

# Meal Planner: 1500 Calories Cancer Prevention



Meal Planner report created exclusively for Jane Doe

## Day # 1

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.3	each	Cantaloupe - muskmelon	11.15	1.15	0.40	46.50
0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	34.91	3.89	1.14	145.94
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Breakfast			84.67	15.44	1.94	390.81
<b>Snack 1</b>						
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
0.5	1 cup, balls	Watermelon, raw	5.81	0.47	0.12	23.10
Totals for Snack 1			8.91	14.47	1.27	105.10
<b>Lunch</b>						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
3.0	each	Celery - raw stalk trimmed	6.00	1.50	0.00	30.00
0.5	cup	Egg Beaters - Fleischmann's	2.00	10.00	0.00	50.00
1.0	1 muffin	English muffins, whole-wheat	26.66	5.81	1.39	133.98
0.5	table spoon	Relish - pickle	2.65	0.05	0.05	10.00
1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	1.28	0.09	4.94	50.10
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Lunch			70.19	18.52	7.03	399.45
<b>Snack 2</b>						
0.5	1 tablespoon	Seeds, flaxseed	2.06	1.17	2.04	29.52
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
Totals for Snack 2			16.27	8.67	2.04	121.89
<b>Dinner</b>						
1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	5.60	1.86	0.32	27.30
1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.55	1.14	0.28	14.26
1.0	0.5 fillet	Fish, salmon, pink, cooked, dry heat	0.00	31.69	5.48	184.76
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	20.71	2.01	0.15	90.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			36.01	38.43	8.33	360.69
<b>Snack 3</b>						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
Totals for Snack 3			24.72	9.79	5.40	172.55
<b>Totals for Day # 1</b>			<b>240.77</b>	<b>105.31</b>	<b>26.00</b>	<b>1550.49</b>

## Day # 2

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	1 cup	Blueberries, raw	10.51	0.54	0.24	41.33
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	17.60	4.40	2.00	95.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	66.72	15.34	2.64	334.70
<b>Snack 1</b>						
2.0	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	22.28	1.73	0.79	92.72
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
		Totals for Snack 1	36.49	9.23	0.79	185.09
<b>Lunch</b>						
0.3	1 cup	Alfalfa seeds, sprouted, raw	0.31	0.33	0.06	2.39
1.0	1 cup flowerets	Broccoli, flower clusters, raw	3.72	2.12	0.25	19.88
1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.44	0.11	0.01	1.92
0.5	each	Pita - wheat	7.80	1.40	0.35	37.50
0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.58	0.18	3.42	38.40
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	8.00	18.00	4.00	140.00
		Totals for Lunch	33.06	23.92	8.33	291.39
<b>Snack 2</b>						
1.0	0.5 oz	Crackers, melba toast, wheat	10.70	1.81	0.32	52.36
1.0	each	Orange - medium	17.40	1.10	0.30	69.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	28.81	2.91	0.62	123.73
<b>Dinner</b>						
0.5	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	20.18	7.67	0.44	112.40
1.0	1/2 cup	Bok Choy, boiled, drained	1.51	1.33	0.14	10.00
1.0	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
0.3	ounce(s)	Parmesan, grated, KRAFT	0.25	3.00	2.25	32.50
0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	20.00	4.50	0.50	85.00
1.0	1 tablespoon	Spices, garlic powder	5.82	1.34	0.06	26.56
1.0	0.2 block	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	2.70	7.32	4.06	70.07
1.0	1/2 cup	tomato, diced	4.18	0.76	0.30	19.00
		Totals for Dinner	54.64	25.92	21.74	485.53
<b>Snack 3</b>						
0.5	1 oz (14 halves)	Nuts, walnuts, english	1.92	2.13	9.13	91.56
		Totals for Snack 3	1.92	2.13	9.13	91.56
		<b>Totals for Day # 2</b>	<b>221.63</b>	<b>79.45</b>	<b>43.25</b>	<b>1511.99</b>

