

Meal Summary

Your plan is based on a default **2,000 Calorie** allowance.

Date	Breakfast	Lunch	Dinner
06/10/13	<ul style="list-style-type: none">▪ 1 medium (7" to 7-7/8" long) Banana, raw▪ 1½ cup Life Cereal (plain or cinnamon)▪ ¾ cup Milk, low fat (1%)	<ul style="list-style-type: none">▪ 1 small fast food order French fries, frozen, deep fried (fast food fries)▪ 2 cup Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink)▪ 1 Wendy's sandwich Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's)▪ 1 medium shake (20 fl oz) Milk shake, fast food or carry-out, chocolate	<ul style="list-style-type: none">▪ 1½ cup Beef and broccoli stir fry▪ 1 tablespoon Creamy dressing (ranch), reduced calorie▪ ¾ cup Milk, low fat (1%)▪ 1 medium roll (2-1/2" across) Roll, wheat or cracked wheat▪ 1 cup Salad, garden, lettuce, tomato, carrots, no dressing