

Meal	What to eat	Calorie																												
Breakfast	Broccoli, Steamed	<p>Nutrition Facts</p> <p>Serving Size 1 spear (about 5" long) (31g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 11 Calories from Fat 1</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0.1g 0%</p> <p>Saturated Fat 0g 0%</p> <p>Polyunsaturated Fat 0g</p> <p>Monounsaturated Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 10.2mg 0%</p> <p>Potassium 98mg 3%</p> <p>Total Carbohydrate 2.1g 1%</p> <p>Dietary Fiber 0.8g 0%</p> <p>Sugars 0.5g 0%</p> <p>Protein 0.9g 2%</p> <hr/> <p>Vitamin A 4% • Vitamin C 46%</p> <p>Calcium 1% • Iron 1%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Potassium		2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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	Yogurt, Light 'n fit nonfat strawberry	<p>Nutrition Facts</p> <p>Serving Size 6 oz (170.0 g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 80</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Cholesterol 5mg 2%</p> <p>Sodium 80mg 3%</p> <p>Total Carbohydrates 16.0g 5%</p> <p>Sugars 11.0g</p> <p>Protein 5.0g</p> <hr/> <p>Vitamin A 8% • Vitamin C 2%</p> <p>Calcium 15% • Iron 0%</p> <p><small>* Based on a 2000 calorie diet</small></p>																												

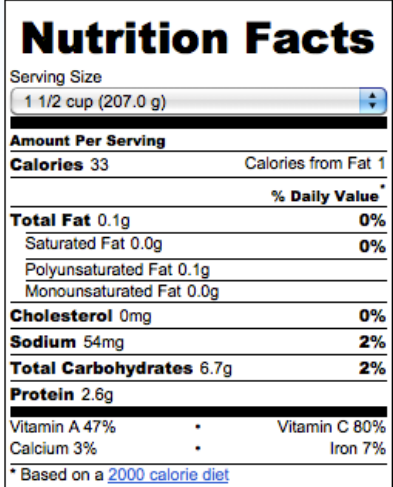
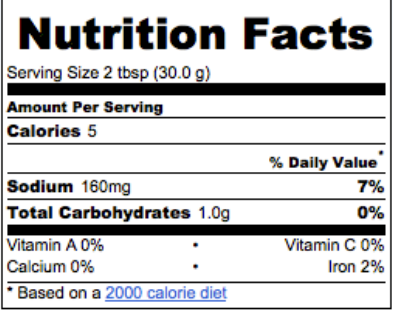
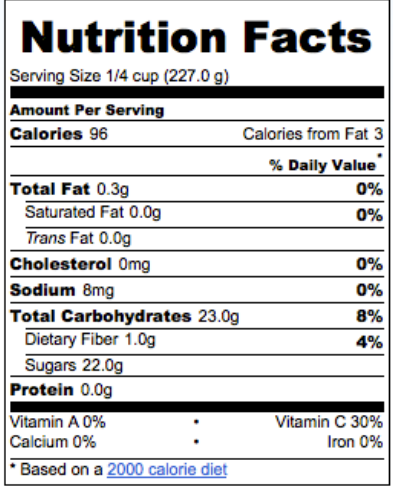
Meal	What to eat	Calorie
	Scrambled Egg (2)	<div data-bbox="1015 283 1404 766"> <p>Nutrition Facts</p> <p>Serving Size 2 eggs (94.0 g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 199 Calories from Fat 137</p> <hr/> <p style="text-align: right;">% Daily Value *</p> <p>Total Fat 15.2g 23%</p> <p>Saturated Fat 5.8g 29%</p> <p>Polyunsaturated Fat 1.9g</p> <p>Monounsaturated Fat 5.5g</p> <p>Cholesterol 400mg 133%</p> <p>Sodium 211mg 9%</p> <p>Total Carbohydrates 2.0g 1%</p> <p>Sugars 1.5g</p> <p>Protein 13.0g</p> <hr/> <p>Vitamin A 13% Vitamin C 5%</p> <p>Calcium 5% Iron 14%</p> <p>* Based on a 2000 calorie diet</p> </div>
	Orange Juice 1 cup	<div data-bbox="1015 814 1404 1354"> <p>Nutrition Facts</p> <p>Serving Size</p> <p>1 cup (248.0 g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 112 Calories from Fat 4</p> <hr/> <p style="text-align: right;">% Daily Value *</p> <p>Total Fat 0.5g 1%</p> <p>Saturated Fat 0.1g 0%</p> <p>Polyunsaturated Fat 0.1g</p> <p>Monounsaturated Fat 0.1g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 2mg 0%</p> <p>Total Carbohydrates 25.8g 9%</p> <p>Dietary Fiber 0.5g 2%</p> <p>Sugars 20.8g</p> <p>Protein 1.7g</p> <hr/> <p>Vitamin A 10% Vitamin C 207%</p> <p>Calcium 3% Iron 3%</p> <p>* Based on a 2000 calorie diet</p> </div>
	Calorie count so far	402 / 1200
	Fat count so far	15.8 /

