

Last Name: DEMO  
 First Name: Subject (Accel.)  
 Gender: Male

Age: 33  
 Height (in): 73.62  
 Weight (lbs): 176.4

Membership #: 2  
 Report Date: 5/15/2009  
 Personal Trainer:

## Weekly Diet Planner

Breakfast																					
Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg	Vit.C mg	Vit.B6 mg	Vit.B12 mcg	Vit.A IU	Sat. Fat g	Acids monouns. g	Acids poly g
Biscuits, plain or buttermilk, commercially baked	3x1 oz	22.7	310.4	5.3	14	41.2	1.1	3	41.7	2.8	14.5	365.7	190.5	894.7	0	0	0.1	1.7	2.1	5.9	5.3
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1x1 cup	218	122	8.1	4.8	11.4	0	12.3	285.5	0.1	26.8	229.4	366	100	0.5	0.1	1.1	461.2	3.1	1.4	0.2
Cheese, cream	0.3x1 cup	31.2	202.4	4.4	20.2	1.5	0	0.1	46.4	0.7	3.5	60.3	69	171.7	0	0	0.2	780.7	12.7	5.7	0.7
Orange juice, raw	1x1 cup	219	111.6	1.7	0.5	25.8	0.5	20.8	27.3	0.5	27.3	42.2	496	2.5	124	0.1	0	496	0.1	0.1	0.1
<b>Percentages</b>				<b>3%</b>	<b>6%</b>	<b>13%</b>															
Snack - Morning																					
Apples, raw, without skin	1x1 cup, slices	95.3	52.8	0.3	0.1	14	1.4	11.1	5.5	0.1	4.4	12.1	99	0	4.4	0	0	41.8	0	0	0
<b>Percentages</b>				<b>0%</b>	<b>0%</b>	<b>13%</b>															
Lunch																					
Rice, white, long-grain, regular, cooked, unenriched, with salt	1x1 cup	108.1	205.4	4.3	0.4	44.5	0.6	0.1	15.8	0.3	19	67.9	55.3	603.6	0	0.1	0	0	0.1	0.1	0.1
Chicken, broilers or fryers, thigh, meat only, cooked, stewed	1x1 cup, chopped or diced	91.8	273	35	13.7	0	0	0	15.4	2	29.4	208.6	256.2	105	0	0.3	0.3	86.8	3.8	5.2	3.1
Lettuce, iceberg (includes crisphead types), raw	1x1 cup, shredded	69.3	10.1	0.7	0.1	2.2	0.9	1.4	13	0.3	5.1	14.5	102.2	7.2	2	0	0	363.8	0	0	0.1
Cheese, feta	0.5x1 cup, crumbled	41.4	198	10.7	16	3.1	0	3.1	369.8	0.5	14.3	252.8	46.5	837	0	0.3	1.3	316.5	11.2	3.5	0.4
Salad dressing, italian dressing, reduced fat	3x1 tablespoon	38.1	33.8	0.2	2.9	2.1	0	2	4.1	0.3	1.8	5	38.3	614.7	0	0	0	5.4	0.2	1	0.8
Cranberry-apple juice drink, bottled	1x1 cup, (8 fl oz)	205.3	154.4	0	0.3	38.8	0	35.5	7.4	0.2	2.5	4.9	41.7	4.9	96.8	0	0	7.4	0	0	0.1
<b>Percentages</b>				<b>7%</b>	<b>5%</b>	<b>12%</b>															
Snack - Afternoon																					
Strawberries, raw	0.5x1 cup, halves	69.1	24.3	0.5	0.2	5.8	1.5	3.7	12.2	0.3	9.9	18.2	116.3	0.8	44.7	0	0	9.1	0	0	0.1
<b>Percentages</b>				<b>1%</b>	<b>0%</b>	<b>8%</b>															
Dinner																					
Fish, salmon, Atlantic, farmed, cooked, dry heat	1x.5 fillet	115.3	366.7	39.3	22	0	0	0	26.7	0.6	53.4	448.6	683.5	108.6	6.6	1.2	5	89	4.5	7.9	7.9
Asparagus, cooked, boiled, drained	1x.5 cup	83.4	19.8	2.2	0.2	3.7	1.8	1.2	20.7	0.8	12.6	48.6	201.6	12.6	6.9	0.1	0	905.4	0	0	0.1
Rice, white, long-grain, precooked or instant, enriched, prepared	1x1 cup	118.8	193	3.6	0.8	41.4	1	0	13.2	2.9	8.3	61.1	14.9	6.6	0	0.1	0	0	0	0.1	0
<b>Percentages</b>				<b>10%</b>	<b>5%</b>	<b>10%</b>															
Summary																					
		<b>1526.8</b>	<b>2277.7</b>	<b>116.1</b>	<b>96.3</b>	<b>235.6</b>	<b>8.8</b>	<b>94.4</b>	<b>904.5</b>	<b>12.4</b>	<b>232.5</b>	<b>1839.7</b>	<b>2776.9</b>	<b>3469.9</b>	<b>285.9</b>	<b>2.5</b>	<b>8</b>	<b>3564.8</b>	<b>37.9</b>	<b>30.9</b>	<b>19.1</b>

