

2000 Calorie Diet - Day 4

Breakfast:

1 cup of orange juice (freshly squeezed) – 248 grams – 112 kcal
1 ½ cups of corn flakes – 39.4 grams – 142.2 kcal
1 cup of skim milk – 245 grams – 85 kcal
1 cup of strawberries – 144 grams - 46.1 kcal
2 slices of rye bread, toasted – 2 x 24 grams – 136 kcal 2 small pots of jam – 1 oz or 28 grams – 78 kcal

Total: 599.3 kcal

Morning Snack:

3 tsp of reduced fat peanut butter – 15 grams – 78.2 kcal
3 rice cakes – 27 grams – 104.6 kcal

Total: 182.8 kcal

Lunch:

1 ½ cups vegetable soup – 367.5 grams – 80.9 kcal
1 mixed green salad (day 1) – 36.7 kcal
3 tbsp of fat free salad dressing - 42 grams – 19.8 kcal
1 cup of skim milk - 245 grams – 85 kcal
6 fat-free, low-sodium saltine crackers – 30 grams – 118 kcal
2 oz. low fat mozzarella cheese – 56 grams – 144 kcal

Total: 484.4 kcal

Afternoon Snack:

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

Total: 116 kcal

Dinner:

6 oz. of flounder or other white fish (baked, broiled or grilled) – 168 grams – 196.8 kcal
1 medium baked potato – 173 grams – 161 kcal
1 mixed green salad (day 1) – 36.7 kcal
3 tbsp of fat free salad dressing - 42 grams – 19.8 kcal
1 cup of cooked broccoli – 88 grams – 30 kcal
1 whole grain roll – 1 oz or 28 grams – 74 kcal

Total: 518.3 kcal

Evening Snack:

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

Total: 93 kcal

Total: 2000 kcal