

1800 Calorie Diet - Day 5

Breakfast:

1 English muffin – 57 grams – 129 kcal
2 eggs poached – 2 x 50 grams – 142 kcal
½ grapefruit – 123 grams - 51.7 kcal

Total: 322.7 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:

4 oz. turkey breast or lean ham – 112 grams – 116.4 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: 412.4 kcal

Afternoon Snack:

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

Total: 68.3 kcal

Dinner:

2 ½ slices of cheese pizza, 2 ½ of 8 slices, 12" medium - 198 grams – 467.5 kcal
1 large mixed green salad – double portion of salad from Day 1 – 73.4 kcal
2 tbsp of fat free salad dressing - 2 x 14 grams – 13 kcal
½ cup of sliced strawberries – 83 grams – 27 kcal

Total: 580.9 kcal

Evening Snack:

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

Total: 93 kcal

Total: 1800 kcal