Saturday

<b>Breakfast</b>																
Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg		
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	2x.5 cup, (1 NLEA serving)	3.6	425.3	9.6	11.6	75.4	6.6	30.5	110.2	2.6	103	336.6	494.7	55		
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	1x1 cup	222.6	83.3	8.3	0.2	12.2	0	12.5	306.3	0.1	27	247.5	382.2	10		
Cranberry-apple juice drink, low calorie, with vitamin C added	1x1 cup, (8 fl oz)	228.5	45.6	0.2	0	11.3	0.2	11	24	0.1	7.2	2.4	108	12		
<b>Percentages</b>				<b>3%</b>	<b>2%</b>	<b>17%</b>										
<b>Snack - Morning</b>																
Snacks, fruit leather, pieces	3x1 oz	10.5	305.3	0.9	2.3	70.4	0	49	15.3	0.6	11.9	20.4	139.5	34		
<b>Percentages</b>				<b>1%</b>	<b>3%</b>	<b>83%</b>										
<b>Lunch</b>																
Fish, carp, cooked, dry heat	1x1 fillet	118.4	275.4	38.9	12.2	0	0	0	88.4	2.7	64.6	902.7	725.9	10		
Potatoes, mashed, home-prepared, whole milk and margarine added	0.5x1 cup	79	118.7	2.1	4.4	17.7	1.6	1.5	23.1	0.3	20	51.5	344.4	34		
Peas, green, cooked, boiled, drained, without salt	1x1 cup	124.6	134.4	8.6	0.4	25	8.8	9.5	43.2	2.5	62.4	187.2	433.6	4		
Mixed vegetable and fruit juice drink, with added nutrients	1x8 fl oz	228.4	71.7	0.1	0	18.5	0	5.2	7.4	0.1	2.5	4.9	47	51		
<b>Percentages</b>				<b>7%</b>	<b>2%</b>	<b>9%</b>										
<b>Snack - Afternoon</b>																
Ice creams, vanilla, light	1x1 serving, 1/2 cup	48.3	125.4	3.6	3.7	19.6	0.2	16.8	122.4	0.1	10.6	78.3	158.1	56		
<b>Percentages</b>				<b>5%</b>	<b>5%</b>	<b>26%</b>										
<b>Dinner</b>																
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4' fat, all grades, cooked	1x1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	146.6	869.3	73.9	61.4	0	0	0	28.5	7.5	62.7	578.6	892.1	17		
Lima beans, immature seeds, cooked, boiled, drained, with salt	1x1 cup	114.2	209.1	11.6	0.5	40.2	9	2.8	54.4	4.2	125.8	221	969	43		
Oil, corn and canola	0.3x1 cup	0	495	0	56	0	0	0	0	0	0	0	0	0		
Lettuce, iceberg (includes crisphead types), raw	1x1 cup, shredded	69.3	10.1	0.7	0.1	2.2	0.9	1.4	13	0.3	5.1	14.5	102.2	7		
<b>Percentages</b>				<b>15%</b>	<b>20%</b>	<b>7%</b>										
<b>Summary</b>				<b>8%</b>	<b>8%</b>	<b>15%</b>										
		<b>1393.9</b>	<b>3168.7</b>	<b>158.4</b>	<b>152.7</b>	<b>292.4</b>	<b>27.4</b>	<b>140.2</b>	<b>836.1</b>	<b>21.1</b>	<b>502.7</b>	<b>2645.5</b>	<b>4796.6</b>	<b>16</b>		

