



**Fitness Forever Private Training Studio**  
**77763 Country Club Drive #G**  
**Palm Desert, Ca 92211**  
**Phone #: 760 989 3136**  
**Fax #: 760 200 4429**  
**Ingo@myfitnessforever.com**

**Meal Planner For: Sterling, J.C.**  
**For the Date Range: 08/20/2007 to 08/26/2007**

**DAY # 1**  
**(08/20/2007)**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals:			12.54	42.51	2.24	231.33
<b>AM Snack</b>						
1	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
2	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00
Totals:			10.00	37.00	6.00	240.00
<b>Lunch</b>						
6	medium	baby carrots, organic	0.36	4.92	0.60	24.00
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
1.5	table spoon	Mayo, organic, light	0.00	1.50	5.25	52.50
2	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00
2	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
4	ounce(s)	Turkey Breast slices, Organic Prairie	28.00	0.00	1.00	100.00
Totals:			46.72	21.98	21.93	434.50
<b>PM Snack</b>						
6	each	nuts, organic almonds	1.26	1.20	3.06	34.68
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			7.26	26.20	4.56	164.68
<b>Dinner</b>						
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
5	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	36.03	0.00	11.52	257.83
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals:			38.33	17.50	15.92	381.83
<b>Evening Snack</b>						
1	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
Totals:			1.31	12.73	0.30	53.04
<b>Actual Totals for 08/20/2007:</b>			<b>116.16</b>	<b>157.91</b>	<b>50.94</b>	<b>1505.38</b>
<b>Actual % of Total Calories:</b>			<b>29.88</b>	<b>40.63</b>	<b>29.49</b>	

**DAY # 2**  
(08/21/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
1	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
2	table spoon	peanut butter, organic, Smuckers	8.00	6.00	16.00	210.00
Totals:			24.87	44.14	17.40	426.36
<b>AM Snack</b>						
1	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			12.00	25.00	6.50	200.00
<b>Lunch</b>						
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
2	ounce(s)	Shrimp, Organic, boiled or steamed	11.84	0.00	0.60	56.00
1	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals:			15.79	29.25	6.20	245.00
<b>PM Snack</b>						
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals:			0.60	9.70	0.10	37.00
<b>Dinner</b>						
1	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
1	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
1	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals:			44.80	31.50	14.90	454.00
<b>Evening Snack</b>						
1.5	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	19.50	6.00	3.75	150.00
Totals:			19.50	6.00	3.75	150.00
<b>Actual Totals for 08/21/2007:</b>			<b>117.56</b>	<b>145.59</b>	<b>48.85</b>	<b>1512.36</b>
<b>Actual % of Total Calories:</b>			<b>31.51</b>	<b>39.03</b>	<b>29.46</b>	

**DAY # 3**  
(08/22/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals:			11.60	46.90	2.10	236.00
<b>AM Snack</b>						
15	each	Grapes - American	0.30	6.15	0.00	30.00
Totals:			0.30	6.15	0.00	30.00
<b>Lunch</b>						
3	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
2	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
2	table spoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.00	3.00	0.00	15.00
1	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
Totals:			54.00	22.00	22.00	470.00
<b>PM Snack</b>						
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			8.10	27.00	6.60	187.80
<b>Dinner</b>						
2	table spoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
3	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
5	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	35.00	0.00	8.75	225.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals:			39.30	47.50	18.15	524.00
<b>Evening Snack</b>						
1	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			1.02	11.67	0.46	48.64
<b>Actual Totals for 08/22/2007:</b>			<b>114.32</b>	<b>161.22</b>	<b>49.31</b>	<b>1496.44</b>
<b>Actual % of Total Calories:</b>			<b>29.58</b>	<b>41.72</b>	<b>28.70</b>	

**DAY # 4**  
(08/23/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals:			13.07	53.01	2.48	272.65
<b>AM Snack</b>						
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			6.60	34.70	1.60	167.00
<b>Lunch</b>						
2	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	14.00	2.00	12.00	180.00
1	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
3	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	3.00	6.00	67.50
1	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
Totals:			28.95	23.25	21.10	421.50
<b>PM Snack</b>						
1	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
8	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
Totals:			9.00	11.00	8.00	145.00
<b>Dinner</b>						
1	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
6	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
Totals:			51.84	16.00	8.18	363.80
<b>Evening Snack</b>						
3	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
1	table spoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals:			5.50	9.00	8.00	135.00
<b>Actual Totals for 08/23/2007:</b>			<b>114.96</b>	<b>146.96</b>	<b>49.36</b>	<b>1504.95</b>
<b>Actual % of Total Calories:</b>			<b>30.82</b>	<b>39.40</b>	<b>29.78</b>	

