

2000 Calorie Diet - Day 3

Breakfast:

3 round pancakes (4" dia) - 114 grams - 258.9 kcal
3 tbsp fruit spread or maple syrup - 3 x 20 grams - 156.6 kcal
1 cup of orange juice - 248 grams - 112 kcal

Total: 527.5 kcal

Morning Snack:

1 cup of skim milk - 245 grams - 85 kcal
1 sliced peach, small (2-1/2" dia) - 130g - 50.7 kcal

Total: 135.7 kcal

Lunch:

1 salad with mixed greens (day 1) - 36.7 kcal
1 tbsp fat free dressing - 14 grams - 6.6 kcal
6 fat-free, low-sodium saltine crackers - 30 grams - 118 kcal
3 oz. tuna fish, light, canned in water, without salt, drained solids - 85 grams - 98.6 kcal
1 apple large (3-1/4" dia) - 223 grams - 116 kcal

Total: 375.9 kcal

Afternoon Snack:

1/2 oz milk chocolate - 14 grams - 75 kcal

Total: 75 kcal

Dinner:

2 1/2 cups of cooked pasta - 350 grams - 458.7 kcal
1/2 cup of spaghetti sauce - 126 grams - 60.3 kcal
3 oz cooked ground beef (95% lean meat / 5% fat) - 126 grams - 163.5 kcal
1 mixed green salad (day 1) - 36.7 kcal
3 tbsp fat free dressing - 42 grams - 19.8 kcal

Total: 745.7 kcal

Evening Snack:

1 cup skim milk - 245 grams - 85 kcal
2 cracker standard snack-type, regular - 12 grams - 60.6 kcal

Total: 145.6 kcal

Total: 2000 kcal