

1600 Calorie Diet - Day 6

Breakfast:

1 bagel (3" dia) - 57grams - 146 kcal
1 tbsp of low fat cream cheese - 15 grams - 30.1 kcal
1 cup of orange juice (freshly squeezed) - 248 grams - 112 kcal

Total: 288 kcal

Morning Snack:

6 oz. fat free fruit yogurt - 170 grams - 161 kcal
½ cup of strawberries - 72 grams - 23 kcal

Total: 184 kcal

Lunch:

2 oz. hamburger 95% lean meat / 5% fat, grilled or broiled - 56 grams - 97.4 kcal
1 tbsp of ketchup - 15 grams - 14.6 kcal
1 hamburger bun - 120 kcal
½ tomato, sliced - 61.5 grams - 11 kcal
½ green pepper, sliced - 74.6 grams - 15 kcal
1 cup of skim milk - 245 grams - 85 kcal

Total: 343 kcal

Afternoon Snack:

1 apple medium (3" dia) 173g- 90 kcal

Total: 90 kcal

Dinner:

1 ½ cups of cooked pasta - 210 grams - 275.1 kcal
3 oz. boiled shrimp - 84 grams - 116 kcal
1 tsp olive oil with garlic on pasta - 4 grams - 39.8 kcal
1 mixed green salad - 36.7 kcal
1 tbsp of fat free dressing - 14 grams - 6.6 kcal
1 cup of cooked green beans - 125 grams - 43.7 kcal
1 slice Italian bread - 30 grams - 81 kcal

Total: 598.9 kcal

Evening Snack:

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

Total: 93 kcal

Total: 1600 kcal