

## 1400 Calorie Diet - Day 5

### Breakfast:

1 English muffin – 57 grams – 129 kcal  
1 egg poached – 50 grams – 71 kcal  
½ grapefruit – 123 grams - 51.7 kcal

**Total: 251.7 kcal**

### Morning Snack:

1 large pear – 230 grams - 133 kcal  
1 cup skim milk - 245 grams – 85 kcal  
½ cup of corn flakes – 14 grams – 50.5 kcal

**Total: 268.5 kcal**

### Lunch:

2 oz. turkey breast or lean ham – 56 grams – 58.2 kcal  
1 large whole grain pitta bread – 64 grams – 170 kcal  
1 sliced carrot small (5-1/2" long) – 50 grams – 20.5 kcal  
1 cup of skim milk - 245 grams – 85 kcal

**Total: 333.7 kcal**

### Afternoon Snack:

1 peach large (2-3/4" dia) – 175 grams – 68.3 kcal

**Total: 68.3 kcal**

### Dinner:

2 slices of Cheese Only Pizza, 2 of 8 slices, 12" medium (159g) – 374 kcal  
1 large mixed green salad – double portion of salad from day1 – 73.4 kcal  
1 tbsp of fat free salad dressing - 14 grams – 6.6 kcal

**Total: 454.0 kcal**

### Evening Snack:

½ cup of sliced strawberries – 83 grams – 27 kcal

**Total: 27 kcal**

---

**Total: 1400 kcal**