

1300 Calorie Diet - Day 7

Breakfast:

1 slice French toast – 65 grams – 149 kcal
1 cup of fresh blueberries – 148 grams – 84.4 kcal
1 cup of skim milk - 245 grams – 85 kcal

Total: 318.4 kcal

Morning Snack:

1 small orange (2-3/8" dia) – 104 grams – 49 kcal

Total: 49 kcal

Lunch:

½ cup of cottage cheese low fat, 1% milk fat – 113 grams – 81.5 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: 333.8 kcal

Dinner:

3 oz. grilled or broiled cod fish – 85 grams - 89.3 kcal
1 cup of rice noodles, cooked – 176 grams – 192 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: 575.9 kcal

Evening Snack:

1 cup of strawberries – 144 grams - 46.1 kcal

Total: 46.1 kcal

Total: 1300 kcal