

Proten Carbo--- Fat--- Cal Amt oz=28.35g <Food/Units> P/C/F:Dan Klin
 3M2S2325.280 Dinese G 20/55/25% Print out: 45/360;Len=14.8";Margins=0
 Goal: 2800 cal & .9gP/lb bodyweight Copyright 2003 Louis Self
 Add 2 100 cal. nutritions snacks daily

Even Days				3m2sAllbran Breakfast'03 3 Meals & 2 Snack	
1	1	0	8.5	1	Mushroom,white,raw,trimed oz
11	38	3	221	3	Allbran,Regular oz wgt (1.1oz=1/2 cup)
8	4	19	221	1.2	Nuts-5,Walnuts,shelled oz (Fisher)
1	30	1	136	6	Grapes,raw,most seedless oz (apx 11/o
15	23	0	150	15	Milk,Skim,powdered or fresh oz (16 ts
1	12	0	50.9	0.5	Grapefruit,medium (3.75"),red (9 oz tr
3	17	1	87.5	5	Veg-06 Mixed,frozen oz, Safeway w cor
0	0	0	0		Tuna, StarKist, in water 6oz can,or R
40	124	24			Meal Total
160	497	217	874		Calories Aim = MAINTENANCE 466
18	57	25			% Calories by Category

3m2s Lunch 03; BEEF; 3 meals & 2 snacks					
4	8	1	50.5	5	Broccoli,raw oz (frozen & boiled & dr
3	36	0	157	5	Potato,Baked in skin oz,cooks to 77% z
6	28	2	154	2.18	Bread, Millbrook (Hostes/Wonder)
0	2	0	7.76	0.9	Onion,raw/boiled & drained,any oz 7
14	1	7	123	2.5	Beef, Processed as Carl Budding (10 sl
4	3	0	28.1	0.67	Cheese, process ff oz Kraft (.67 oz/1
1	1	1	13.5	1	Spinach, raw trimmed
2	6	0	33.2	2	Kale, fresh oz
1	15	0	68.2	1	Orange,med (2 5/8")
5	8	14	178	1	Nuts-4,Cashews, oz,plain or roasted i
40	107	25			Meal Total
161	428	225	813		Calories Aim = MAINTENANCE (466)
20	53	28			% Calories by Category

3m2sSupper Cottage Cheese					
3	12	0	60	8	Veg-08 Beans,Green, frozen,cut oz,Pic
1	28	1	125	1	Banana,med
3	14	1	77	1.09	Bread, Millbrook (Hostes/Wonder)
21	4	0	100	6	Cottage cheese,ff oz vol,Knudsen (bes
1	25	1	113	5	Grapes,raw,most seedless oz (apx 11/o
1	26	1	111	6	Pear,raw,w skin oz (core=.2oz;(med=a
10	8	24	286	1.6	Nuts-3,Almonds,unsalted, oz,Planters
0	0	0	0		Banana,med
0	0	0	0		Tuna, StarKist, in water 6oz can,or R
39	117	28			Meal Total

Odd Days

3m2s Breakfast, Oatmeal/Omega-3; 3 meals &

11	55	6	321	3 Oatmeal, quick oz,wgt (oz/volume; 1/3
3	6	5	77	0.5 Flax Seed, Arrowhead Mills
16	0	1	70.6	0.5 Tuna, StarKist, in water 6oz can,or R
6	1	5	69.9	1.8 Egg, fresh, oz (large=1.8oz)
6	14	1	81.6	3.6 Veg-11 Peas,Green,Frozen oz,Flav-r-Pa
2	1	10	100	0.5 Nuts-1,Pecans,shelled oz
1	20	1	90.4	4 Grapes,raw,most seedless oz (apx 11/o
1	12	0	50.9	0.5 Grapefruit,medium (3.75"),red (9 oz tr
44	108	28		Meal Total
176	432	254	862	Calories Aim = MAINTENANCE (466)
20	50	29		% Calories by Category

3m2s Lunch 2 03; Turkey Lunchmeat; 3 meals

3	7	1	44.5	5 Cauliflower, raw trimmed
12	56	4	308	4.36 Bread, Millbrook (Hostes/Wonder)
2	10	1	55.2	8 Tomato,raw,red oz
12	6	9	153	2.97 Turkey lunchmeat oz Butterball White H
8	6	0	56.3	1.34 Cheese, process ff oz Kraft (.67 oz/1
1	1	0	11.4	2 Lettuce,Romaine,trimed oz
2	6	0	33.2	2 Kale, fresh oz
0	26	1	118	8 Apple,all types oz;Core=5% wgt (10% W
3	2	7	88.6	0.5 Nuts-6,Sunflower Kernels,raw oz Coun
43	121	24		Meal Total
171	484	213	868	Calories Aim = MAINTENANCE (466)
20	56	25		% Calories by Category

3m2s Supper, Frank '03 3 Meals & 2 Snacks

2	6	0	30	4 Veg-08 Beans,Green, frozen,cut oz,Pic
14	4	0	72	2 Frank, Beef,Oscar Mayer Free,best ff
9	42	3	231	3.27 Bread, Millbrook (Hostes/Wonder)
12	9	0	84	2 Cheese, process ff oz Kraft (.67 oz/1.
0	5	0	20	0.53 Sweet Pickle Relish, Hytop
1	1	1	13.5	1 Spinach, raw trimmed
9	7	18	230	1.3 Peanut Butter natural unsalted oz Laur
0	15	0	58.6	0.8 Blackberry Preserves, oz
1	28	1	125	1 Banana,med
48	117	23		Meal Total
190	466	208	864	Calories Aim = MAINTENANCE (466)
22	54	24		% Calories by Category
127	347	76		TOTAL g avg FOR EACH DAY
507	1388	682	2577	CALORIES avg FOR EACH DAY Aim = 2800
20	54	26		% Calories by Category