

2000 Calorie Diet - Day 6

Breakfast:

1 bagel (3" dia) - 57grams - 146 kcal
2 tbsp of low fat cream cheese - 30 grams - 60.2 kcal
1 cup of orange juice (freshly squeezed) - 248 grams - 112 kcal

Total: 318.2 kcal

Morning Snack:

6 oz. fat free fruit yogurt - 170 grams - 161 kcal
1 ½ cups of whole strawberries - 172.8 grams - 69.2 kcal

Total: 230.2 kcal

Lunch:

3 oz. hamburger 95% lean meat / 5% fat, grilled or broiled - 84 grams - 146.1 kcal
2 tbsp of ketchup - 2 x 15 grams - 29.2 kcal
1 hamburger bun - 120 kcal
½ tomato, sliced - 61.5 grams - 11 kcal
½ green pepper, sliced - 74.6 grams - 15 kcal

Total: 321.3 kcal

Afternoon Snack:

6 vanilla wafers - 6 x 28 grams - 168 kcal
1 cup of skim milk - 245 grams - 85 kcal

Total: 253 kcal

Dinner:

2 cups cooked pasta - 280 grams - 366.8 kcal
4 oz. boiled shrimp - 112 grams - 154.6 kcal
2 tsp olive oil with garlic on pasta - 8 grams - 79.6 kcal
1 mixed green salad - 36.7 kcal
3 tbsp of fat free dressing - 42 grams - 19.8 kcal
1 cup of cooked green beans - 125 grams - 43.7 kcal
1 slice Italian bread - 30 grams - 81 kcal

Total: 782.2 kcal

Evening Snack:

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

Total: 93 kcal

Total: 2000 kcal