



Meal Planner For:
For the Date Range:

Gillespie, Anthony
23/11/2009 to 23/11/2009

DAY # 1
(23/11/2009)

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
2	45 gm	Bread, white, commercially prepared, toasted	8.10	48.96	3.60	263.70
2	50 gm	Egg, whole, poached	12.53	0.76	9.90	147.00
2	237 gm	Tea, herb, other than chamomile, brewed	0.00	0.95	0.00	4.74
Totals:			20.63	50.67	13.50	415.44
AM Snack						
0.25	160 gm	Almond, With Skin	7.80	0.00	21.88	239.29
Totals:			7.80	0.00	21.88	239.29
Lunch						
0.75	each	Carrot - raw medium	0.53	5.48	0.08	23.25
0.3	60 gm	Lettuce, Cos, Raw	0.25	0.00	0.05	3.44
80	gram(s)	Tempters Tuna Tomato Salsa	11.30	3.30	6.50	165.50
1	9 gm	Tomato, Common, Raw	0.09	0.00	0.01	1.59
Totals:			12.17	8.77	6.64	193.78
PM Snack						
1	cup	Milk - 2%	8.10	11.70	4.70	121.00
1	each	Orange - medium	1.10	17.40	0.30	69.00
40	gram(s)	Protein Powder	30.70	4.10	2.90	169.00
Totals:			39.90	33.20	7.90	359.00
Dinner						
200	1 gm	Beef, Fillet, Grilled, Lean	63.80	0.00	11.00	356.60
1	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	ounce(s)	Potato - white medium	0.70	6.85	0.03	30.00
1	148 gm	Potato, baked, flesh and skin, no salt	3.70	31.30	0.19	137.64
1	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:			70.15	52.40	25.82	728.24
Evening Snack						
20	each	Grapes	0.40	8.20	0.00	40.00
Totals:			0.40	8.20	0.00	40.00
Actual Totals for 23/11/2009:			151.05	153.24	75.74	1975.75
Actual % of Total Calories:			31.82	32.28	35.90	

Important Notes

- * If you have a medical condition, please consult with your doctor before following this meal plan.
- * According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- * Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.