

1600 Calorie Diet - Day 2

Breakfast:

1 cup of oatmeal, cooked with water – 234 grams – 166 kcal
2 tsp brown sugar – 2 x 4 grams – 22 kcal
1 cup of skim milk – 245 grams – 85 kcal
1 cup of orange juice – 248 grams – 112 kcal

Total: 385 kcal

Morning Snack:

1 apple large (3-1/4" dia) - 223 grams – 116 kcal

Total: 116 kcal

Lunch:

Sandwich with turkey :

2 oz. turkey breast – 56 grams – 58.2 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 cup of sliced cucumber – 104 grams – 15.6 kcal

Total: 261.4 kcal

Afternoon Snack:

1 cup of skim milk – 245 grams – 85 kcal
1 cup of strawberries – 144 grams – 46.1 kcal

Total: 131.1 kcal

Dinner:

3 oz. chicken breast, skinless, baked, grilled or broiled – 84 grams – 67.2 kcal
1 medium baked potato – 173 grams – 161 kcal
1 tsp. butter – 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
1 whole grain roll – 1 oz or 28 grams – 74 kcal

Total: 431.7 kcal

Evening Snack:

Low fat milk shake made with:

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

Total: 271 kcal

Total: 1600 kcal