



Your Company Name Goes Here
 1234 Sunny Street
 Sometown, US 12345
 Phone #: 480-283-1234
 Fax #: 480-283-2345
 youremail@yourserviceprovider.com

Meal Planner For:
For the Date Range:

Samples, Jane
03/22/2007 to 03/22/2007

DAY # 1
 (03/22/2007)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals:			23.50	57.40	2.60	334.00
AM Snack						
1	each	Banana - med 8"	1.20	26.70	0.60	105.00
Totals:			1.20	26.70	0.60	105.00
Lunch						
4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
3	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			29.98	31.05	6.93	316.50
PM Snack						
6	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
2.5	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	7.50	0.00	20.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
4	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals:			31.30	26.80	4.50	252.00
Dinner						
1	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1.5	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			39.60	47.04	6.57	400.52
Evening Snack						
6	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Actual Totals for 03/22/2007:			133.08	202.49	21.20	1498.02
Actual % of Total Calories:			34.72	52.83	12.45	

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.

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Grocery List For: **Samples, Sally**
For the Date Range: **03/13/2009 to 03/15/2009**

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Kraft American Cheese 2% Milk	1	slice
Egg Beaters - Fleischmann's	1	cup
Halibut - broiled	4	ounce(s)
Turkey Breast / White Meat	4	ounce(s)
Chicken Breast / White Meat	8	ounce(s)
Starchy Carbohydrates (Healthy)		
Brown Rice - cooked	1.5	cup
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	2	large
Salad - sm. garden w/tomato, onion	2	small
Asparagus, fresh - boiled	1	cup
Jams/ Spreads/Sauces/ Syrups		
Mayonnaise - KRAFT Free, fat free	4.5	table spoon
Salsa - Chunky medium, Pace	2	table spoon
Relish - pickle	1	table spoon
Dairy		
Yogurt - Yoplait, Light, all flavors	18	ounce(s)
Cheddar, mild shredded, KRAFT Lite Naturals	1	ounce(s)
Milk - skim, no fat	3	cup
Cream, sour, reduced fat, cultured	1	1 tablespoon
Egg, whole, hard-boiled	2	1 large
Fruits & Fruit Juices		
Grapefruit - pink or red 4" diam.	.5	each
Banana - med 8"	2.5	each
Applesauce, canned, unsweetened, no added ascorbic acid	.5	1 cup
Peaches, canned, water pack, solids & liquids	.5	1 cup, halves or slices
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	2	cup
Tuna Solid White -Water Sm. can	4	ounce(s)
Cereals		
Wheaties, GENERAL MILLS	1	cup
Oatmeal - instant pkt.,maple, brn sugar Quaker	2	pack
Vegetables		
tomato, diced	.5	1/2 cup
Broccoli, frozen, chopped, boiled, drained, no salt	1.5	1 cup
Spinach, raw	4	1 leaf
Breads and baked goods		

Food	Quantity	Measure
Bread, whole-wheat, commercially prepared	2	1 slice
Croutons, seasoned	.5	1 cup
Carb. Snack Foods (Healthy)		
Apple - medium with peel	1	each
Potato - white medium	4	ounce(s)
Cracker/Nabisco - Low Saltines	6	each
Dressings		
Oil & Vinegar - Wish-Bone, vinaigrette Lite	7.5	table spoon
Snacks & Treats		
Popcorn - Lite, microwaved, Orvill Red. Gourmet	3	cup
Pork Products		
Pork, fresh, loin, tenderloin, lean only, roasted	1.5	3 oz