

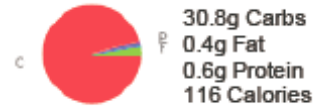


— Healthy Eating, Happy Living —

1200 Calorie Meal for 1 Week

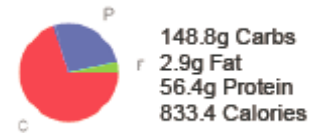
Breakfast

Apples, raw With skin	1 large (3-1/4" dia)
---------------------------------	----------------------



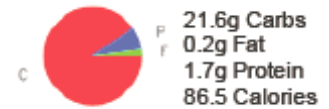
Meal 2

Tuna Fish, light, canned in water, drained solids	165 grams
Tomatoes Red, ripe, raw, year round average	200 grams
Baked beans Canned, plain or vegetarian	150 grams
Cola Carbonated beverage, without caffeine	1.02 bottle 16 fl oz
White rice Long-grain, regular, cooked	200 grams



Meal 3

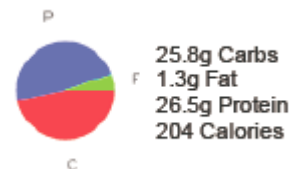
Oranges Raw, all commercial varieties	1 large (3-1/16" dia)
---	-----------------------



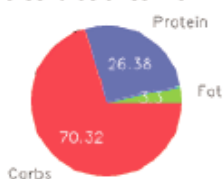
Meal 4

Vegetables

Egg white Raw, fresh	200 grams
Carrots Raw	100 grams
Green beans Snap, Green, cooked, boiled, drained, without salt	100 grams
Lettuce Romaine or cos, raw	100 grams
Cucumber With peel, raw	100 grams



Percent calories from...



Cumulative Stats:

227g Carbs
4.7g Fat
85.2g Protein
1239.8 Calories