

1500 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
1 cup of corn flakes – 28 grams – 101 kcal

Total: 319 kcal

Lunch:

2 oz. turkey breast or lean ham – 56 grams – 58.2 kcal
1 large whole grain pitta bread – 64 grams – 170 kcal
2 sliced carrot small (5-1/2" long) – 100 grams – 41 kcal
1 cup of skim milk - 245 grams – 85 kcal

Total: 354.2 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:

1 cup of sliced strawberries – 166 grams – 54 kcal

Total: 54 kcal

Total: 1500 kcal