

## 1800 Calorie Diet - Day 4

### Breakfast:

1 cup of orange juice (freshly squeezed) – 248 grams – 112 kcal  
1 cup of 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  
1 slice rye bread, toasted – 24 grams – 68 kcal 1 small pot of jam – 0.5 oz or 14 grams – 39 kcal

**Total: 444.9 kcal**

### Morning Snack:

3 tsp of reduced fat peanut butter – 15 grams – 78.2 kcal  
3 rice cakes – 27 grams – 104.6 kcal

**Total: 182.8 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  
2 oz. low fat mozzarella cheese – 56 grams – 144 kcal

**Total: 450.8 kcal**

### Afternoon Snack:

1 apple large (3-1/4" dia) - 223 grams - 116 kcal

**Total: 116 kcal**

### Dinner:

6 oz. of flounder or other white fish (baked, broiled or grilled) – 168 grams – 196.8 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  
1 whole grain roll – 1 oz or 28 grams – 74 kcal

**Total: 505.1 kcal**

### Evening Snack:

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

**Total: 93 kcal**

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**Total: 1800 kcal**