

DAY # 2
(04/11/2008)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	each	BR38 - Yummy Omelet Squares	20.00	14.00	18.00	338.00
Totals:			20.00	14.00	18.00	338.00
AM Snack						
1	225 gm	Bananas, raw	2.45	51.39	0.74	200.25
Totals:			2.45	51.39	0.74	200.25
Lunch						
1	each	MAIN41 - Hawaiian Beef	23.00	47.00	6.00	337.00
1	250 gm	Potato salad, home-prepared	6.70	27.93	20.50	357.50
Totals:			29.70	74.92	26.50	694.50
PM Snack						
4	7 gm	Cookies, chocolate chip, commercially prepared, special dietary	1.09	20.55	4.70	126.00
Totals:			1.09	20.55	4.70	126.00
Dinner						
1	each	MAIN42 - Peppered Beef & Vegetables	27.00	28.00	10.00	316.00
Totals:			27.00	28.00	10.00	316.00
Evening Snack						
1	40 gm	Puddings, chocolate flavor, low calorie, instant, dry mix	2.12	31.28	0.96	142.40
Totals:			2.12	31.28	0.96	142.40
Actual Totals for 04/11/2008:			82.36	220.15	60.91	1817.15
Actual % of Total Calories:			18.74	50.08	31.18	

DAY # 3
(05/11/2008)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	cup	Milk - 1%	16.00	23.40	5.20	204.00
70	gram(s)	Musli Vitalis cu miere sau banane	7.91	44.59	4.55	297.50
Totals:			23.91	67.99	9.75	501.50
AM Snack						
1	192 gm	Fast foods, enchilada, with cheese and beef	11.92	30.47	17.64	322.56
Totals:			11.92	30.47	17.64	322.56
Lunch						
2	each	MAIN25 - Chili Beef and Bean Burgers	30.00	34.00	10.00	346.00
Totals:			30.00	34.00	10.00	346.00
PM Snack						
1	28.35 gm	Cake, german chocolate, dry mix, pudding-type	1.13	22.71	2.69	113.68
Totals:			1.13	22.71	2.69	113.68
Dinner						
2	each	MAIN29 - Fish and Crab Enchiladas	32.00	78.00	14.00	562.00
Totals:			32.00	78.00	14.00	562.00
Actual Totals for 05/11/2008:			98.97	233.17	54.09	1845.74
Actual % of Total Calories:			21.81	51.38	26.82	

Important Notes

- If you have a medical condition, please consult with your doctor before utilizing this meal
- According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.