

1600 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

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
3 oz. turkey breast – 84 grams – 87.3 kcal
1 whole grain roll (1 oz) or 28 grams – 74 kcal

Total: 289.6 kcal

Afternoon Snack:

½ cup of whole strawberries – 72 grams – 23 kcal
6 oz. fat free, fruit yogurt - 170 grams – 161 kcal
1 tbsp crunchy whole grain cereal – 4 grams – 13 kcal

Total: 197 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
1 cup of sliced cooked carrots – 156 grams – 54.6 kcal

1 mixed salad from above – 36.7 kcal
2 tbsp fat free dressing – 28 grams – 13.2 kcal

Total: 531.3 kcal

Evening Snack:

1 medium orange (2-5/8" dia) – 131 grams – 62 kcal

Total 62 kcal

Total calorie intake per day: 1600 kcal