



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:

Template 20/60, Weight Loss 1300
03/03/2008 to 03/09/2008

DAY # 1
(03/03/2008)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	tablet	*DietMaster's Multi Vitamin	0.00	0.00	0.00	0.00
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	tablet	*DietMaster's CLA	0.00	0.00	0.00	7.00
0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
Totals:			0.60	13.35	0.30	59.50
Lunch						
1	tablet	*DietMaster's ThermoX	0.00	0.00	0.00	0.00
3	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0.25	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
2	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			23.38	29.15	5.63	269.50
PM Snack						
5	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
2	table spoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
3	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals:			23.60	22.80	3.60	201.00
Dinner						
1	tablet	*DietMaster's CLA	0.00	0.00	0.00	7.00
0.5	1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	2.85	4.92	0.11	25.76
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	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			36.70	41.17	6.01	373.76
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 03/03/2008:			115.28	177.37	18.14	1327.76
Actual % of Total Calories:			34.57	53.19	12.24	

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Grocery List For:
For the Date Range:

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Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Kraft American Cheese 2% Milk	2	slice
Peanut Butte, Jif Reduced Fat	3	table spoon
Egg Beaters - Fleischmann's	2	cup
Halibut - broiled	4	ounce(s)
Turkey Breast / White Meat	7	ounce(s)
Chicken Breast / White Meat	15	ounce(s)
Starchy Carbohydrates (Healthy)		
Brown Rice - cooked	1	cup
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	3	large
Salad - med. garden w/tomato, onion	1	medium
Salad - sm. garden w/tomato, onion	4	small
Asparagus, fresh - boiled	2	cup
Jams/ Spreads/Sauces/ Syrups		
Marinara sauce - Progresso 'Authentic'	.5	cup
Mayonnaise - KRAFT Free, fat free	7	table spoon
Salsa - Chunky medium, Pace	8	table spoon
Relish - pickle	2	table spoon
BBQ - Thick n' Spicy, KRAFT	2	table spoon
Dairy		
Yogurt - Yoplait, Light, all flavors	42	ounce(s)
Cheddar, mild shredded, KRAFT Lite	1	ounce(s)
Naturals		
Milk - skim, no fat	7	cup
Cheese, parmesan, grated	.5	1 tablespoon
Cream, sour, reduced fat, cultured	4	1 tablespoon
Egg, whole, hard-boiled	2	1 large
Fruits & Fruit Juices		
Orange - medium	3	each
Grapefruit - pink or red 4" diam.	1.5	each
Banana - med 8"	1.5	each
Grapes - American	20	each
Applesauce, canned, unsweetened, no added ascorbic acid	.5	1 cup
Peaches, canned, water pack, solids & liquids	1	1 cup, halves or slices
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	2	cup
Tuna Solid White -Water Sm. can	7	ounce(s)
Cereals		

Food	Quantity	Measure
Oatmeal - instant pkt.,maple, brn sugar	3	pack
Quaker		
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	2	1 cup (1 NLEA serving)
Vegetables		
tomato, diced	1	1/2 cup
Beans, snap, green, frozen, boiled, drained no salt	.5	1 cup
Broccoli, frozen, chopped, boiled, drained, no salt	1.5	1 cup
Chives, raw	1	1 tsp chopped
Spinach, raw	3	1 leaf
Sweet potato, baked in skin, no salt	1	1 small
Carrots, baby, raw	6	1 medium
Breads and baked goods		
Bagel - Honey Wheat, Earth Grains	1	each
Bread, whole-wheat, commercially prepared	4	1 slice
Croutons, seasoned	.75	1 cup
Carb. Snack Foods (Healthy)		
Graham Crackers	8	each
Apple - medium with peel	1.5	each
Potato - white medium	12	ounce(s)
Cracker/Nabisco - Low Saltines	11	each
Soups and Gravies		
Vegetable soup - prepared, Cambell's Homestyle	3	cup
Dressings		
Oil & Vinegar - Wish-Bone, vinaigrette Lite	13	table spoon
Snacks & Treats		
Popcorn - Lite, microwaved, Orvill Red. Gourmet	9.5	cup
Supplements/Vitamins		
*DietMaster's Multi Vitamin	14	tablet
*DietMaster's ThermoX	6	tablet
*DietMaster's CLA	12	tablet
Noodles & Pastas		
Angel hair - wheat, cooked, Cremette	.75	cup
Finfish and Shellfish		
Fish, salmon, Atlantic, wild, cooked, dry heat	1.5	3 oz
Pork Products		
Pork, fresh, loin, tenderloin, lean only, roasted	1.5	3 oz
Pork, fresh, loin, tenderloin, lean only, broiled	1	3 oz