

1300 Calorie Diet - Day 1

Breakfast:

2 waffle plain (square - 4" square or round - 4"dia) - 2 x 33 grams - 206 kcal
1 tbsp of maple syrup - 20 grams - 52.2 kcal
1 tbsp of butter - 14grams - 100 kcal
8 oz. of water or decaffeinated coffee without sugar - 0 kcal

Total: 358.2 kcal

Lunch:

1 cup of skim milk - 247 grams - 86.5 kcal
Salad made of raw vegetables :
1 cup of shredded romaine or cos lettuce - 47grams - 8.0 kcal
¼ cup of chopped carrots - 32 grams - 13 kcal
¼ cup of chopped green peppers - 37.3 grams - 7.5 kcal
¼ cup of shredded cabbage - 17.5 grams - 4.2 kcal
¼ cup of chopped celery - 25 grams - 4 kcal
Total calories in the salad: 36.7 kcal
1 tbsp fat free salad dressing - 14 grams - 6.6 kcal
1 whole grain roll (1 oz) or 28 grams - 74 kcal

Total: 203.8 kcal

Afternoon Snack:

½ cup of sliced strawberries - 88 grams - 26.6 kcal
6 oz. fat free, fruit yogurt - 170 grams - 161 kcal

Total: 187.6 kcal

Dinner:

3 oz. sirloin steak, lean only, grilled - no fat added - 85 grams - 225 kcal
1 cup of cooked wild rice -164 grams - 166 kcal
1 pat of butter (1" sq, 1/3" high) - 5g - 35.8 kcal
½ cup of sliced cooked carrots - 78 grams - 27.3 kcal
1 mixed salad from above - 36.7 kcal
2 tbsp fat free dressing - 28 grams - 13.2 kcal

Total: 504 kcal

Evening Snack:

1 small orange (2-3/8" dia) - 104 grams - 49 kcal

Total 49 kcal

Total calorie intake per day: 1300 kcal

