

# 1700 Calorie SAMPLE DAY



Day 1		Day 2	
<b>B:</b>	Egg & Cheese English muffin. Coffee w/ cream, 2 sugar <b>300 cal</b>	<b>B:</b>	Maple and Brown Sugar oatmeal. ¼ cup walnuts <b>300 cal</b>
<b>S:</b>	Granola bar <b>150 cal</b>	<b>S:</b>	2 hard boiled eggs <b>150 cal</b>
<b>L:</b>	Wrap w/ 3oz Buffalo Chicken, lite blue cheese & lettuce. 1 Serving of wheat thins. <b>450 cal</b>	<b>L:</b>	1 cup home 93% meat chili. 1 serving tortilla chips <b>450 cal</b>
<b>S:</b>	Nonfat Yogurt <b>100 cal</b>	<b>S:</b>	2 Chocolate rice cakes <b>100 cal</b>
<b>D:</b>	4 oz seared chicken breast, 1 cup smashed potato, Steamed broccoli. Side Salad w/ lite dressing <b>500 cal</b>	<b>F:</b>	4 oz 93% lean turkey burger w/ cheese and catsup on bun. Cucumber & tomato salad in vinaigrette <b>500 cal</b>
<b>S:</b>	Popcorn <b>200 cal</b>		Crackers with hummus <b>200 cal</b>

