

## 1800 Calorie Diet - Day 7

### Breakfast:

2 slices French toast - 2 x 65 grams - 298 kcal  
1 cup of fresh blueberries - 148 grams - 84.4 kcal  
1 cup of skim milk - 245 grams - 85 kcal

**Total: 467.4 kcal**

### Morning Snack:

1 orange large (3-1/16" dia) - 184 grams - 86 kcal

**Total: 86 kcal**

### Lunch:

1/2 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:

6 oz. grilled or broiled cod fish - 168 grams - 178.6 kcal  
1 1/2 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: 761.2 kcal**

### Evening Snack:

1 cup of whole strawberries - 144 grams - 46.1 kcal

**Total: 46.1 kcal**

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**Total: 1800 kcal**