

1400 Calorie Diet - Day 1

Breakfast:

1 waffle plain (square - 4" square or round - 4"dia) - 33 grams - 103 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: 255.2 kcal

Morning Snack:

1 cup of skim milk - 245 grams - 85 kcal
½ of cinnamon bagel - 28.5 grams - 78 kcal

Total: 163 kcal

Lunch:

1 cup of skim milk - 245 grams - 85 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 oz. turkey breast - 28 grams - 29.1 kcal
1 whole grain roll (1 oz) or 28 grams - 74 kcal

Total: 231.4 kcal

Afternoon Snack:

½ cup of sliced strawberries - 88 grams - 26.6 kcal
6 oz. fat free, fruit yogurt - 170 grams - 161 kcal
1 tbsp crunchy whole grain cereal - 4 grams - 13 kcal

Total: 200.6 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: 1400 kcal