

Food Group	Portion Size	Description	Calories	Protein	Carbs	Fat	Glycemic Load
<b>MEAL 1 (07:00 AM)</b>							
Fruit	1.00 Large	Apples (large)	125	0.4	32.4	0.8	
Starchy/Carb	1.00 each	Muffin English-100% Whole Wheat	134	5.8	26.7	1.4	
Meat Lean	2 each	Vegan-Breakfast Patties-Morningstar	160	20.0	6.0	6.0	
			<b>419</b>	<b>26.2</b>	<b>65.1</b>	<b>8.2</b>	<b>29</b>
				<b>24%</b>	<b>59%</b>	<b>17%</b>	
<b>MEAL 2 (09:30 AM)</b>							
Fruit	1.00 Large	Apples (large)	125	0.4	32.4	0.8	
Combination Food	1.00 each	Carbrite Bar	208	20.0	23.0	4.0	
			<b>333</b>	<b>20.4</b>	<b>55.4</b>	<b>4.8</b>	<b>23</b>
				<b>24%</b>	<b>64%</b>	<b>12%</b>	
<b>MEAL 3 (12:00 PM)</b>							
Fruit	2 each	Clementines	68	1.3	17.8	0.2	
Starchy/Carb	0.50 each	Bread Pita Pocket-Whole Wheat	85	3.2	17.7	0.9	
Meat Very Lean	3 oz-wt	Chicken Breast Skinless-Roasted	141	27.0	0.0	3.0	
Free Food	1.00 tbs	Mustard-Prepared	12	0.8	1.0	0.8	
			<b>306</b>	<b>32.3</b>	<b>36.5</b>	<b>4.9</b>	<b>18</b>
				<b>40%</b>	<b>46%</b>	<b>14%</b>	
<b>MEAL 4 (02:30 PM)</b>							
Fruit	1.00 each	Orange-Medium	62	1.2	15.7	0.2	
Combination Food	1.00 each	Carbrite Bar	208	20.0	23.0	4.0	
			<b>270</b>	<b>21.2</b>	<b>38.7</b>	<b>4.2</b>	<b>17</b>
				<b>31%</b>	<b>56%</b>	<b>14%</b>	
<b>MEAL 5 (05:00 PM) OR 1/2 A BAR W/ ORANGE</b>							
Starchy/Carb	0.50 each	Bread Pita Pocket-Whole Wheat	85	3.2	17.7	0.9	
Free Food	1.00 tbs	Mustard-Prepared	12	0.8	1.0	0.8	
Fruit	2 each	Clementines	68	1.3	17.8	0.2	
Meat Very Lean	3 oz-wt	Chicken Breast Skinless-Roasted	141	27.0	0.0	3.0	
			<b>306</b>	<b>32.3</b>	<b>36.5</b>	<b>4.9</b>	<b>18</b>
				<b>40%</b>	<b>46%</b>	<b>14%</b>	
<b>MEAL 6 (07:30 PM) SUBWAY SALAD</b>							
Vegetable	3 cup	Spinach-Raw	18	2.6	3.3	0.4	
Meat Very Lean	4 oz-wt	Chicken Breast Skinless-Roasted	188	36.0	0.0	4.0	
Vegetable	3 cup	Salad-Tossed Vegetable-wo/ dressing	66	5.1	13.5	0.3	
			<b>272</b>	<b>43.7</b>	<b>16.8</b>	<b>4.7</b>	<b>3</b>
				<b>62%</b>	<b>24%</b>	<b>15%</b>	
<b>MEAL 7 (10:00 PM)</b>							
Starchy/Carb	1 scoop	Protein Whey-garrett	120	24.0	3.0	1.0	
			<b>120</b>	<b>24.0</b>	<b>3.0</b>	<b>1.0</b>	<b>0</b>
				<b>82%</b>	<b>10%</b>	<b>8%</b>	
<b>Program Totals:</b>			<b>2026</b>	<b>200</b>	<b>252</b>	<b>33</b>	
				<b>38%</b>	<b>48%</b>	<b>14%</b>	