

## 1500 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**

### Afternoon Snack:

1 oz. pretzels – 28 grams – 107 kcal

**Total: 107 kcal**

### Dinner:

3 oz. grilled or broiled cod fish – 85 grams - 89.3 kcal  
1 ½ cups of rice noodles, cooked – 264 grams – 288 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: 671.9 kcal**

### Evening Snack:

1 cup of strawberries – 144 grams - 46.1 kcal

**Total: 46.1 kcal**

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**Total: 1500 kcal**