

# 2000 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 & a nut bar  <b>250 cal</b>	<b>S:</b>	2 Chocolate rice cakes & Peanut butter  <b>250 cal</b>
<b>D:</b>	6 oz seared chicken breast, 1 ½ cup smashed potato, Steamed broccoli. Side Salad w/ lite dressing  <b>650 cal</b>	<b>D:</b>	6 oz 93% lean turkey burger w/ cheese and catsup on bun. Cucumber & tomato salad in vinaigrette. ½ cup corn w/ lite butter  <b>650 cal</b>
	Popcorn		Crackers with hummus

**S:**

200 cal

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