

## 2000 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  
2 cup of whole strawberries – 288 grams – 92.3 kcal  
6 vanilla wafer cookies – 6 x 28 grams – 168 kcal

**Total: 345.3 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**

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**Total: 2000 kcal**