

Nutrition Information

Diet #1	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal ½ cup	150	3	27	4	2
Skim milk 1 cup	90	0	13	0	8
3 oz tuna	100	1	0	0	20
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
6 inch sub	320	6	47	4	24
cheese	50	5	0	0	8
Total (not including snacks)	975	22	137	14	66

Nutrition Information

Diet #2	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
All Bran 1 cup	160	3	44	18	8
Skim milk 1 cup	90	0	13	0	8
2 eggs	140	10	<1	0	12
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
3 oz grilled chicken (made at home)	100	2	3	0	19
Salad	15	0	3	1	1
Low fat dressing 2 tbs	35	0	8	1	0
Total (not including snacks)	805	22	123	26	56

Nutrition Information

Diet #3	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
1 egg	70	5	<1	0	6
1 slice whole wheat bread	50	1	10	2	4
5 oz canned chicken breast	150	2	0	0	13
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Fish Dinner (avg)	240	5	30	3	18
Total (not including snacks)	775	20	92	13	49

Snacks	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Almonds 24	164	16	6	3	6
Walnuts 14 halves	185	18	4	2	4
Peanuts 28	160	14	6	2	7
Low Fat Cottage Cheese ½ cup	80	2	6	0	14

Nutrition Information

Alternate meals	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
4 oz tenderloin	250	12	0	0	36
4 oz unsweetened applesauce	50	0	12	2	0
½ grapefruit	52	0	12	2	1
Banana	100	0	27	3	1
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Wendy's side salad	35	0	3	1	1
Small chili	220	6	23	5	17
KFC Tender Roast Sandwich (no sauce)	260	5	23	1	31
Green Beans	50	1.5	7	2	2
Chick-Fil-A Chargrilled sandwich	270	3.5	33	3	28
Small fruit cup	30	0	13	1	0