LRMC Wellness Center
Landstuhl Regional Medical Center
Phone #: 486-8614/06371-86-8614

Meal Planner For:
For the Date Range:

DAY # 1

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
1	0.25	cup	Egg Beaters - Fleischmann's	5.00	1.00	0.00	25.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
15	1	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**10.94**	**50.54**	**3.92**	**269.50**
AM Snack							
9	1	each	Banana - med 8"	1.20	26.70	0.60	105.00
			Totals:	**1.20**	**26.70**	**0.60**	**105.00**
Lunch							
1	4	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
22	0.25	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
20	4	table spoon	Thousand island - reduced cal. KRAFT	0.00	12.00	4.00	80.00
			Totals:	**29.50**	**36.90**	**6.90**	**332.50**
PM Snack							
9	5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
			Totals:	**22.00**	**17.40**	**3.40**	**174.00**
Dinner							
3	1	spear	Broccoli	5.00	4.00	1.00	40.00
1	4	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	2	table spoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
			Totals:	**38.55**	**44.75**	**7.40**	**394.00**
			Actual Totals for 01/08/2007:	**102.19**	**176.30**	**22.22**	**1275.00**
			Actual % of Total Calories:	**31.11**	**53.67**	**15.22**	

DAY # 2

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
15	1	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**19.94**	**45.49**	**3.82**	**296.50**
AM Snack							
9	1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
			Totals:	**0.30**	**21.00**	**0.50**	**81.00**
Lunch							
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
22	0.25	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
20	3	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
			Totals:	**23.00**	**33.90**	**5.50**	**281.50**
PM Snack							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
			Totals:	**14.00**	**3.10**	**1.15**	**82.00**
Dinner							
3	2	spear	Broccoli	10.00	8.00	2.00	80.00
9	1	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - instant, lemon flavored,Lipton	0.20	1.20	0.00	0.00
20	3	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
			Totals:	**41.08**	**72.20**	**19.40**	**616.00**
			Actual Totals for 01/09/2007:	**98.32**	**175.69**	**30.38**	**1357.00**
			Actual % of Total Calories:	**28.72**	**51.32**	**19.96**	

DAY # 3

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
5	6	ounce(s)	Yogurt - Dannon, fat free, blended, all flavors	7.00	33.00	0.00	162.00
			Totals:	**8.44**	**52.40**	**2.03**	**261.00**
AM Snack							
9	5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	1	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
			Totals:	**22.00**	**14.40**	**3.40**	**166.00**
Lunch							
21	2	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1	1 tablespoon, chopped	Chives, raw	0.10	0.13	0.02	0.90
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
9	4	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
5	2	1 oz	Sour cream, imitation, cultured	1.36	3.76	11.07	117.94
			Totals:	**23.82**	**43.09**	**12.45**	**381.84**
PM Snack							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
			Totals:	**14.00**	**3.10**	**1.15**	**82.00**
Dinner							
3	1	spear	Broccoli	5.00	4.00	1.00	40.00
5	1	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
22	0.25	cup	Croutons -plain	0.90	5.50	0.50	30.50
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	2	table spoon	Thousand island - reduced cal. KRAFT	0	6	2	40
			Totals:	**33.95**	**53.25**	**5.1**	**387.5**
			Actual Totals for 01/10/2007:	**102.21**	**166.23**	**24.12**	**1278.34**
			Actual % of Total Calories:	**31.67**	**51.51**	**16.82**	

DAY # 4

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
15	1	cup	Bran Flakes - cereal	6.00	46.00	0.00	180.00
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**11.04**	**57.99**	**1.93**	**269.50**
AM Snack							
9	20	each	Grapes - American	0.40	8.20	0.20	40.00
			Totals:	**0.40**	**8.20**	**0.20**	**40.00**
Lunch							
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
21	2	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
0	2	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
			Totals:	**25.75**	**53.25**	**5.20**	**362.00**
PM Snack							
9	5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
			Totals:	**22.00**	**17.40**	**3.40**	**174.00**
Dinner							
1	5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
22	0.25	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
20	3	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
			Totals:	**36.00**	**38.50**	**6.30**	**358.50**
			Actual Totals for 01/11/2007:	**95.19**	**175.34**	**17.03**	**1204.00**
			Actual % of Total Calories:	**30.82**	**56.77**	**12.40**	