<b>Breakfast</b>																
Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg		
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1x1 cup	218	122	8.1	4.8	11.4	0	12.3	285.5	0.1	26.8	229.4	366	100		
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1x.5 cup, (1 NLEA serving)	0.7	80.6	4.1	1.5	23	9.1	4.9	120.6	5.5	112.2	356.5	316.2	75		
Apples, raw, without skin	1x1 cup, slices	95.3	52.8	0.3	0.1	14	1.4	11.1	5.5	0.1	4.4	12.1	99	0		
<b>Percentages</b>				<b>3%</b>	<b>2%</b>	<b>13%</b>										
<b>Snack - Morning</b>																
Snacks, granola bars, hard, almond	1x1 oz	0.9	140.3	2.2	7.2	17.6	1.4	0	9.1	0.7	23	64.6	77.4	72.6		
<b>Percentages</b>				<b>8%</b>	<b>26%</b>	<b>62%</b>										
<b>Lunch</b>																
STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree	1x1 serving	220.5	257.5	17.2	4.4	37.4	4.8	11	84.9	1.8	0	0	772.6	568.8		
<b>Percentages</b>				<b>6%</b>	<b>2%</b>	<b>13%</b>										
<b>Snack - Afternoon</b>																
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1x1 cup, (8 fl oz)	208.8	137.2	14	0.4	18.8	0	18.8	487.6	0.2	46.6	384.7	624.8	188.7		
<b>Percentages</b>				<b>6%</b>	<b>0%</b>	<b>8%</b>										
<b>Dinner</b>																
Beans, adzuki, mature seeds, cooked, boiled, without salt	1x1 cup	152.5	294.4	17.3	0.2	57	16.8	0	64.4	4.6	119.6	386.4	1223.6	18.4		
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4' fat, choice, cooked	1x1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	133	501.7	66.9	24.1	0	0	0	20.3	6.8	58.8	526.6	813.6	151.4		
Asparagus, frozen, cooked, boiled, drained, without salt	1x1 cup	169.4	32.4	5.3	0.8	3.5	2.9	0.6	32.4	1	18	88.2	309.6	5.4		
Alcoholic beverage, beer, regular, BUDWEISER	1x1 fl oz	27.6	12.2	0.1	0	0.9	0	0	1.2	0	2.1	3.9	9.8	0.9		
<b>Percentages</b>				<b>13%</b>	<b>4%</b>	<b>9%</b>										
<b>Summary</b>				<b>8%</b>	<b>3%</b>	<b>11%</b>										
		<b>1226.6</b>	<b>1631.2</b>	<b>135.4</b>	<b>43.6</b>	<b>183.6</b>	<b>36.4</b>	<b>58.7</b>	<b>1111.4</b>	<b>20.7</b>	<b>411.4</b>	<b>2052.3</b>	<b>4612.6</b>	<b>1181.2</b>		

