

1400 Calorie Diet - Day 2

Breakfast:

1 cup of oatmeal, cooked with water – 234 grams – 166 kcal
1 ½ tsp brown sugar – 1.5 x 4 grams – 16.5 kcal
1 cup of skim milk – 245 grams – 85 kcal
1 cup of orange juice – 248 grams – 112 kcal

Total: 379.5 kcal

Morning Snack:

1 apple small (2-3/4" dia) - 149 grams - 73.5 kcal

Total: 73.5 kcal

Lunch:

Sandwich with turkey:

2 oz. turkey breast – 56 grams – 58.2 kcal
1 tsp mustard or fat free mayonnaise – 5 grams – 4 kcal
2 slices of whole wheat bread, thin (3-3/4" x 5" x 3/8") – 66 grams – 183.6 kcal
1 cup of sliced cucumber – 104 grams - 15.6 kcal

Total: 261.4 kcal

Afternoon Snack:

½ cup of skim milk – 122.5 grams – 42.5 kcal
1 cup of strawberries – 144 grams - 46.1 kcal

Total: 88.6 kcal

Dinner:

3 oz. chicken breast, skinless, baked, grilled or broiled – 84 grams - 67.2 kcal
1 small baked potato – 138 grams – 128 kcal
1 tsp. butter or margarine – 5 grams – 35.8 kcal
1 cup of green beans – 125 grams - 43.8 kcal
1 mixed green salad from (day 1) - 36.7 kcal
2 tbsp fat free dressing – 28 grams – 13.2 kcal

Total: 324.7 kcal

Evening Snack:

Low fat milk shake made with:

1 cup skim milk – 245 grams – 85 kcal
1 cup fat free vanilla ice cream – 136 grams – 186 kcal

Total: 271 kcal

Total: 1400 kcal