

1200 Calorie Diet - Day 2

Breakfast:

½ cup of oatmeal, cooked with water – 117 grams – 83 kcal
1 tsp brown sugar - 4 grams - 11 kcal
½ cup of skim milk – 122.5 grams – 42.5
1 cup of orange juice – 248 grams – 112 kcal

Total: 248.5 kcal

Lunch:

Turkey Sandwich :
1 oz. turkey breast – 28 grams - 29.1 kcal
1 tsp mustard or fat free mayonnaise – 5 grams – 4 kcal
2 slices of whole wheat bread, thin (3-3/4" x 5" x 3/8") – 66 grams – 183.6 kcal
1 apple small (2-3/4" dia) - 149 grams - 73.5 kcal

Total: 290.2 kcal

Afternoon Snack:

½ cup of skim milk – 122.5 grams – 42.5
1 cup of strawberries – 144 grams - 46.1 kcal
Total: 88.6 kcal

Dinner:

2 oz. chicken breast, skinless, baked, grilled or broiled – 56 grams - 44.8 kcal
1 small baked potato – 138 grams – 128 kcal
1 tsp. butter or margarine – 5 grams – 35.8 kcal
1 cup of green beans – 125 grams - 43.8 kcal
1 mixed green salad from (day 1) - 36.7 kcal
2 tbsp fat free dressing – 28 grams – 13.2 kcal
Total: 302.2 kcal

Evening Snack:

Low fat milk shake:
1 cup skim milk – 245 grams – 85 kcal
1 cup fat free vanilla ice cream – 136 grams – 186 kcal

Total: 271 kcal

Total calorie intake per day: 1200 kcal