**Breakfast**

Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg	Vit.C mg	Vit.B6 mg	Vit.B12 mcg	Vit.A IU	Sat. Fat g	Acids monouns. g	A g
Bagels, egg	1x1 bagel, mini (2-1/2' dia)	8.5	72.3	2.8	0.5	13.8	0.6	0	3.4	1	6.5	21.8	17.7	131.3	0.2	0	0	28.3	0.1	0.1	0
Orange juice, raw	1x1 cup	219	111.6	1.7	0.5	25.8	0.5	20.8	27.3	0.5	27.3	42.2	496	2.5	124	0.1	0	496	0.1	0.1	0
English muffins, mixed-grain (includes granola)	3x1 oz	34.2	199.9	7.7	1.5	39.4	2.4	0.7	166.7	2.6	34.9	68.9	132.7	353.8	0	0	0	0	0.2	0.7	0
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A	1x1 cup	218.3	118.1	9.7	2.9	13.6	0	0	349.3	0.1	39.4	273.1	442.8	142.7	3	0.1	1.1	499.4	1.8	0.8	0
<b>Percentages</b>				<b>4%</b>	<b>1%</b>	<b>15%</b>															

**Snack - Morning**

Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	1x1 serving, 1 envelope	0.8	80.8	0.6	3	15.2	0.7	13.1	16.2	0.4	0	0	0	161.6	0	0	0	2	3	0	0
<b>Percentages</b>				<b>3%</b>	<b>15%</b>	<b>75%</b>															

**Lunch**

Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	1x1 cup, chopped or diced	88.3	287	38.3	13.6	0	0	0	21	1.9	32.2	250.6	336	130.2	0	0.5	0.4	100.8	3.7	5	3
Rice, white, long-grain, regular, cooked	1x1 cup	108.1	205.4	4.3	0.4	44.5	0.6	0.1	15.8	1.9	19	67.9	55.3	1.6	0	0.1	0	0	0.1	0.1	0
<b>Percentages</b>				<b>14%</b>	<b>5%</b>	<b>15%</b>															

**Snack - Afternoon**

Nuts, almonds	0.3x1 cup, ground	1.1	136.6	5	11.7	5.1	2.9	0.9	62.7	0.9	63.7	115	167.4	0.2	0	0	0	0.2	0.9	7.3	2
<b>Percentages</b>				<b>21%</b>	<b>49%</b>	<b>22%</b>															

**Dinner**

Soup, cream of potato, canned, prepared with equal volume milk	1x1 cup, (8 fl oz)	214.9	148.8	5.8	6.4	17.2	0.5	0	166.2	0.5	17.4	161.2	322.4	1061.4	1.2	0.1	0.5	443.9	3.8	1.7	0
<b>Percentages</b>				<b>2%</b>	<b>3%</b>	<b>7%</b>															

**Summary**

		<b>893.3</b>	<b>1360.4</b>	<b>75.9</b>	<b>40.7</b>	<b>174.5</b>	<b>8.2</b>	<b>35.7</b>	<b>828.5</b>	<b>9.8</b>	<b>240.2</b>	<b>1000.6</b>	<b>1970.3</b>	<b>1985.3</b>	<b>128.3</b>	<b>1.1</b>	<b>2</b>	<b>1570.7</b>	<b>13.7</b>	<b>15.9</b>	<b>7</b>
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**Breakfast**

Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg	Vit.C mg	Vit.B6 mg	Vit.B12 mcg	Vit.A IU	A g		
Cheese, brie	0.3x1 cup, melted	29.1	200.4	12.5	16.6	0.3	0	0.3	110.4	0.3	12	112.8	91.2	377.4	0	0.1	1	377.4	0	355.2	
Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)	1x1 cup	221.4	90.7	8.7	0.6	12.3	0	12.3	316.1	0.1	36.8	254.8	419	129.9	2.5	0.1	1	497.4	0	497.4	
KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	1x	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
<b>Percentages</b>				<b>7%</b>	<b>6%</b>	<b>4%</b>															

