

## **1600 Calorie Diet - Day 5**

### **Breakfast:**

1 English muffin – 57 grams – 129 kcal  
1 egg poached – 50 grams – 71 kcal  
½ grapefruit – 123 grams - 51.7 kcal

**Total: 251.7 kcal**

### **Morning Snack:**

1 large pear – 230 grams - 133 kcal  
1 cup skim milk - 245 grams – 85 kcal  
1 cup of corn flakes – 28 grams – 101 kcal

**Total: 319 kcal**

### **Lunch:**

3 oz. turkey breast or lean ham – 84 grams – 87.3 kcal  
1 large whole grain pitta bread – 64 grams – 170 kcal  
2 sliced carrot small (5-1/2" long) – 100 grams – 41 kcal  
1 cup of skim milk - 245 grams – 85 kcal

**Total: 383.3 kcal**

### **Afternoon Snack:**

1 peach large (2-3/4" dia) – 175 grams – 68.3 kcal

**Total: 68.3 kcal**

### **Dinner:**

2 slices of Cheese Only Pizza, 2 of 8 slices, 12" medium (159g) – 374 kcal  
1 large mixed green salad – double portion of salad from day1 – 73.4 kcal  
1 tbsp of fat free salad dressing - 14 grams – 6.6 kcal  
½ cup of sliced strawberries – 83 grams – 27 kcal

**Total: 481.0 kcal**

### **Evening Snack:**

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

**Total: 93 kcal**

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**Total: 1600 kcal**