

1600 Calorie Diet - Day 7

Breakfast:

2 slices French toast - 2 x 65 grams - 298 kcal
1 cup of fresh blueberries - 148 grams - 84.4 kcal
1 cup of skim milk - 245 grams - 85 kcal

Total: 467.4 kcal

Morning Snack:

1 small orange (2-3/8" dia) - 104 grams - 49 kcal

Total: 49 kcal

Lunch:

½ cup of cottage cheese low fat, 1% milk fat - 113 grams - 81.5 kcal
1 mixed green salad - 36.7 kcal
1 tbsp fat free dressing - 14 grams - 6.6 kcal
1 whole wheat roll - (1 oz) or 28 grams - 74 kcal
1 cup of skim milk - 245 grams - 85 kcal
1 cup of sliced carrots - 122 grams - 50 kcal

Total: 333.8 kcal

Afternoon Snack:

½ oz. pretzels - 14 grams - 53.5 kcal

Total: 53.5 kcal

Dinner:

3 oz. grilled or broiled cod fish - 85 grams - 89.3 kcal
1 ½ cups of rice noodles, cooked - 264 grams - 288 kcal
2 tsp butter or margarine - 10 grams - 71.6 kcal
1 cup of apple sauce - 244 grams - 105 kcal
1 cup of mixed vegetables - 182 grams - 118 kcal

Total: 671.9 kcal

Evening Snack:

½ cup of strawberries - 72 grams - 23 kcal

Total: 23 kcal

Total: 1600 kcal