**Snack - Morning**

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.5x1 cup					107.6	37.9	0.5	0.1	10.1	1.2	8.9	5.9	0.3	8.3	13	111.4	4.7	2.5	0.1	0	296.3
<b>Percentages</b>				<b>0%</b>	<b>0%</b>	<b>9%</b>																

**Lunch**

Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise	1x1 item					111.8	536.6	27.2	25.6	49.2	3.1	0	170.8	2.7	61.3	352.6	449	1423.5	0.7	0.3	0.7	0
Alcoholic beverage, beer, light, BUD LIGHT	1x1 fl oz					28	9.1	0.1	0	0.5	0	0	0.9	0	2.1	3.2	7.7	0.9	0	0	0	0
<b>Percentages</b>				<b>11%</b>	<b>10%</b>	<b>20%</b>																

**Snack - Afternoon**

Kiwi fruit, (chinese gooseberries), fresh, raw	1x1 cup					147	108	2	0.9	25.9	5.3	15.9	60.2	0.5	30.1	60.2	552.2	5.3	164.1	0.1	0	154
<b>Percentages</b>				<b>1%</b>	<b>1%</b>	<b>15%</b>																

**Dinner**

Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	1x1 cup, diced					72.6	390.2	34.2	27.1	0	0	0	20.3	1.3	29.7	347	456.3	79.7	0.4	0.5	0.9	12.2
Rice, brown, long-grain, cooked	1x1 cup					142.5	216.5	5	1.8	44.8	3.5	0.7	19.5	0.8	83.9	161.9	83.9	9.8	0	0.3	0	0
Broccoli, cooked, boiled, drained, without salt	1x1 stalk, large (11'-12' long)					249.9	98	6.7	1.1	20.1	9.2	3.9	112	1.9	58.8	187.6	820.4	114.8	181.7	0.6	0	4334.
Carbonated beverage, club soda	1x1 fl oz					29.6	0	0	0	0	0	0	1.5	0	0.3	0	0.6	6.2	0	0	0	0
<b>Percentages</b>				<b>7%</b>	<b>5%</b>	<b>10%</b>																

**Summary**

				<b>7%</b>	<b>5%</b>	<b>11%</b>															
		<b>1139.5</b>	<b>1687.2</b>	<b>96.9</b>	<b>73.8</b>	<b>163.2</b>	<b>22.3</b>	<b>42</b>	<b>817.5</b>	<b>8</b>	<b>323.2</b>	<b>1493</b>	<b>2991.5</b>	<b>2152.1</b>	<b>351.8</b>	<b>2.1</b>	<b>3.6</b>	<b>5649.</b>			

<b>Breakfast</b>																		
Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg	Vit.C mg	Vit.B6 mg	Vit.B12 mcg	Vit.B1 mcg
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1x1 cup, (8 fl oz)	208.8	137.2	14	0.4	18.8	0	18.8	487.6	0.2	46.6	384.7	624.8	188.7	2.2	0.1	1.5	
Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)	1x1 cup	221.4	90.7	8.7	0.6	12.3	0	12.3	316.1	0.1	36.8	254.8	419	129.9	2.5	0.1	1	
English muffins, mixed-grain (includes granola)	1x1 oz	11.4	66.6	2.6	0.5	13.1	0.8	0.2	55.6	0.9	11.6	23	44.2	117.9	0	0	0	
Cranberry-apple juice drink, bottled	1x1 cup, (8 fl oz)	205.3	154.4	0	0.3	38.8	0	35.5	7.4	0.2	2.5	4.9	41.7	4.9	96.8	0	0	
<b>Percentages</b>				<b>3%</b>	<b>0%</b>	<b>11%</b>												

<b>Snack - Morning</b>																		
Candies, TWIZZLERS NIBS CHERRY BITS	0.3x27 pieces	1.5	34.7	0.2	0.3	7.9	0.1	5.1	0.8	0	0	2.4	3.7	19.5	0	0	0	
<b>Percentages</b>				<b>2%</b>	<b>3%</b>	<b>79%</b>												

