

2000 Calorie Diet - Day 1

Breakfast:

3 waffle plain (square - 4" square or round - 4"dia) - 3 x 33 grams - 309 kcal
2 tbsp of maple syrup - 2 x 20 grams - 104.4 kcal
1 tbsp of butter - 14grams - 100 kcal
8 oz. of water or decaffeinated coffee without sugar - 0 kcal
¾ cup orange juice - 186 grams - 84 kcal

Total: 597.4 kcal

Morning Snack:

1 cup of skim milk - 245 grams - 85 kcal
1 of cinnamon bagel - 57 grams - 156 kcal

Total: 241 kcal

Lunch:

1 cup of skim milk - 245 grams - 85 kcal
Salad made of raw vegetables :
1 cup of shredded romaine or cos lettuce - 47grams - 8.0 kcal
¼ cup of chopped carrots - 32 grams - 13 kcal
¼ cup of chopped green peppers - 37.3 grams - 7.5 kcal
¼ cup of shredded cabbage - 17.5 grams - 4.2 kcal
¼ cup of chopped celery - 25 grams - 4 kcal
Total calories in the salad: 36.7 kcal
1 tbsp fat free salad dressing - 14 grams - 6.6 kcal
3 oz. turkey breast - 84 grams - 87.3 kcal
1 whole grain roll (1 oz) or 28 grams - 74 kcal

Total: 289.6 kcal

Afternoon Snack:

1 cup of whole strawberries - 144 grams - 46.1 kcal
6 oz. fat free, fruit yogurt - 170 grams - 161 kcal
1 tbsp crunchy whole grain cereal - 4 grams - 13 kcal

Total: 220.1 kcal

Dinner:

4 oz. sirloin steak, lean only, grilled or broiled - 113 grams - 300 kcal
1 cup of cooked wild rice - 164 grams - 166 kcal
1 pat of butter (1" sq, 1/3" high) - 5g - 35.8 kcal

1 cup of sliced cooked carrots – 156 grams – 54.6 kcal
1 mixed salad from above – 36.7 kcal
1 tbsp fat free dressing – 14 grams – 6.6 kcal

Total: 599.7 kcal

Evening Snack:

1 medium orange (2-5/8" dia) – 131 grams – 62 kcal

Total 62 kcal

Total calorie intake per day: 2000 kcal