

## **1300 Calorie Diet - Day 6**

### **Breakfast:**

1 bagel (3" dia) - 57grams - 146 kcal  
1 tbsp of low fat cream cheese - 15 grams - 30.1 kcal  
1 cup of orange juice (freshly squeezed) - 248 grams - 112 kcal

**Total: 288 kcal**

### **Morning Snack:**

6 oz. fat free fruit yogurt - 170 grams - 161 kcal  
1 cup of strawberries - 144 grams - 46.1 kcal

**Total: 207.1 kcal**

### **Lunch:**

2 oz. hamburger 95% lean meat / 5% fat, grilled or boiled - 56 grams - 97.4 kcal  
1 tbsp of ketchup - 15 grams - 14.6 kcal  
1 hamburger bun - 120 kcal  
½ tomato, sliced - 61.5 grams - 11 kcal  
½ green pepper, sliced - 74.6 grams - 15 kcal  
1 cup of skim milk - 245 grams - 85 kcal

**Total: 343 kcal**

### **Dinner:**

1 cup of cooked pasta - 140 grams - 183.4 kcal  
2 oz. boiled shrimp - 56 grams - 77.45 kcal  
1 tsp olive oil with garlic on pasta - 4 grams - 39.8 kcal  
1 mixed green salad - 36.7 kcal  
1 tbsp of fat free dressing - 14 grams - 6.6 kcal  
½ cup of cooked green beans - 62.5 grams - 21.9 kcal  
1 slice Italian bread - 30 grams - 81 kcal

**Total: 447 kcal**

---

**Total 1300 kcal**