**DAY # 5**  
(08/24/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
1	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals:			12.31	47.73	2.30	243.04
<b>AM Snack</b>						
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			8.10	27.00	6.60	187.80
<b>Lunch</b>						
6	medium	baby carrots, organic	0.36	4.92	0.60	24.00
2	table spoon	Mayo, organic, light	0.00	2.00	7.00	70.00
2	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00
3	slice	Tomato, sliced, organic	0.54	2.34	0.12	12.00
2	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00
5	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00
Totals:			55.90	31.26	26.97	491.00
<b>PM Snack</b>						
4	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.50	5.00	1.50	32.50
1	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals:			2.50	18.00	2.50	102.50
<b>Dinner</b>						
5	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	39.42	0.00	11.78	274.83
1	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1.00	5.00	0.00	25.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
4	table spoon	Soy sauce, Organic, Lite	0.00	5.20	0.00	44.00
Totals:			41.72	21.70	16.18	437.83
<b>Evening Snack</b>						
20	each	Grapes - American	0.40	8.20	0.20	40.00
Totals:			0.40	8.20	0.20	40.00
<b>Actual Totals for 08/24/2007:</b>			<b>120.93</b>	<b>153.89</b>	<b>54.75</b>	<b>1502.17</b>
<b>Actual % of Total Calories:</b>			<b>30.38</b>	<b>38.67</b>	<b>30.95</b>	

**DAY # 6**  
(08/25/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
2	large	Eggs, Organic Valley large brown egg, hard boiled	12.00	0.00	10.00	140.00
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals:			21.20	36.80	10.20	312.00
<b>AM Snack</b>						
1	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals:			13.60	13.70	2.60	137.00
<b>Lunch</b>						
10	medium	baby carrots, organic	0.60	8.20	1.00	40.00
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
1	table spoon	Mayo, organic, light	0.00	1.00	3.50	35.00
1	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
3	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00
3	slice	Tomato, sliced, organic	0.54	2.34	0.12	12.00
Totals:			35.14	25.54	17.87	392.00
<b>PM Snack</b>						
4	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
1.5	table spoon	peanut butter, organic, Smuckers	6.00	4.50	12.00	157.50
Totals:			8.00	12.50	12.00	197.50
<b>Dinner</b>						
2	table spoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
3	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
Totals:			36.50	42.00	7.00	390.00
<b>Evening Snack</b>						
1	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
Totals:			1.00	18.00	0.50	80.00
<b>Actual Totals for 08/25/2007:</b>			<b>115.44</b>	<b>148.54</b>	<b>50.17</b>	<b>1508.50</b>
<b>Actual % of Total Calories:</b>			<b>30.63</b>	<b>39.41</b>	<b>29.95</b>	

**DAY # 7**  
(08/26/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			13.02	43.67	2.46	238.64
<b>AM Snack</b>						
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals:			8.10	27.00	6.60	187.80
<b>Lunch</b>						
5	each	Celery, Organic stalk, trimmed	2.50	10.00	0.00	50.00
1	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
4	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
3	table spoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
2	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00
Totals:			47.00	37.50	14.60	406.50
<b>PM Snack</b>						
2	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00
8	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
Totals:			17.00	12.00	13.00	225.00
<b>Dinner</b>						
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
4	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	28.83	0.00	9.21	206.27
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals:			33.13	29.50	13.61	390.27
<b>Evening Snack</b>						
1	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
Totals:			0.87	11.14	0.40	46.36
<b>Actual Totals for 08/26/2007:</b>			<b>119.11</b>	<b>160.82</b>	<b>50.66</b>	<b>1494.57</b>
<b>Actual % of Total Calories:</b>			<b>30.24</b>	<b>40.82</b>	<b>28.94</b>	

**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.

**Fitness Forever Private Training Studio**  
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**Grocery List For: Sterling, J.C.**  
**For the Date Range: 08/20/2007 to 08/26/2007**

