

2000 Calorie Diet - Day 7

Breakfast:

2 slices French toast – 2 x 65 grams – 298 kcal
2 tsp butter or margarine – 10 grams – 71.6 kcal
1 ½ cups of fresh blueberries – 220 grams – 126.6 kcal
1 cup of skim milk - 245 grams – 85 kcal

Total: 581.2 kcal

Morning Snack:

1 orange large (3-1/16" dia) – 184 grams – 86 kcal

Total: 86 kcal

Lunch:

1 cup of cottage cheese low fat, 1% milk fat – 226 grams – 163 kcal
1 mixed green salad - 36.7 kcal
1 tbsp fat free dressing - 14 grams - 6.6 kcal
1 whole wheat roll - (1 oz) or 28 grams – 74 kcal
1 cup of skim milk - 245 grams – 85 kcal
1 cup of sliced carrots – 122 grams – 50 kcal

Total: 415.3 kcal

Afternoon Snack:

1 oz. pretzels – 28 grams – 107 kcal

Total: 107 kcal

Dinner:

6 oz. grilled or broiled cod fish – 168 grams – 178.6 kcal
1 ½ cups of rice noodles, cooked – 264 grams – 288 kcal
2 tsp butter or margarine – 10 grams – 71.6 kcal
1 cup of apple sauce – 244 grams – 105 kcal
1 cup of mixed vegetables – 182 grams – 118 kcal

Total: 761.2 kcal

Evening Snack:

1 cup of whole strawberries – 144 grams – 46.1 kcal

Total: 46.1 kcal

Total: 2000 kcal