

## 1400 Calorie Diet - Day 4

### Breakfast:

1 cup of orange juice (freshly squeezed) – 248 grams – 112 kcal  
1 cup of cup corn flakes – 26.25 grams – 94.8 kcal  
1 cup of skim milk – 245 grams – 85 kcal  
1 cup of strawberries – 144 grams - 46.1 kcal

**Total: 337.9 kcal**

### Morning Snack:

2 tsp of reduced fat peanut butter – 10 grams – 52.1 kcal  
2 rice cakes – 18 grams - 69.7 kcal

**Total: 121.8 kcal**

### Lunch:

1 cup vegetable soup – 245 grams – 53.9 kcal  
1 mixed green salad (day 1) – 36.7 kcal  
2 tbsp of fat free salad dressing - 28 grams – 13.2 kcal  
1 cup of skim milk - 245 grams – 85 kcal  
6 fat-free, low-sodium saltine crackers – 30 grams – 118 kcal  
1 oz. low fat mozzarella cheese – 28 grams – 72 kcal

**Total: 378.8 kcal**

### Afternoon Snack:

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

**Total: 73.5 kcal**

### Dinner:

5 oz. of flounder or other white fish (baked, broiled or grilled) – 140 grams – 164 kcal  
1 medium baked potato – 173 grams – 161 kcal  
1 mixed green salad (day 1) – 36.7 kcal  
1 tbsp of fat free salad dressing - 14 grams – 6.6 kcal  
1 cup of cooked broccoli – 88 grams – 30 kcal

**Total: 398.3 kcal**

### Evening Snack:

3 cups popcorn, air-popped – 24 grams – 93 kcal

**Total: 93 kcal**

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**Total: 1400 kcal**