**Individual Foods**

Food	Quantity	Measure
<b>Proteins (Healthy)</b>		
peanut butter, organic, Smuckers	4.5	table spoon
<b>Jams/ Spreads/Sauces/ Syrups</b>		
Soy sauce, Organic, Lite	4	table spoon
BBQ sauce, organic	4	table spoon
Salsa, Amy's Organic Black bean & Corn Salsa	5	table spoon
Prego Organic Tomato & Basil Italian Sauce	1	1/2 cup
<b>Dairy</b>		
Cheese, monterey jack, Organic Valley	4	ounce(s)
Cheese, Organic Valley Mild Shredded Cheddar	3	1/4 cup
Mild Cheddar Cheese Slices, Organic Valley	5	slice
Cottage Cheese, Horizon Organic Low Fat	3.5	1/2 cup
<b>Fat</b>		
Cheese, Organic Valley Shredded Mozzarella	3	1/4 cup
Yogurt, Stoneyfield Organic low fat yogurt, peach	36	ounce(s)
Milk, Stoneyfield Organic Fat-free Milk	7	cup
<b>Fruits &amp; Fruit Juices</b>		
Peach - medium, approx 4 oz.	3	medium
Grapefruit - pink or red 4" diam.	1.5	each
Grapes - American	15	each
Blueberries, raw	1.5	1 cup
Kiwi fruit, (chinese gooseberries), fresh, raw	2	1 fruit without skin, medium
Melons, cantaloupe, raw	2	1 cup, diced
Strawberries, raw	2	1 cup, halves
<b>Fats &amp; Oils</b>		
Mayo, organic, light	4.5	table spoon
<b>Cereals</b>		
Cereal, Cascadian Farms Organic Purely O's	2	cup
hot cereal, Arrowhead Mills, Organic Instant Oatmeal	3	pack
<b>Vegetables</b>		
Celery, Organic stalk, trimmed	15	each
Salad- med w/ organic vegetables	2	each
Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1	3/4 cup

Food	Quantity	Measure
Cascadian Farms Organic Garden Blend Frozen Vegetables	3	3/4 cup
Cascadian Farms Organic cut green beans, frozen	3	3/4 cup
Tomato, sliced, organic	8	slice
baby carrots, organic	22	medium
Salad, small w/ organic vegetables	5	small
Cascadian Farms Organic Broccoli Cuts	2	2/3 cup
Breads and baked goods		
Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5	each
bread, low carb, Rudi's Organic Bakery, Right Choice	6	slice
crackers, Keebler Organic Toasteds Harvest Wheat	20	each
Carb. Snack Foods (Healthy)		
Grapes - American	20	each
Red Meats - Standard		
Beef, Organic Flank, separable lean only, trimmed, choice, cooked	5	ounce(s)
Soups and Gravies		
soup, Amy's Organic Vegetable Barley Soup	2	cup
Nuts & Seeds		
nuts, organic almonds	36	each
Misc. Meats		
Eggs, Organic Valley large brown egg, hard boiled	3	large
Dressings		
salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	15	table spoon
Snacks & Treats		
rice cake, Lundberg Organic Rice Cake, caramel corn	3	each
Sausages and Lunch Meats		
Roast Beef, Organic Prairie Roast Beef Slices	8	ounce(s)
Poultry		
Chicken breast, organic	19	ounce(s)
Turkey Breast slices, Organic Prairie	9	ounce(s)
Finfish and Shellfish		
Shrimp, Organic, boiled or steamed	2	ounce(s)
Fish, organic salmon, wild, cooked, dry heat	9	ounce(s)
Pork Products		
Pork, organic, tenderloin, separable lean only, cooked, roasted	6	ounce(s)
Meals, Entrees and Sidedishes		

Food	Quantity	Measure
French Fries, Cascadian Farms Organic	6	ounce(s)
Frozen French Fries		

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Meal Details For: Sterling, J.C.  
 For the Date Range: 08/20/2007 to 08/26/2007

