

	EXAMPLE CALORIE GUIDE											
FOOD ITEMS	1500		1800		2100		2400		2700		3000	
	2-3-4-4-2		2-4-5-4-3		3-4-5-5-3		3-5-6-6-4		3-5-8-6-4		4-5-10-6-4	
BREAKFAST												
CHEERIOS	1 C	100	1 1/2 C	150	1 1/2 C	150	2 C	200	3 C	300	3 C	300
MILK (1% or Skim)	3/4 C	75	1 C	100	1 C	100	1 C	100	1 C	100	3 C	300
COFFEE w/cream	2 Tsp	20	2 Tsp	20	2 Tsp	20	2 Tsp	20	2 Tsp	20	2 Tsp	20
ORANGE JUICE	NO		NO		6 OZ.	100	6 OZ.	100	6 OZ.	100	6 OZ.	100
SNACK												
FOOD BAR (Carb & Prot)		200		200		200		200		200		200
FRUIT (apple or banana)	NO		NO		NO		NO		NO			100
LUNCH												
BREAD	2	200	2	200	2	200	2	200	2	200	2	200
TURKEY	2 OZ.	75	4 OZ.	150	5 OZ.	185	6 OZ.	225	6 OZ.	225	6 OZ.	225
Mustard/Lettuce/Tomato		25		25		25		25		25		25
COTTAGE CHEESE or Yogurt (8 oz. light)	1/2 C	100	1/2 C	100	1 C	200	1 C	200	1 C	200	1 C	200
SNACK												
FRUIT (apple or banana)		100		100		100		100		100		100
DINNER												
CHICKEN	4 OZ.	200	4 OZ.	200	6 OZ.	300	6 OZ.	300	6 OZ.	300	6 OZ.	300
SALAD (Greens/low cal)	2 C	100	2 C	100	2 C	100	2 C	100	2 C	100	2 C	100
SALAD DRESSING (light)	3 TBS	150	3 TBS	150	3 TBS	150	3 TBS	150	3 TBS	150	3 TBS	150
RICE	NO		1/4 C	50	1/4 C	50	1/2 C	100	1 C	200	1 C	200
BROCCOLI	1/2 C	50	1/2 C	50	1/2 C	50	1 C	100	1 C	100	1 C	100
SNACK												
FRUIT		100		100		100		100		100		100
ICE CREAM	NO		1/2 C	125	1/2 C	125	1/2 C	125	1 C	250	1 C	250
	F-2	P-4	F-2	P-4	F-3	P-5	F-3	P-6	F-3	P-6	F-4	P-6
	V-3	D-2	V-4	D-3	V-4	D-3	V-5	D-4	V-5	D-4	V-5	D-4
	G-4		G-5		G-5		G-6		G-8		G-10	