<b>Lunch</b>																		
Soup, cream of asparagus, canned, condensed	1x1 cup, (8 fl oz)	211	173.2	4.6	8.2	21.4	1	1.8	57.7	1.6	7.5	77.8	346.4	1962.8	5.5	0	0.1	
Blackberries, raw	0.5x1 cup	63.5	31	1	0.4	6.9	3.8	3.5	20.9	0.4	14.4	15.8	116.6	0.7	15.1	0	0	
Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor	1x1 fl oz	27.9	11	0	0	2.8	0	2.8	0.9	0	0.3	11	5.8	6.4	0	0	0	
<b>Percentages</b>				<b>2%</b>	<b>2%</b>	<b>9%</b>												

<b>Snack - Afternoon</b>																		
Apricots, raw	1x1 cup, halves	133.8	74.4	2.2	0.6	17.2	3.1	14.3	20.2	0.6	15.5	35.7	401.5	1.6	15.5	0.1	0	
<b>Percentages</b>				<b>1%</b>	<b>0%</b>	<b>11%</b>												

<b>Dinner</b>																		
Cheese, feta	1x1 cup, crumbled	82.8	396	21.3	31.9	6.1	0	6.1	739.5	1	28.5	505.5	93	1674	0	0.6	2.5	
Alcoholic Beverage, wine, table, red, Zinfandel	2x1 fl oz	50.4	51.7	0	0	1.7	0	0	0	0	0	0	0	0	0	0	0	
Artichokes, (globe or french), cooked, boiled, drained, without salt	3x1 artichoke, medium	302.7	190.8	10.4	1.2	43	31	3.6	75.6	2.2	151.2	262.8	1029.6	216	26.6	0.3	0	
Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0' fat, all grades, cooked, broiled	1x1 steak, (yield from 295 g raw meat)	134.2	576.3	63.6	34.4	0	0	0	46.7	4.1	53.7	494.7	793.4	130.7	0	1.3	3.7	
<b>Percentages</b>				<b>12%</b>	<b>8%</b>	<b>6%</b>												

<b>Summary</b>																		
		<b>1654.7</b>	<b>1988</b>	<b>128.7</b>	<b>78.8</b>	<b>190.2</b>	<b>39.7</b>	<b>104.1</b>	<b>1828.8</b>	<b>11.3</b>	<b>368.5</b>	<b>2073</b>	<b>3919.5</b>	<b>4453</b>	<b>164.2</b>	<b>2.6</b>	<b>8.8</b>	

<b>Breakfast</b>																		
Food	Quantity	Water g	Energy kcal	Prot. g	Fat g	Carb. g	Fibers g	Sugar g	Ca mg	Fe mg	Mg mg	P mg	K mg	Na mg	Vit.C mg	Vit.B6 mg	Vit.B12 mcg	Vit.A IU
Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1x1 cup, (1 NLEA serving)	0.9	117.5	7	0.5	22	0.7	4	9.3	8.4	19.2	67.9	60.8	223.5	21	2	6	766.9
Cheese, mozzarella, whole milk, low moisture	3x1 oz	41.1	270.5	18.4	21	2.1	0	0.9	489	0.2	17.9	350.4	63.8	353	0	0.1	0.6	633.6
Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)	1x1 cup	221.4	90.7	8.7	0.6	12.3	0	12.3	316.1	0.1	36.8	254.8	419	129.9	2.5	0.1	1	497.4
<b>Percentages</b>				<b>9%</b>	<b>6%</b>	<b>10%</b>												

<b>Snack - Morning</b>																		
Snacks, granola bars, half, almond	1x1 oz	0.9	140.3	2.2	7.2	17.6	1.4	0	9.1	0.7	23	64.6	77.4	72.6	0	0	0	10.5
<b>Percentages</b>				<b>8%</b>	<b>26%</b>	<b>62%</b>												