### Day # 3

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
0.5	1 cup, halves	Strawberries, raw	5.84	0.51	0.23	24.32
0.5	table spoon	Syrup - Aunt Jemima, Lite	3.28	0.00	0.03	13.50
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	each	Waffle - EGGO, frozen, Homestyle	16.00	3.00	5.00	120.00
		Totals for Breakfast	63.72	13.91	5.65	356.19
<b>Snack 1</b>						
15.0	each	Grapes - American	6.15	0.30	0.00	30.00
1.0	each	Rice cake - apple cinnamon, Quaker	9.00	1.00	0.00	40.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 1	15.86	1.30	0.00	72.37
<b>Lunch</b>						
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
0.8	1 cup	Fish, tuna salad	14.47	24.66	14.24	287.51
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	1/2 cup	tomato, diced	2.09	0.38	0.15	9.50
1.0	each	Tortilla 99% fat free, whole wheat, flour	12.00	2.00	0.00	60.00
		Totals for Lunch	38.81	28.10	14.58	401.31
<b>Snack 2</b>						
1.0	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	5.40	6.19	14.79	167.16
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	6.11	6.19	14.79	169.53
<b>Dinner</b>						
1.0	0.5 cup	Asparagus, cooked, boiled, drained	3.70	2.16	0.20	19.80
1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	8.00	5.00	80.00
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
0.5	1 cup	Rice, brown, long-grain, cooked	22.39	2.52	0.88	108.23
1.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
		Totals for Dinner	33.53	40.40	9.77	376.03
<b>Snack 3</b>						
10.0	each	Cherries, sweet, medium	11.30	0.80	0.70	50.00
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
		Totals for Snack 3	14.40	14.80	1.85	132.00
		<b>Totals for Day # 3</b>	<b>172.43</b>	<b>104.70</b>	<b>46.65</b>	<b>1507.43</b>

## Day # 4

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.3	each	Cantaloupe - muskmelon	11.15	1.15	0.40	46.50
0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	34.91	3.89	1.14	145.94
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	84.67	15.44	1.94	390.81
<b>Snack 1</b>						
1.0	each	Pear -medium w/peel	25.10	0.70	0.00	98.00
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
		Totals for Snack 1	43.42	10.54	4.08	249.41
<b>Lunch</b>						
1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	5.60	1.86	0.32	27.30
1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	8.00	5.00	80.00
3.0	ounce(s)	Potato/White - Baked	21.45	1.95	0.09	93.00
3.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
		Totals for Lunch	36.05	12.81	5.41	242.30
<b>Snack 2</b>						
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	1 cup, balls	Watermelon, raw	11.63	0.94	0.23	46.20
		Totals for Snack 2	15.44	14.94	1.38	130.57
<b>Dinner</b>						
1.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	5.54	1.99	0.39	28.08
1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.55	1.14	0.28	14.26
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
4.0	ounce(s)	Swordfish - cooked dry heat	0.00	28.80	5.84	176.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Dinner	19.69	35.38	8.70	284.71
<b>Snack 3</b>						
1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	13.89	8.15	3.00	106.96
0.5	1 cup, slices	Peaches, raw	8.11	0.77	0.21	33.15
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 3	33.36	18.11	8.30	260.16
		<b>Totals for Day # 4</b>	<b>232.63</b>	<b>107.21</b>	<b>29.82</b>	<b>1557.96</b>

## Day # 5

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	each	Banana - med 8"	13.35	0.60	0.30	52.50
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	17.60	4.40	2.00	95.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
0.3	50 raisins	Raisins, seedless	5.15	0.20	0.03	19.44
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	74.71	15.60	2.73	365.31
<b>Snack 1</b>						
1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	13.89	8.15	3.00	106.96
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
		Totals for Snack 1	28.10	15.65	3.00	199.33
<b>Lunch</b>						
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
1.0	slice	Kraft American Cheese 2% Milk	1.00	4.00	3.00	50.00
1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.44	0.11	0.01	1.92
0.5	each	Pita - wheat	7.80	1.40	0.35	37.50
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	1/2 cup	tomato, diced	2.09	0.38	0.15	9.50
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	8.00	18.00	4.00	140.00
		Totals for Lunch	37.58	25.95	7.70	319.22
<b>Snack 2</b>						
10.0	each	Cherries, sweet, medium	11.30	0.80	0.70	50.00
1.0	0.5 oz	Crackers, melba toast, wheat	10.70	1.81	0.32	52.36
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	22.71	2.61	1.02	104.73
<b>Dinner</b>						
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	each	MAIN75 - Eggplant Parmesan	28.00	15.00	9.00	249.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	20.00	4.50	0.50	85.00
		Totals for Dinner	54.44	21.23	11.60	376.00
<b>Snack 3</b>						
0.5	1 oz (14 halves)	Nuts, walnuts, english	1.92	2.13	9.13	91.56
1.0	each	Rice cake - apple cinnamon, Quaker	9.00	1.00	0.00	40.00
		Totals for Snack 3	10.92	3.13	9.13	131.56
		<b>Totals for Day # 5</b>	<b>228.46</b>	<b>84.16</b>	<b>35.18</b>	<b>1496.15</b>