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Snack	Wheat Thin - Sun dried tomato and basil	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td colspan="2">Serving Size 1 serving (30.0 g)</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories 140</td> <td>Calories from Fat 45</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 5.0g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Saturated Fat 1.0g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td>Monounsaturated Fat 1.0g</td> <td></td> </tr> <tr> <td>Sodium 220mg</td> <td style="text-align: right;">9%</td> </tr> <tr> <td>Total Carbohydrates 21.0g</td> <td style="text-align: right;">7%</td> </tr> <tr> <td>Dietary Fiber 1.0g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Sugars 4.0g</td> <td></td> </tr> <tr> <td>Protein 2.0g</td> <td></td> </tr> <tr> <td>Vitamin A 0%</td> <td>Vitamin C 2%</td> </tr> <tr> <td>Calcium 2%</td> <td>Iron 6%</td> </tr> <tr> <td colspan="2">* Based on a 2000 calorie diet</td> </tr> </tbody> </table>	Nutrition Facts		Serving Size 1 serving (30.0 g)		Amount Per Serving		Calories 140	Calories from Fat 45	% Daily Value*		Total Fat 5.0g	8%	Saturated Fat 1.0g	5%	Monounsaturated Fat 1.0g		Sodium 220mg	9%	Total Carbohydrates 21.0g	7%	Dietary Fiber 1.0g	4%	Sugars 4.0g		Protein 2.0g		Vitamin A 0%	Vitamin C 2%	Calcium 2%	Iron 6%	* Based on a 2000 calorie diet			
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Lunch	Steamed Sweet Potato (1 medium)	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts</th> </tr> </thead> <tbody> <tr> <td colspan="2">Serving Size 114 g</td> </tr> <tr> <td colspan="2">Amount Per Serving</td> </tr> <tr> <td>Calories 103</td> <td>Calories from Fat 1</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td>Total Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 41mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Total Carbohydrate 24g</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td style="text-align: right;">15%</td> </tr> <tr> <td>Sugars 7g</td> <td></td> </tr> <tr> <td>Protein 2g</td> <td></td> </tr> <tr> <td>Vitamin A 438%</td> <td>Vitamin C 37%</td> </tr> <tr> <td>Calcium 4%</td> <td>Iron 4%</td> </tr> <tr> <td colspan="2">*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.</td> </tr> </tbody> </table>	Nutrition Facts		Serving Size 114 g		Amount Per Serving		Calories 103	Calories from Fat 1	% Daily Value*		Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat		Cholesterol 0mg	0%	Sodium 41mg	2%	Total Carbohydrate 24g	8%	Dietary Fiber 4g	15%	Sugars 7g		Protein 2g		Vitamin A 438%	Vitamin C 37%	Calcium 4%	Iron 4%	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
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	Tomato (1 medium whole)	<div data-bbox="1024 281 1403 806"> <h3 style="text-align: center;">Nutrition Facts</h3> <p>Serving Size 1 medium whole (2-3/5" dia) (123.0 g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 22 Calories from Fat 2</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0.2g 0%</p> <p>Saturated Fat 0.0g 0%</p> <p>Polyunsaturated Fat 0.1g</p> <p>Monounsaturated Fat 0.0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 6mg 0%</p> <p>Total Carbohydrates 4.8g 2%</p> <p>Dietary Fiber 1.5g 6%</p> <p>Sugars 3.2g</p> <p>Protein 1.1g</p> <hr/> <p>Vitamin A 20% Vitamin C 26%</p> <p>Calcium 1% Iron 2%</p> <p><small>* Based on a 2000 calorie diet</small></p> </div>
	Chicken Breast (cooked, 1 cup diced)	<div data-bbox="1024 854 1403 1341"> <h3 style="text-align: center;">Nutrition Facts</h3> <p>Serving Size 1 cup, chopped or diced (140.0 g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 231 Calories from Fat 45</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 5.0g 8%</p> <p>Saturated Fat 1.4g 7%</p> <p>Polyunsaturated Fat 1.1g</p> <p>Monounsaturated Fat 1.7g</p> <p>Cholesterol 119mg 40%</p> <p>Sodium 104mg 4%</p> <p>Total Carbohydrates 0.0g 0%</p> <p>Protein 43.4g</p> <hr/> <p>Vitamin A 1% Vitamin C 0%</p> <p>Calcium 2% Iron 8%</p> <p><small>* Based on a 2000 calorie diet</small></p> </div>

