

MEAL PLAN DAY 1

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 2

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 3

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 4

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 5

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 6

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

MEAL PLAN DAY 7

Date: _____

	FOOD ITEMS	SERV SIZE	CAL	CARBS	PRO	FAT
BREAKFAST						
	SUBTOTAL					
LUNCH						
	SUBTOTAL					
DINNER						
	SUBTOTAL					
SNACKS						
	SUBTOTAL					
	TOTAL					

NUTRITION INFORMATION OF COMMON FOOD ITEMS

FOOD ITEMS	SERVING SIZE	CALORIES	CARBS	PROTEIN	FAT
Pasta, cooked	1 cup spaghetti	238.6	46.6	8.8	1.4
Bread, whole-wheat	1 slice	80.6	13.7	4	1.1
Rice, white, medium-grain, cooked	1 cup	241.8	53.2	4.4	0.4
Potatoes, Russet, flesh and skin, baked	1 pc medium	167.8	37.1	4.5	0.2
Chicken breast, cooked	1 portion (95 g)	156.8	-	29.5	3.4
Salmon, cooked	1 slice (130 g)	198.9	-	32	6.9
Beef, ground, 90% lean meat, cooked	3 oz	173.4	-	21.4	9.1
Tofu, fried	1 portion (100 g)	270	8.9	18.8	20.2
Apples, raw, golden delicious, with skin	1 medium	96.3	23	0.5	0.3
Bananas, raw	1 medium	105	27	1.3	0.4
Broccoli, cooked	1 cup, chopped	31.9	6.5	2.2	0.4
Cucumber, with peel, raw	1/2 diced (50 g)	7.5	1.8	0.3	0.1
Carrots, raw	1 cup, chopped	52.5	12.3	1.2	0.3
Peppers, sweet, red, raw	1/2 cup, chopped	23.5	5.5	0.9	0.3