<b>Lunch</b>																		
Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	1x1 unit, (yield from 1 lb ready-to-cook chicken)	25.9	95.1	9.5	6	0	0	0	4.5	0.6	7.8	57	69.7	29.1	0	0.1	0.1	61.9
Carrots, cooked, boiled, drained, without salt	4x1 tbsp	35	13.6	0.3	0.1	3.2	1.2	1.3	11.6	0.1	3.9	11.6	91.2	22.5	1.4	0.1	0	6608.8
Vegetarian stew	1x1 cup	172.9	303.8	42	7.4	17.3	2.7	3.1	76.6	3.2	313.7	543.4	296.4	988	0	2.7	5.4	2316.9
<b>Percentages</b>				<b>16%</b>	<b>4%</b>	<b>6%</b>												

<b>Snack - Afternoon</b>																		
Snacks, potato chips, fat free, salted	3x1 oz	1.7	322.3	8.2	0.5	71.2	6.4	3.1	29.8	3	59.5	142	1384.6	546.9	7.9	0.7	0	9.4
<b>Percentages</b>				<b>10%</b>	<b>1%</b>	<b>84%</b>												

<b>Dinner</b>																		
Fish, cod, Atlantic, cooked, dry heat	1x1 fillet	136.7	189	41.1	1.5	0	0	0	25.2	0.9	75.6	248.4	439.2	140.4	1.8	0.5	1.9	84.6
Oil, olive, salad or cooking	1x1 tablespoon	0	119.3	0	13.5	0	0	0	0.1	0.1	0	0	0.1	0.3	0	0	0	1.1
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.3x1 package, (10 oz) yields	54.7	57.5	1.8	0.5	13.7	1.7	2.2	2.1	0.3	19.9	56.1	165.4	0.7	2.5	0.1	0	141.3
Bread, cornbread, dry mix, prepared	2x1 oz	18.1	178	4.1	5.7	27.3	1.4	0	41.4	1.1	11.3	213.2	72.6	441.1	0.1	0.1	0.1	116.2
Carbonated beverage, club soda	1x1 fl oz	29.6	0	0	0	0	0	0	1.5	0	0.3	0	0.6	6.2	0	0	0	0
<b>Percentages</b>				<b>13%</b>	<b>6%</b>	<b>12%</b>												

<b>Summary</b>																		
		<b>738.9</b>	<b>1897.7</b>	<b>143.3</b>	<b>64.5</b>	<b>186.7</b>	<b>15.4</b>	<b>26.9</b>	<b>1016.3</b>	<b>18.7</b>	<b>588.8</b>	<b>2009.5</b>	<b>3140.7</b>	<b>2954.1</b>	<b>37.1</b>	<b>6.3</b>	<b>15.1</b>	<b>11247.5</b>