Meals for  
 08/20/2007

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
0.5	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33	0.02	0.00	1.74	0.73	0.03	0.11
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00	0.00	0.00	2.00	0.00	1.00	1.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
Totals:			12.54	42.51	2.24	231.33	0.02	0.00	3.74	125.73	1.03	1.11
<b>AM Snack</b>												
1	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00	3.50	15.00	0.00	180.00	0.00	0.00
2	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00	0.00	0.00	2.00	80.00	0.00	0.00
Totals:			10.00	37.00	6.00	240.00	3.50	15.00	2.00	260.00	0.00	0.00
<b>Lunch</b>												
6	medium slice	baby carrots, organic	0.36	4.92	0.60	24.00	0.00	0.00	1.80	48.00	0.00	0.00
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00	0.00	0.00	4.00	210.00	0.00	0.00
1.5	table spoon	Mayo, organic, light	0.00	1.50	5.25	52.50	0.00	0.00	0.00	165.00	1.50	3.00
2	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00	8.00	40.00	0.00	280.00	0.00	0.00
2	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00	0.00	0.00	0.40	0.00	0.00	0.00
4	ounce(s)	Turkey Breast slices, Organic Prairie	28.00	0.00	1.00	100.00	0.00	60.00	0.00	560.00	0.00	0.00
Totals:			46.72	21.98	21.93	434.50	8.00	100.00	6.20	1263.00	1.50	3.00
<b>PM Snack</b>												
6	each	nuts, organic almonds	1.26	1.20	3.06	34.68	0.24	0.00	0.72	0.06	1.92	0.72
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			7.26	26.20	4.56	164.68	0.24	5.00	2.72	95.06	1.92	0.72
<b>Dinner</b>												
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00	0.00	0.00	2.00	0.00	0.00	0.00
5	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	36.03	0.00	11.52	257.83	1.78	100.58	0.00	79.33	3381.67	4.62

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
Totals:			38.33	17.50	15.92	381.83	2.38	100.58	4.20	561.33	3381.97	4.66
<b>Evening Snack</b>												
1	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04	0.08	0.00	1.40	24.96	0.00	0.13
Totals:			1.31	12.73	0.30	53.04	0.08	0.00	1.40	24.96	0.00	0.13
Total for 808/20/2007:			116.16	157.91	50.94	1505.38	14.22	220.58	20.26	2330.08	3386.43	9.61
<b>Total Calories %:</b>			<b>29.88 %</b>	<b>40.63 %</b>	<b>29.49 %</b>							

**Meals for  
08/21/2007**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00	0.00	0.00	4.00	210.00	0.00	0.00
1	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36	0.02	0.00	2.28	2.28	0.04	0.22
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
2	table spoon	peanut butter, organic, Smuckers	8.00	6.00	16.00	210.00	2.50	0.00	2.00	50.00	0.00	0.00
Totals:			24.87	44.14	17.40	426.36	2.52	0.00	8.28	387.28	0.04	0.22
<b>AM Snack</b>												
1	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00	1.50	215.00	0.00	65.00	0.00	0.00
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			12.00	25.00	6.50	200.00	1.50	220.00	2.00	160.00	0.00	0.00
<b>Lunch</b>												
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00	0.15	0.00	3.30	18.00	0.30	0.04
2	ounce(s)	Shrimp, Organic, boiled or steamed	11.84	0.00	0.60	56.00	0.16	110.00	0.00	128.00	2.92	1.36
1	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00	0.00	0.00	3.00	580.00	0.00	0.00
Totals:			15.79	29.25	6.20	245.00	0.81	110.00	6.30	1196.00	3.22	1.40
<b>PM Snack</b>												
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00	0.00	0.00	1.40	0.00	0.30	0.10
Totals:			0.60	9.70	0.10	37.00	0.00	0.00	1.40	0.00	0.30	0.10
<b>Dinner</b>												
1	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00	0.00	0.00	2.00	20.00	0.00	0.00
1	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00	4.00	20.00	0.00	190.00	0.00	0.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00	0.50	80.00	0.00	90.00	5.50	4.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
1	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00	0.00	0.00	4.00	540.00	0.00	0.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
Totals:			44.80	31.50	14.90	454.00	5.10	100.00	8.20	1322.00	5.80	4.04
<b>Evening Snack</b>												
1.5	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	19.50	6.00	3.75	150.00	2.25	22.50	0.00	585.00	0.00	0.00
Totals:			19.50	6.00	3.75	150.00	2.25	22.50	0.00	585.00	0.00	0.00
Total for 808/21/2007:			117.56	145.59	48.85	1512.36	12.18	452.50	26.18	3650.28	9.36	5.76
<b>Total Calories %:</b>			<b>31.51 %</b>	<b>39.03 %</b>	<b>29.46 %</b>							

