

1800 Calorie Diet - Day 2

Breakfast:

1 cup of oatmeal, cooked with water – 234 grams – 166 kcal
2 tsp brown sugar – 2 x 4 grams – 22 kcal
1 cup of skim milk – 245 grams – 85 kcal
1 cup of orange juice – 248 grams – 112 kcal
1 slice toast, wheat or rye – 24 grams – 68 kcal
1 tsp of butter – 5 grams – 35.8 kcal

Total: 488.8 kcal

Morning Snack:

1 apple large (3-1/4" dia) - 223 grams – 116 kcal
Total: 116 kcal

Lunch:

Sandwich with turkey :
4 oz. turkey breast – 112 grams – 116.5 kcal
1 tsp mustard or fat free mayonnaise – 5 grams – 4 kcal
2 slices of whole wheat bread, thin (3-3/4" x 5" x 3/8") – 66 grams – 183.6 kcal
1 cup of sliced cucumber – 104 grams - 15.6 kcal

Total: 319.7 kcal

Afternoon Snack:

1 cup of skim milk – 245 grams – 85 kcal
1 1/2 cup of whole strawberries – 216 grams – 69.2 kcal
Total: 154.2 kcal

Dinner:

4 oz. chicken breast, skinless, baked,
grilled or broiled – 112 grams – 89.6 kcal
1 medium baked potato – 173 grams – 161 kcal
1 tsp. butter – 5 grams – 35.8 kcal
1 cup of green beans – 125 grams - 43.8 kcal
1 mixed green salad from (day 1) - 36.7 kcal
2 tbsp fat free dressing – 28 grams – 13.2 kcal
1 whole grain roll – 1 oz or 28 grams – 74 kcal

Total: 454.1 kcal

Evening Snack:

Low fat milk shake made with:
1 cup skim milk – 245 grams – 85 kcal
1 cup fat free vanilla ice cream – 136 grams – 186 kcal
Total: 271 kcal

Total: 1800 kcal