## Summary Weekly Diet Planner

Saturday

## Nutrition Facts

Amount	%
<b>Calories</b> 2277.7 kcal	
<b>Fat</b> 96.3 g	5%
Saturated 37.9 g	
Monouns. 30.9 g	
Polyuns. 19.1 g	
<b>Cholesterol</b> 391.8 mg	
<b>Sodium</b> 3469.9 mg	
<b>Carbohydr.</b> 235.6 g	12%
Fibers 8.8 g	
Sugars 94.4 g	
<b>Protein</b> 116.1 g	6%
<b>Vitamin A</b> 3564.8 IU	
<b>Vitamin C</b> 285.9 mg	
<b>Calcium</b> 904.5 mg	
<b>Iron</b> 12.4 mg	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutrition Facts</b>	<b>Nutrition Facts</b>	<b>Nutrition Facts</b>	<b>Nutrition Facts</b>	<b>Nutrition Facts</b>	<b>Nutrition Facts</b>
<b>Amount</b> %	<b>Amount</b> %	<b>Amount</b> %	<b>Amount</b> %	<b>Amount</b> %	<b>Amount</b> %
<b>Calories</b> 3168.7 kcal	<b>Calories</b> 1631.2 kcal	<b>Calories</b> 1360.4 kcal	<b>Calories</b> 1687.2 kcal	<b>Calories</b> 1988 kcal	<b>Calories</b> 1897.7 kcal
<b>Fat</b> 152.7 g 8%	<b>Fat</b> 43.6 g 3%	<b>Fat</b> 40.7 g 3%	<b>Fat</b> 73.8 g 5%	<b>Fat</b> 78.8 g 4%	<b>Fat</b> 64.5 g 6%
Saturated 42.4 g	Saturated 18.2 g	Saturated 13.7 g	Saturated 26.1 g	Saturated 39 g	Saturated 24.1 g
Monouns. 70.8 g	Monouns. 15.8 g	Monouns. 15.9 g	Monouns. 26.2 g	Monouns. 24 g	Monouns. 25.8 g
Polyuns. 25.5 g	Polyuns. 3.7 g	Polyuns. 7.6 g	Polyuns. 16.7 g	Polyuns. 7 g	Polyuns. 10.3 g
<b>Cholesterol</b> 421.1 mg	<b>Cholesterol</b> 235.8 mg	<b>Cholesterol</b> 168.6 mg	<b>Cholesterol</b> 252.6 mg	<b>Cholesterol</b> 412.3 mg	<b>Cholesterol</b> 248.6 mg
<b>Sodium</b> 1696.5 mg	<b>Sodium</b> 1181.2 mg	<b>Sodium</b> 1985.3 mg	<b>Sodium</b> 2152.1 mg	<b>Sodium</b> 4453 mg	<b>Sodium</b> 2954.1 mg
<b>Carbohydr.</b> 292.4 g 15%	<b>Carbohydr.</b> 183.6 g 11%	<b>Carbohydr.</b> 174.5 g 15%	<b>Carbohydr.</b> 163.2 g 11%	<b>Carbohydr.</b> 190.2 g 9%	<b>Carbohydr.</b> 186.7 g 16%
Fibers 27.4 g	Fibers 36.4 g	Fibers 8.2 g	Fibers 22.3 g	Fibers 39.7 g	Fibers 15.4 g
Sugars 140.2 g	Sugars 58.7 g	Sugars 35.7 g	Sugars 42 g	Sugars 104.1 g	Sugars 26.9 g
<b>Protein</b> 158.4 g 8%	<b>Protein</b> 135.4 g 8%	<b>Protein</b> 75.9 g 6%	<b>Protein</b> 96.9 g 7%	<b>Protein</b> 128.7 g 6%	<b>Protein</b> 143.3 g 12%
<b>Vitamin A</b> 8589.8 IU	<b>Vitamin A</b> 2808.4 IU	<b>Vitamin A</b> 1570.7 IU	<b>Vitamin A</b> 5649.3 IU	<b>Vitamin A</b> 5447.9 IU	<b>Vitamin A</b> 11247.5 IU
<b>Vitamin C</b> 261.9 mg	<b>Vitamin C</b> 59.5 mg	<b>Vitamin C</b> 128.3 mg	<b>Vitamin C</b> 351.8 mg	<b>Vitamin C</b> 164.2 mg	<b>Vitamin C</b> 37.1 mg
<b>Calcium</b> 836.1 mg	<b>Calcium</b> 1111.4 mg	<b>Calcium</b> 828.5 mg	<b>Calcium</b> 817.5 mg	<b>Calcium</b> 1828.8 mg	<b>Calcium</b> 1016.3 mg
<b>Iron</b> 21.1 mg	<b>Iron</b> 20.7 mg	<b>Iron</b> 9.8 mg	<b>Iron</b> 8 mg	<b>Iron</b> 11.3 mg	<b>Iron</b> 18.7 mg

These statements are not intended to be used to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight loss or fitness program.