**Meals for  
08/22/2007**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
1	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00	1.00	0.00	3.00	280.00	0.00	0.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00	0.00	0.00	0.00	1.00	0.15	0.05
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
Totals:			11.60	46.90	2.10	236.00	1.00	0.00	3.00	406.00	0.15	0.05
<b>AM Snack</b>												
15	each	Grapes - American	0.30	6.15	0.00	30.00	0.00	0.00	0.00	0.00	0.15	0.14
Totals:			0.30	6.15	0.00	30.00	0.00	0.00	0.00	0.00	0.15	0.14
<b>Lunch</b>												
3	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00	0.00	0.00	2.10	210.00	0.12	0.33
2	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00	12.00	60.00	0.00	360.00	0.00	0.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00	0.50	80.00	0.00	90.00	5.50	4.00
2	table spoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.00	3.00	0.00	15.00	0.00	0.00	1.00	170.00	0.00	0.00
1	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00	0.00	0.00	8.00	180.00	0.50	1.00
Totals:			54.00	22.00	22.00	470.00	12.50	140.00	11.10	1010.00	6.12	5.33
<b>PM Snack</b>												
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80	0.40	0.00	1.20	0.10	3.20	1.20
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			8.10	27.00	6.60	187.80	0.40	5.00	3.20	95.10	3.20	1.20
<b>Dinner</b>												
2	table spoon	BBQ sauce, organic	0.00	9.00	1.00	45.00	0.00	0.00	0.00	240.00	0.00	0.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00	0.00	0.00	2.00	0.00	0.00	0.00
3	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00	1.00	0.00	2.00	15.00	0.00	0.00
5	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	35.00	0.00	8.75	225.00	2.50	100.00	0.00	650.00	0.00	0.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
Totals:			39.30	47.50	18.15	524.00	4.10	100.00	6.20	1387.00	0.30	0.04

### Evening Snack

1	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64	0.02	0.00	3.04	1.52	0.07	0.24
Totals:			1.02	11.67	0.46	48.64	0.02	0.00	3.04	1.52	0.07	0.24
Total for 808/22/2007:			114.32	161.22	49.31	1496.44	18.02	245.00	26.54	2899.62	9.99	6.99
<b>Total Calories %:</b>			<b>29.58 %</b>	<b>41.72 %</b>	<b>28.70 %</b>							

### Meals for 08/23/2007

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
1	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65	0.04	0.00	3.48	1.45	0.07	0.21
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00	0.00	0.00	2.00	0.00	1.00	1.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
Totals:			13.07	53.01	2.48	272.65	0.04	0.00	5.48	126.45	1.07	1.21
<b>AM Snack</b>												
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00	0.00	0.00	1.40	0.00	0.30	0.10
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			6.60	34.70	1.60	167.00	0.00	5.00	3.40	95.00	0.30	0.10
<b>Lunch</b>												
2	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	14.00	2.00	12.00	180.00	8.00	40.00	0.00	380.00	0.00	0.00
1	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00	1.50	15.00	0.00	390.00	0.00	0.00
3	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	3.00	6.00	67.50	0.75	0.00	0.00	705.00	0.00	0.00
1	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00	0.15	0.00	3.30	18.00	0.30	0.04
Totals:			28.95	23.25	21.10	421.50	10.40	55.00	3.30	1493.00	0.30	0.04
<b>PM Snack</b>												
1	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00	3.50	15.00	0.00	180.00	0.00	0.00
8	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00	0.25	0.00	0.50	130.00	0.00	0.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Totals:			9.00	11.00	8.00	145.00	3.75	15.00	0.50	310.00	0.00	0.00
<b>Dinner</b>												
1	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00	0.00	0.00	2.00	20.00	0.00	0.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00	0.00	0.00	2.00	35.00	0.00	0.00
6	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80	2.82	134.30	0.00	95.20	3.28	0.70
Totals:			51.84	16.00	8.18	363.80	2.82	134.30	4.00	150.20	3.28	0.70
<b>Evening Snack</b>												
3	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00	0.00	0.00	2.10	210.00	0.12	0.33
1	table spoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00	1.25	0.00	1.00	25.00	0.00	0.00
Totals:			5.50	9.00	8.00	135.00	1.25	0.00	3.10	235.00	0.12	0.33
Total for 808/23/2007:			114.96	146.96	49.36	1504.95	18.26	209.30	19.78	2409.65	5.07	2.38
<b>Total Calories %:</b>			<b>30.82 %</b>	<b>39.40 %</b>	<b>29.78 %</b>							

