	2	0	12
8	oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:			47.6	69.75	3.2	506.76

Actual Totals for Day 20:	98.28	211.08	17.77	1392.66
Actual % of Total Calories:	28.46%	59.96%	11.58%	

Day 21

Qty/Measure Calories	Description	Protein	Carbs	Fats
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Breakfast

1 cup	Cottage cheese, 1% fat	28	6.2	2.3	164
1 slice	Avocado	0.5	23.	75	42.5
6 oz.	Coffee (with caffeine)	0.2	0.7	0	6
1	Multivitamin	0	0	0	0
Totals:		28.7	8.9	6.05	212.5

AM Snack

1	Chocolate chip peanut Clif bar	12	40	6	250
Totals:		12	40	6	250

Lunch

1 cup	Fresh pears, sliced	0.63	25.51	0.2	95.7
6 oz.	Fruit on the bottom yogurt, any flavor	6.75	33	2.25	174
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		7.38	59.46	2.45	274.46

PM Snack

1	Fruit leather bar	0.41	18.06	1.22	80.73
Totals:		0.41	18.06	1.22	80.73

Dinner

2 oz.	Whole grain pasta (toss with veggies)	8	40	1.5	190
4 oz.	Artichoke heart, boiled	3.9	12.7	0.02	56
1 spear	Fresh broccoli	5	4	1	40
1/2 head	Fresh endive	3.21	8.59	0.51	43.61
1 cup	Fresh mushrooms, pieces or slices	2.16	2.3	0.24	15.4
2 cup	Fresh mustard greens, chopped	3.02	5.49	0.22	29.12
8 oz.	Unsweetened lemon-flavored instant tea	0	0.95	0	4.76
Totals:		25.29	74.03	3.5	378.89

Evening Snack

6 oz.	Yoplait light yogurt, any flavor	7.5	13.5	.0	90
Totals		7.5	13.5	.0	90

Actual Totals for Day 21:	73.78	200.44	19.21	1196.58
Actual % of Total Calories:	23.24%	63.14%	13.62%	