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	Green Tea Ice Cream (1/2 cup)	<div data-bbox="1031 296 1396 953" style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size: 1/2 cup</p> <hr/> <p>Amount per Serving</p> <hr/> <p>Calories 140 Calories from Fat 70</p> <hr/> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="text-align: right; font-weight: normal;">% Daily Value *</th> </tr> </thead> <tbody> <tr> <td>Total Fat 8g</td> <td style="text-align: right;">12%</td> </tr> <tr> <td> Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td> Monounsaturated Fat 4.5g</td> <td></td> </tr> <tr> <td>Cholesterol 25mg</td> <td style="text-align: right;">8%</td> </tr> <tr> <td>Sodium 40mg</td> <td style="text-align: right;">2%</td> </tr> <tr> <td>Potassium 2mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Total Carbohydrate 15g</td> <td style="text-align: right;">5%</td> </tr> <tr> <td> Dietary Fiber 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Protein</td> <td style="text-align: right;">0%</td> </tr> </tbody> </table> <hr/> <p>Calcium 6%</p> <hr/> <p style="text-align: center;">Est. Percent of Calories from: Fat 51.4% Carbs 42.9% Protein 0.0%</p> <p style="text-align: center;">Send To A Friend</p> </div>		% Daily Value *	Total Fat 8g	12%	Saturated Fat 0g	0%	Monounsaturated Fat 4.5g		Cholesterol 25mg	8%	Sodium 40mg	2%	Potassium 2mg	0%	Total Carbohydrate 15g	5%	Dietary Fiber 0g	0%	Protein	0%
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	Calorie count so far	898 / 1200																				
	Fat count so far	29																				

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Snack	100 Cal Snack (Nabisco 100 Calorie toasted wheat thin minis)	<div data-bbox="1019 279 1409 1129" style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size 22g Servings per Container about 6</p> <hr/> <p>Amount Per Serving</p> <p>Calories 100 Calories from Fat 25</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 3g 5 %</p> <p>Saturated Fat 0g 0 %</p> <p>Trans Fat 0g</p> <p>Cholesterol 0mg 0 %</p> <p>Sodium 230mg 10 %</p> <p>Total Carbohydrate 16g 5 %</p> <p>Dietary Fiber 1g 4 %</p> <p>Sugars 2g</p> <p>Protein 2g</p> <hr/> <p>Vitamin A 0 % Calcium 4 %</p> <p>Vitamin C 0 % Iron 4 %</p> <hr/> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholest</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carb</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> </div>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholest	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carb		300g	375g	Fiber		25g	30g
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Dinner	Tuna (3oz) in salad	<div data-bbox="1019 1308 1409 1791" style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts Serving Size <input type="text" value="3 oz (85.0 g)"/></p> <hr/> <p>Amount Per Serving</p> <p>Calories 99 Calories from Fat 6</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0.7g 1%</p> <p>Saturated Fat 0.2g 1%</p> <p>Polyunsaturated Fat 0.3g</p> <p>Monounsaturated Fat 0.1g</p> <p>Cholesterol 26mg 9%</p> <p>Sodium 43mg 2%</p> <p>Total Carbohydrates 0.0g 0%</p> <p>Protein 21.7g</p> <hr/> <p>Vitamin A 1% Vitamin C 0%</p> <p>Calcium 1% Iron 7%</p> <hr/> <p><small>* Based on a 2000 calorie diet</small></p> </div>																												

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	salad, vegetable, tossed	 <p>Nutrition Facts Serving Size 1 1/2 cup (207.0 g) Amount Per Serving Calories 33 Calories from Fat 1 % Daily Value * Total Fat 0.1g 0% Saturated Fat 0.0g 0% Polyunsaturated Fat 0.1g Monounsaturated Fat 0.0g Cholesterol 0mg 0% Sodium 54mg 2% Total Carbohydrates 6.7g 2% Protein 2.6g Vitamin A 47% Vitamin C 80% Calcium 3% Iron 7% * Based on a 2000 calorie diet</p>
	Maple Grove Farms Balsamic Vinigrette Dressing in salad	 <p>Nutrition Facts Serving Size 2 tbsp (30.0 g) Amount Per Serving Calories 5 % Daily Value * Sodium 160mg 7% Total Carbohydrates 1.0g 0% Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2% * Based on a 2000 calorie diet</p>
	Dried Cranberrys (Trader Joe) in salad	 <p>Nutrition Facts Serving Size 1/4 cup (227.0 g) Amount Per Serving Calories 96 Calories from Fat 3 % Daily Value * Total Fat 0.3g 0% Saturated Fat 0.0g 0% Trans Fat 0.0g Cholesterol 0mg 0% Sodium 8mg 0% Total Carbohydrates 23.0g 8% Dietary Fiber 1.0g 4% Sugars 22.0g Protein 0.0g Vitamin A 0% Vitamin C 30% Calcium 0% Iron 0% * Based on a 2000 calorie diet</p>
	Calorie count so far	1231 / 1200
	Fat count so far	33.1
Snack		

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	Broccoli, Steamed	<div data-bbox="1019 275 1406 1024" style="border: 1px solid black; padding: 5px;"> <p>Nutrition Facts</p> <p>Serving Size 1 spear (about 5" long) (31g)</p> <hr/> <p>Amount Per Serving</p> <p>Calories 11 Calories from Fat 1</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 0.1g 0%</p> <p>Saturated Fat 0g 0%</p> <p>Polyunsaturated Fat 0g</p> <p>Monounsaturated Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 10.2mg 0%</p> <p>Potassium 98mg 3%</p> <p>Total Carbohydrate 2.1g 1%</p> <p>Dietary Fiber 0.8g 0%</p> <p>Sugars 0.5g 0%</p> <p>Protein 0.9g 2%</p> <hr/> <p>Vitamin A 4% • Vitamin C 46%</p> <p>Calcium 1% • Iron 1%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> </div>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Potassium		2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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