**Meals for  
08/24/2007**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
1	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00	1.00	0.00	3.00	280.00	0.00	0.00
1	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04	0.08	0.00	1.40	24.96	0.00	0.13
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
Totals:			12.31	47.73	2.30	243.04	1.08	0.00	4.40	429.96	0.00	0.13
<b>AM Snack</b>												
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80	0.40	0.00	1.20	0.10	3.20	1.20
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			8.10	27.00	6.60	187.80	0.40	5.00	3.20	95.10	3.20	1.20
<b>Lunch</b>												
6	medium	baby carrots, organic	0.36	4.92	0.60	24.00	0.00	0.00	1.80	48.00	0.00	0.00
2	table spoon	Mayo, organic, light	0.00	2.00	7.00	70.00	0.00	0.00	0.00	220.00	2.00	4.00
2	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00	8.00	40.00	0.00	280.00	0.00	0.00
3	slice	Tomato, sliced, organic	0.54	2.34	0.12	12.00	0.00	0.00	0.60	0.00	0.00	0.00
2	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00	0.00	0.00	16.00	360.00	1.00	2.00
5	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00	0.00	75.00	0.00	700.00	0.00	0.00
Totals:			55.90	31.26	26.97	491.00	8.00	115.00	18.40	1608.00	3.00	6.00
<b>PM Snack</b>												
4	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.50	5.00	1.50	32.50	0.13	0.00	0.25	65.00	0.00	0.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
1	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00	0.00	0.00	3.00	580.00	0.00	0.00
Totals:			2.50	18.00	2.50	102.50	0.13	0.00	3.25	645.00	0.00	0.00

**Dinner**

5	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	39.42	0.00	11.78	274.83	4.88	77.92	0.00	79.33	4.65	0.47
1	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1.00	5.00	0.00	25.00	0.00	0.00	2.00	15.00	0.00	0.00
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
4	table spoon	Soy sauce, Organic, Lite	0.00	5.20	0.00	44.00	0.00	0.00	0.00	2400.00	1.20	0.40
Totals:			41.72	21.70	16.18	437.83	5.48	77.92	4.20	2976.33	6.15	0.91

**Evening Snack**

20	each	Grapes - American	0.40	8.20	0.20	40.00	0.00	0.00	0.40	0.00	0.20	0.18
Totals:			0.40	8.20	0.20	40.00	0.00	0.00	0.40	0.00	0.20	0.18
Total for 808/24/2007:			120.93	153.89	54.75	1502.17	15.09	197.92	33.85	5754.39	12.55	8.41
<b>Total Calories %:</b>			<b>30.38 %</b>	<b>38.67 %</b>	<b>30.95 %</b>							

**Meals for  
08/25/2007**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
2	large	Eggs, Organic Valley large brown egg, hard boiled	12.00	0.00	10.00	140.00	3.00	430.00	0.00	130.00	0.00	0.00
1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00	0.00	0.00	0.00	2.00	0.30	0.10
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
Totals:			21.20	36.80	10.20	312.00	3.00	430.00	0.00	257.00	0.30	0.10

**AM Snack**

1	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00	1.50	15.00	0.00	390.00	0.00	0.00
1	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00	0.00	0.00	1.40	0.00	0.30	0.10
Totals:			13.60	13.70	2.60	137.00	1.50	15.00	1.40	390.00	0.30	0.10

