

1600 Calorie Diet - Day 3

Breakfast:

2 round pancakes (4" dia) - 76 grams - 172.6 kcal
1 tbsp fruit spread or maple syrup - 20 grams - 52.2 kcal
1 cup of orange juice - 248 grams - 112 kcal

Total: 336.8 kcal

Morning Snack:

1 cup of skim milk - 245 grams - 85 kcal
1 sliced peach, small (2-1/2" dia) - 130g - 50.7 kcal

Total: 135.7 kcal

Lunch:

1 salad with mixed greens (day 1) - 36.7 kcal
1 tbsp fat free dressing - 14 grams - 6.6 kcal
6 fat-free, low-sodium saltine crackers - 30 grams - 118 kcal
3 oz. tuna fish, light, canned in water, without salt, drained solids - 85 grams - 98.6 kcal
1 apple small (2-3/4" dia) - 149 grams - 73.5 kcal

Total: 333.4 kcal

Afternoon Snack:

1/2 oz milk chocolate - 14 grams - 75 kcal

Total: 75 kcal

Dinner:

2 cups of cooked pasta - 280 grams - 367 kcal
1/2 cup of spaghetti sauce - 126 grams - 60.3 kcal
2 oz cooked ground beef (95% lean meat / 5% fat) - 84 grams - 109 kcal
1 mixed green salad (day 1) - 36.7 kcal
1 tbsp fat free dressing - 14 grams - 6.6 kcal

Total: 579.9 kcal

Evening Snack:

1 cup skim milk - 245 grams - 85 kcal
2 cracker standard snack-type, regular - 12 grams - 60.6 kcal

Total: 145.6 kcal

Total: 1600 kcal