



<u>Food</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Tsp Sugar</u>
BREAKFAST						
Egg Beaters	1/2 cup	60	12	2	0	0.4
Green Bell Peppers, Chopped	1/4 cup	3	0	1	0	0.2
Kraft Finely Shredded Colby/Jack Cheese	1/4 cup	55	3	1	0	0.2
LUNCH						
Sara Lee Virginia Baked Ham	2 slices (3 oz.)	30	5	1	0	0.2
Sargento Deli Deluxe Colby Jack Cheese Slices	2 slices	160	10	2	0	0.4
Cabbage, Shredded	3/4 cup	53	5	12	6	1.2
Carrots, Shredded	1/2 cup	7	0	2	0	0.4
T. Marzetti's Light Cole Slaw Dressing	2 Tbsp	100	0	10	0	2
SNACK						
Orange	1 medium	62	1	15	3	2.4
Pepperoni Chips	14	130	6	1	0	0.2
DINNER						
Spaghetti Squash	1.5 cups	66	1	6	1	1
Grilled Chicken Breast	1	281	35	3	0	0.6
Classico Alfredo Sauce	3/4 cup	80	1	3	0	0.6
SNACK						
Cool Whip	3 Tbsp	68	0	2	0	0.4
Strawberries, Sliced	1/2 cup	45	1	10	4	1.2
DAILY TOTAL		1155	80	71	10	11.4

BREAKFAST						
Egg Beaters	1/2 cup	60	12	2	0	0.4
Bacon	2 Slices	109	6	0	0	0
LUNCH						
Fresh Express Italian Salad Mix	5 cups	23	2	5	3	0.4
Cucumber Slices	1/2 cup	11	0	1	0	0.2
Raw Baby Carrots	7	18	1	4	1	0.6
Mushrooms	3/4 cup	15	2	2	1	0.2
McCormick Salad Toppins	1.25 Tbsp	35	1	2	0	0.4
Deli Turkey (cut up)	3 oz	75	12	3	0	0.6
Wishbone Italian Spray Dressing	30 sprays	30	0	3	0	0.6
SNACK						
Kraft Live Active Cheddar Cheese Cubes	7	90	8	0	0	0
Kiwi	1	46	1	11	2	1.8
DINNER						
Buena Vida Low Carb Wrap Tortilla	2	140	8	14	6	1.6
Ground Turkey Taco Meat	4 oz	160	24	0	0	0
Iceberg Lettuce, Shredded	1 cup	10	1	2	1	0.2
Tomatoes, Diced	1/4 cup	6	0	0	0	0
Kroger Taco Cheese, Shredded	1/4 cup	110	7	1	0	0.2
Mild Salsa	4 Tbsp	30	2	6	2	0.8
Pepperoni Chips	14	130	6	1	0	0.2
SNACK						
Cool Whip	4 Tbsp	90	0	0	0	0
DAILY TOTAL		1188	93	73	16	8.2





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BREAKFAST						
Cottage Cheese	3/4 cup	90	12	6	0	1.2
Bacon Slices	3	164	9	0	0	0
LUNCH						
Buena Vida Low Carb Tortilla Wrap		140	8	14	6	1.6
Jennie-O Turkey Breast	3 oz	75	15	2	0	0.4
Ranch Dressing	1 Tbsp	65	0	1	0	0.2
Colby/Monterey Jack Shredded Cheese	1/4 cup	100	7	0	0	0
Raw Baby Carrot Sticks	14	35	1	8	2	1.2
SNACK						
Blueberries	1/2 Cup	42	1	11	2	1.8
Celery	4 4-inch stalks	12	1	2	1	0.2
Beer Cheese	1 oz	80	7	0	0	0
DINNER						
Tilapia	4 oz	144	28	0	0	0
Zucchini	1/2 cup					0
Squash	1/2 cup	18	1	4	1	0.6
Broccoli	1 cup	31	3	6	2	0.8
Orange	1 Medium	62	1	15	3	2.4
SNACK						
Pepperoni Chips	14	140	0	0	0	0
DAILY TOTAL		1198	94	86	17	10.4