## Day # 6

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
0.5	1 cup, halves	Strawberries, raw	5.84	0.51	0.23	24.32
0.5	table spoon	Syrup - Aunt Jemima, Lite	3.28	0.00	0.03	13.50
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	each	Waffle - EGGO, frozen, Homestyle	16.00	3.00	5.00	120.00
		Totals for Breakfast	63.72	13.91	5.65	356.19
<b>Snack 1</b>						
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
0.5	1 cup, slices	Peaches, raw	8.11	0.77	0.21	33.15
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 1	11.92	14.77	1.36	117.52
<b>Lunch</b>						
1.0	1 oz	Cheese, mozzarella, part skim milk	0.78	6.79	4.46	71.12
1.0	1 muffin	English muffins, whole-wheat, toasted	26.90	5.86	1.40	134.81
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	0.5 cup pieces	Mushrooms, raw	1.13	1.09	0.12	7.70
0.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	1.00	0.00	1.00	10.00
0.3	cup	Spaghetti sauce - no salt, Prego	5.50	1.00	3.00	30.00
1.0	1 teaspoon	Spices, garlic powder	2.18	0.50	0.02	9.96
		Totals for Lunch	41.94	16.97	10.10	285.59
<b>Snack 2</b>						
1.0	each	Nectarine - medium, 2.5" diam.	16.00	1.30	0.60	67.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
		Totals for Snack 2	30.21	8.80	0.60	159.37
<b>Dinner</b>						
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
1.0	0.5 cup cut	Corn, sweet, yellow, cooked, boiled, drained, without salt	20.59	2.72	1.05	88.56
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	0.5 cup	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	17.51	5.99	0.27	94.50
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
		Totals for Dinner	44.54	36.43	5.02	349.06
<b>Snack 3</b>						
1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	13.89	8.15	3.00	106.96
0.5	1 cup, slices	Peaches, raw	8.11	0.77	0.21	33.15
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 3	33.36	18.11	8.30	260.16
		<b>Totals for Day # 6</b>	<b>225.69</b>	<b>108.99</b>	<b>31.04</b>	<b>1527.89</b>

## Day # 7

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
0.5	cup	Egg Beaters - Fleischmann's	2.00	10.00	0.00	50.00
0.5	1 muffin	English muffins, whole-wheat, toasted	13.45	2.93	0.70	67.41
0.5	each	Grapefruit - pink or red 4" diam.	11.90	0.60	0.10	46.00
0.5	1 tablespoon	Jams and preserves	6.89	0.04	0.01	27.80
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	46.85	21.96	1.21	279.58
<b>Snack 1</b>						
1.0	each	Plum - fresh, 2.25" diam	8.60	0.50	0.40	36.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
		Totals for Snack 1	22.81	8.00	0.40	128.37
<b>Lunch</b>						
1.0	0.5 cup slices	Beets, cooked, boiled, drained	8.47	1.43	0.15	37.40
0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	11.24	3.63	1.06	67.24
3.0	cup	Green salad w/ raw vegetables	13.33	5.18	0.29	66.00
2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	4.00	0.00	4.00	40.00
0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	3.37	2.71	6.97	81.48
4.0	1 leaf	Spinach, raw	1.45	1.14	0.16	9.20
3.0	ounce(s)	Tuna Solid White -Water Sm. can	1.50	22.50	1.50	105.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
		Totals for Lunch	51.36	37.59	14.13	442.32
<b>Snack 2</b>						
0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	27.69	1.50	0.23	106.25
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	31.50	15.50	1.37	190.62
<b>Dinner</b>						
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
4.0	ounce(s)	Halibut - broiled	0.00	30.00	4.00	160.00
1.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	3.00	0.00	3.00	30.00
1.0	cup	Spinach - boiled, drained	6.80	5.40	0.40	42.00
0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	20.71	2.01	0.15	90.00
		Totals for Dinner	39.40	40.86	7.74	366.00
<b>Snack 3</b>						
3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	18.70	2.88	1.01	91.68
		Totals for Snack 3	18.70	2.88	1.01	91.68
		<b>Totals for Day # 7</b>	<b>210.61</b>	<b>126.79</b>	<b>25.87</b>	<b>1498.57</b>