

1600 Calorie Diet - Day 4

Breakfast:

1 cup of orange juice (freshly squeezed) – 248 grams – 112 kcal
1 cup of cup corn flakes – 26.25 grams – 94.8 kcal
1 cup of skim milk – 245 grams – 85 kcal
1 cup of strawberries – 144 grams - 46.1 kcal
1 slice rye bread, toasted – 24 grams – 68 kcal 1 small pot of jam – 0.5 oz or 14 grams – 39 kcal

Total: 444.9 kcal

Morning Snack:

2 tsp of reduced fat peanut butter – 10 grams – 52.1 kcal
2 rice cakes – 18 grams - 69.7 kcal

Total: 121.8 kcal

Lunch:

1 cup vegetable soup – 245 grams – 53.9 kcal
1 mixed green salad (day 1) – 36.7 kcal
2 tbsp of fat free salad dressing - 28 grams – 13.2 kcal
1 cup of skim milk - 245 grams – 85 kcal
6 fat-free, low-sodium saltine crackers – 30 grams – 118 kcal
1 oz. low fat mozzarella cheese – 28 grams – 72 kcal

Total: 378.8 kcal

Afternoon Snack:

1 apple medium (3" dia) - 182 grams - 95 kcal

Total: 95 kcal

Dinner:

5 oz. of flounder or other white fish (baked, broiled or grilled) – 140 grams – 164 kcal
1 medium baked potato – 173 grams – 161 kcal
1 mixed green salad (day 1) – 36.7 kcal
1 tbsp of fat free salad dressing - 14 grams – 6.6 kcal
1 cup of cooked broccoli – 88 grams – 30 kcal
1 whole grain roll – 1 oz or 28 grams – 74 kcal

Total: 472.3 kcal

Evening Snack:

3 cups popcorn, air-popped – 24 grams – 93 kcal

Total: 93 kcal

Total: 1600 kcal