BREAKFAST						
Fast Fixin' Southwest Omelet	1	150	10	3	0	0.6
Banquet Brown and Serve Sausage Links	2	100	4	1	0	0.2
LUNCH						
Salad Mix	2 cups	30	3	6	0	1.2
Grilled Chicken Breast	4 oz	130	27	0	0	0
Cucumber, Sliced	1/2 cup	8	0	2	0	0.4
Grape Tomatoes	7	8	0	2	0	0.4
Boiled Egg White	1	17	4	0	0	0
Raw Baby Carrots	7	17	0.5	4	1	0.6
Wishbone Salad Spritzer	20 sprays	30	0	2	0	0.4
SNACK						
Cool Whip	3 Tbsp	45	0	0	0	0
Fresh Strawberries	1 1/2 cup	28	2	3.5	2	0.3
DINNER						
Laura's Lean Beef Sirloin Steak	6 oz	218	36	0	0	0
A1 Sauce						
Green Giant Immunity Boost Vegetables	2 svgs/1 pkg	100	2	14	4	2
Cool Whip	3 Tbsp	45	0	0	0	0
Fresh Strawberries	1 1/2 cup	28	2	3.5	2	0.3
SNACK						
Pepperoni Chips	21	210	7.5	0	0	0
DAILY TOTAL		1164	98	50	9	6.4





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BREAKFAST						
<i>Bariatric Advantage Chocolate Meal Repl Shake</i>	1 serving	140	27	7	5	0.4
SNACK						
<i>Sour Cream and Onion Protein Bites</i>	1 pkg	120	12	11	1	2
LUNCH						
<i>Turkey Chili with Beans</i>	1	230	22	29	8	4.2
<i>Caramel Brownie Bar</i>	1	180	14	15	0	3
DINNER						
<i>Nacho Cheese Pasta</i>	1 serving	130	12	17	2	3
<i>Wendy's Side Salad--No Dressing, No Croutons</i>	1	35	1	8	2	1.2
<i>Wish-Bone Ranch Salad Spritzer</i>	20 sprays	8	0	0.5	0	0.1
SNACK						
<i>Double Chocolate Instant Pudding</i>	1 serving	80	12	7	1	1.2
DAILY TOTAL		923	100	94.5	19	15

BREAKFAST						
<i>Maple Brown Sugar Oatmeal Mix</i>	1 pkg	90	15	6	1	1
SNACK						
<i>Taco Cheese Protein Bites</i>	1 pkg	120	12	11	1	2
LUNCH						
<i>Pasta Fagioli</i>	1	200	13	25	4	4.2
<i>Peanut Butter Bar</i>	1	160	15	12	1	2.2
DINNER						
<i>Homestyle Chicken Soup Mix w/noodles</i>	1 pkg	70	12	6	0	1.2
<i>Steak N Shake Grillen Mushroom 'n Onion Premium Steakburger/no bun</i>	1	314	21	5	1	0.8
<i>Steak N Shake Cup of Cottage Cheese</i>	1 serving	78	11	4	0	0.8
SNACK						
<i>Chocolate Mini Crisp</i>	1 pkg	120	12	12	1	2.2
DAILY TOTAL		1152	111	81	9	14.4

BREAKFAST						
<i>Bariatric Advantage Strawberry Meal Repl Shake</i>	1 serving	140	27	7	5	0.4
SNACK						
<i>Peanut Butter Bar</i>	1	160	15	12	1	2.2
LUNCH						
<i>McDonald's Bacon Ranch Salad w/Grilled Chicken</i>		260	33	12	3	1.8
<i>Taco Cheese Protein Bites</i>	1 pkg	120	12	11	1	2
DINNER						
<i>KFC Crispy Strips</i>	2	250	22	8	1	1.4
<i>KFC Green Beans</i>	1 serving	50	2	7	2	1
<i>KFC Mean Greens</i>	1 serving	30	3	4	2	0.4
SNACK						
<i>Double Chocolate Instant Pudding</i>	1 serving	80	12	7	1	1.2
DAILY TOTAL		1090	126	68	16	10.4





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BREAKFAST						
<i>Bariatric Advantage Chocolate Meal Replacement</i>	1 serving	140	27	7	5	0.4
SNACK						
<i>Peanut Butter Bar</i>	1	160	15	12	1	2.2
LUNCH						
Burger King Chicken tenders	4 pieces	180	9	12	1	2.2
Burger King Side Garden Salad with 2 oz Ranch Dressing		205	2	5	1	0.8
<i>Sour Cream and Onion Protein Bites</i>	1 pkg	120	12	11	1	2
DINNER						
Chick-fil-A Chargrilled Chicken Filet (no bun)	1	100	21	1	0	0.2
Chick-fil-A Side Salad with Ranch Dressing	1	210	3	5	2	0.6
SNACK						
<i>Double Chocolate Instant Pudding</i>	1 serving	80	12	7	1	1.2
DAILY TOTAL		1195	101	60	12	9.6

****PERSONAL MENU CREATION****

<u>Food</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Protein</u>	<u>Carbs</u>	<u>Fiber</u>	<u>Tsp Sugar</u>

