

Oat Yogurt Mod 2 3500 kcals Menu

Name: _____

Date: _____

Description:

Category: **DAYS 3, 5, 7**

Breakfast

Food Item Description	Amount	Measure	Ate All	Amt. Left
Oatmeal, Cooked Weight	317.00	gram		
Dark Chocolate chips (CCI)	50.00	gram		
Lowfat milk, 1%, Hood (L2)	1.00	cntr (8 oz)		
Turkey sausage, (CCI)	120.00	gram		
SF Almonds, unsalted (CRC)	30.00	gram		

Lunch

Food Item Description	Amount	Measure	Ate All	Amt. Left
White bread (CCI)	2.00	slice		
LS peanut butter (CCI)	35.00	gram		
Jelly, Smuckers (CCI)	2.00	pkg		
Yogurt, Greek, plain, nonfat (L2)	214.00	gram		
Apple, raw, with skin (L2)	1.00	ea		
Pineapple juice, Dole (CCI)	2.00	can (5.5 oz)		

Dinner

Food Item Description	Amount	Measure	Ate All	Amt. Left
Turkey, Jennie-O (L2)	150.00	gram		
SF Brown Rice, dry, minute (CCI)	50.00	gram		
Butter (CCI)	2.00	pkg		
Apple juice, canned (CCI)	326.00	gram		
Carrots, cooked (L2)	100.00	gram		
SF Peanut Butter Cookies (CRC)	4.00	serving size		

Snack

Food Item Description	Amount	Measure	Ate All	Amt. Left
Lowfat milk, 1%, Hood (L2)	1.00	cntr (8 oz)		
LS pumpkin muffins	2.00	serving size		

Oat Yogurt Mod 1 3500 kcals Menu

Name: _____

Date: _____

Description:

DAYS 4, 6, 8

Category:

Breakfast

Food Item Description	Amount	Measure	Ate All	Amt. Left
Oatmeal, Cooked Weight	317.00	gram		
Raisins, Sun Maid (CCI)	45.00	gram		
LS peanut butter (CCI)	30.00	gram		
Lowfat milk, 1%, Hood (L2)	1.00	cntr (8 oz)		
Orange Juice, Tropicana (CCI)	374.00	gram		
Egg, whole (CRC)	2.00	ea		

Lunch

Food Item Description	Amount	Measure	Ate All	Amt. Left
White bread (CCI)	2.00	slice		
Ham, (L2)	130.00	gram		
Mustard, yellow, generic or French's (L2)	1.00	pkg		
Lettuce (L2)	30.00	gram		
Orange, fresh (L2)	1.00	ea		
Walnuts (CCI)	30.00	gram		
Pretzels, Snyders (L2)	2.00	pkg		

Dinner

Food Item Description	Amount	Measure	Ate All	Amt. Left
Penne Pasta, cooked (L2)	150.00	gram		
Oil, olive (CCI)	10.00	gram		
Ground turkey, (CCI)	120.00	gram		
Spaghetti sauce, Ragu Light (L2)	100.00	gram		
Green beans, cooked (L2)	80.00	gram		
Peaches, canned, juice pack, Dole (CCI)	2.00	cntr		
SF Peanut Butter Cookies (CRC)	3.00	serving size		
Cranberry juice, Ocean Spray (CCI)	326.00	gram		

Snack

Food Item Description	Amount	Measure	Ate All	Amt. Left
Yogurt, Greek, plain, nonfat (L2)	214.00	gram		
Honey (L2)	1.00	cntr		
Gingerale, Polar (CCI)	1.00	can		
SF peanuts, dry roasted, Azar (CCI)	30.00	gram		