DAY # 5

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
9	1	each	Bagel - plain Lenders brand	10.00	40.00	1.50	210.00
5	1	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
1	0.25	cup	Egg Beaters - Fleischmann's	5.00	1.00	0.00	25.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**20.84**	**50.04**	**3.23**	**311.50**
AM Snack							
9	1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
9	4	each	Cracker/Nabisco - Low Saltines	0.80	8.00	1.60	48.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
			Totals:	**22.10**	**30.40**	**3.50**	**227.00**
Lunch							
10	2	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
6	1	1 small leaf	Lettuce, iceberg (includes crisphead types), raw	0.04	0.10	0.01	0.50
21	1	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
0	0.3	1 can (10.75 oz)	Soup, vegetable beef, canned, condensed, commercial	4.07	7.42	1.38	57.65
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - prepared w/tap water	0.00	1.00	0.00	0.00
1	3	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
			Totals:	**35.21**	**41.73**	**4.39**	**335.15**
PM Snack							
10	1	each	Orange - medium	1.20	15.40	0.20	62.00
			Totals:	**1.20**	**15.40**	**0.20**	**62.00**
Dinner							
21	1	table spoon	BBQ - Healthy Choice	0.03	5.70	0.02	25.00
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1	1 tablespoon, chopped	Chives, raw	0.10	0.13	0.02	0.90
9	4	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
5	2	1 oz	Sour cream, imitation, cultured	1.36	3.76	11.07	117.94
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - instant, lemon flavored,Lipton	0.20	1.20	0.00	0.00
20	2	table spoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
			Totals:	**25.29**	**57.69**	**14.83**	**460.84**
			Actual Totals for 01/12/2007:	**104.65**	**195.26**	**26.14**	**1396.48**
			Actual % of Total Calories:	**29.17**	**54.43**	**16.4**	

DAY # 6

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
9	0.5	each	Bagel - plain Lenders brand	5.00	20.00	0.75	105.00
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
21	2	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	8.00	0.00	32.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**6.44**	**45.94**	**2.58**	**229.50**
AM Snack							
9	1	each	Apple - medium with peel	0.30	21.00	0.50	81.00
			Totals:	0.30	21.00	0.50	81.00
Lunch							
1	3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
22	0.25	cup	Croutons -plain	0.90	5.50	0.50	30.50
3	1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
20	3	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
			Totals:	**23.00**	**33.90**	**5.50**	**281.50**
PM Snack							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
9	5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
			Totals:	**15.00**	**13.10**	**3.15**	**142.00**
Dinner							
3	2	spear	Broccoli	10.00	8.00	2.00	80.00
9	1	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
0	12	fluid ounce(s)	Tea - instant, lemon flavored,Lipton	0.20	1.20	0.00	0.00
20	3	table spoon	Thousand island - reduced cal. KRAFT	0.00	9.00	3.00	60.00
			Totals:	**41.08**	**72.20**	**19.40**	**616.00**
			Actual Totals for 01/13/2007:	**85.82**	**186.14**	**31.13**	**1350.00**
			Actual % of Total Calories:	**25.09**	**54.43**	**20.48**	

DAY # 7

1300-1400 calories

Xchg	Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast							
0	12	ounce(s)	Coffee - w/caffeine	0.40	1.40	0.00	12.00
5	1	1 tablespoon	Cream, fluid, half and half	0.44	0.65	1.73	19.50
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
2	4	ounce(s)	Hash browns - frozen, pan cooked	3.60	31.88	13.00	248.00
19	2	ounce(s)	sausage - turkey, Jimmy Dean Light	10.00	0.00	11.62	132.00
22	1	tea spoon	Sugar - white	0.00	4.00	0.00	15.00
			Totals:	**24.44**	**39.92**	**26.34**	**476.50**
AM Snack							
7	1	each	Orange - medium	1.10	17.40	0.30	69.00
			Totals:	**1.10**	**17.40**	**0.30**	**69.00**
Lunch							
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
9	6	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
21	1	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.5	1 can (10.5 oz)	Soup, vegetable with beef broth, canned,	3.61	15.94	2.32	98.34
			Totals:	**7.81**	**57.44**	**2.50**	**280.34**
PM Snack							
0	1	cup	Popcorn - Lite, microwaved, Orvill Red.	0.67	2.67	1.00	23.00
			Totals:	**0.67**	**2.67**	**1.00**	**23.00**
Dinner							
17	1	cup	Angel hair, corn, Westbrae, cooked	4.00	46.00	2.00	210.00
3	1	spear	Broccoli	5.00	4.00	1.00	40.00
5	1	1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1	5	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0	12	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.40	0.00	0.00
21	0.25	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00
20	2	table spoon	Ranch - no fat, KRAFT Free	0.00	6.00	0.00	32.00
3	1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
			Totals:	**46.72**	**71.10**	**9.83**	**562.55**
			Actual Totals for 01/14/2007:	**80.74**	**188.54**	**39.98**	**1411.39**
			Actual % of Total Calories:	**22.48**	**52.48**	**25.04**	

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.