**Lunch**

10	medium	baby carrots, organic	0.60	8.20	1.00	40.00	0.00	0.00	3.00	80.00	0.00	0.00
2	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00	0.00	0.00	4.00	210.00	0.00	0.00
1	table spoon	Mayo, organic, light	0.00	1.00	3.50	35.00	0.00	0.00	0.00	110.00	1.00	2.00
1	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00	4.00	20.00	0.00	140.00	0.00	0.00
3	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00	1.50	60.00	0.00	390.00	0.00	0.00
3	slice	Tomato, sliced, organic	0.54	2.34	0.12	12.00	0.00	0.00	0.60	0.00	0.00	0.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Totals:			35.14	25.54	17.87	392.00	5.50	80.00	7.60	930.00	1.00	2.00
<b>PM Snack</b>												
4	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00	0.00	0.00	2.80	280.00	0.16	0.44
1.5	table spoon	peanut butter, organic, Smuckers	6.00	4.50	12.00	157.50	1.88	0.00	1.50	37.50	0.00	0.00
Totals:			8.00	12.50	12.00	197.50	1.88	0.00	4.30	317.50	0.16	0.44
<b>Dinner</b>												
2	table spoon	BBQ sauce, organic	0.00	9.00	1.00	45.00	0.00	0.00	0.00	240.00	0.00	0.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00	0.00	0.00	2.00	35.00	0.00	0.00
5	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00	0.50	80.00	0.00	90.00	5.50	4.00
3	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00	1.00	0.00	2.00	15.00	0.00	0.00
Totals:			36.50	42.00	7.00	390.00	1.50	80.00	4.00	380.00	5.50	4.00
<b>Evening Snack</b>												
1	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00	0.00	0.00	1.00	40.00	0.00	0.00
Totals:			1.00	18.00	0.50	80.00	0.00	0.00	1.00	40.00	0.00	0.00
Total for 808/25/2007:			115.44	148.54	50.17	1508.50	13.38	605.00	18.30	2314.50	7.26	6.64
<b>Total Calories %:</b>			<b>30.63 %</b>	<b>39.41 %</b>	<b>29.95 %</b>							

**Meals for  
08/26/2007**

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
<b>Breakfast</b>												
1	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00	0.00	0.00	2.00	0.00	1.00	1.00
1	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00	0.00	0.00	0.00	125.00	0.00	0.00
1	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64	0.02	0.00	3.04	1.52	0.07	0.24
Totals:			13.02	43.67	2.46	238.64	0.02	0.00	5.04	126.52	1.07	1.24
<b>AM Snack</b>												
10	each	nuts, organic almonds	2.10	2.00	5.10	57.80	0.40	0.00	1.20	0.10	3.20	1.20
6	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00	0.00	5.00	2.00	95.00	0.00	0.00
Totals:			8.10	27.00	6.60	187.80	0.40	5.00	3.20	95.10	3.20	1.20
<b>Lunch</b>												
5	each	Celery, Organic stalk, trimmed	2.50	10.00	0.00	50.00	0.00	0.00	3.50	350.00	0.20	0.55
1	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00	6.00	30.00	0.00	180.00	0.00	0.00
4	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00	0.40	64.00	0.00	72.00	4.40	3.20
3	table spoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50	0.00	0.00	1.50	255.00	0.00	0.00
2	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00	0.00	0.00	16.00	360.00	1.00	2.00

Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	Sat.Fat (gm)	Chol (mg)	Fib (gm)	Sodium (mg)	Mono Fat (gm)	Poly Fat (gm)
Totals:			47.00	37.50	14.60	406.50	6.40	94.00	21.00	1217.00	5.60	5.75
<b>PM Snack</b>												
2	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00	7.00	30.00	0.00	360.00	0.00	0.00
8	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00	0.25	0.00	0.50	130.00	0.00	0.00
Totals:			17.00	12.00	13.00	225.00	7.25	30.00	0.50	490.00	0.00	0.00
<b>Dinner</b>												
1	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00	0.00	0.00	2.00	0.00	0.00	0.00
1	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00	0.00	0.00	2.00	35.00	0.00	0.00
4	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	28.83	0.00	9.21	206.27	1.43	80.47	0.00	63.47	2705.33	3.69
2	table spoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00	0.50	0.00	0.00	470.00	0.00	0.00
1	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00	0.10	0.00	2.20	12.00	0.30	0.04
Totals:			33.13	29.50	13.61	390.27	2.03	80.47	6.20	580.47	2705.63	3.73
<b>Evening Snack</b>												
1	1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36	0.02	0.00	2.28	2.28	0.04	0.22
Totals:			0.87	11.14	0.40	46.36	0.02	0.00	2.28	2.28	0.04	0.22
Total for 08/26/2007:			119.11	160.82	50.66	1494.57	16.12	209.47	38.22	2511.37	2715.53	12.14
<b>Total Calories %:</b>			<b>30.24 %</b>	<b>40.82 %</b>	<b>28.94 %</b>							