

Meal	Food Items	Quantity	Calories
Breakfast	Light margarine	2 teaspoons	35
	Whole wheat toast	2	130
	Sliced strawberries	1 cup	53
	Sugar	1 teaspoon	15
	Yogurt (fat and sugar free)	6 ounce	135
Morning Snack	Peanut butter	1 teaspoon	33
	Graham cracker	2	60
Lunch	Any low fat cheese	1 ounce	100
	Baby carrots	Half cup	35
	Fat free chocolate ice cream	Half cup	90
	Whole wheat English muffin (toasted)	1	135
Afternoon Snack	Low-fat cottage cheese	2 tablespoons	10
	Rice cakes (mini)	4	64
Dinner	Baked sweet potato	1 medium sized	103
	Lean protein	3 ounces	105
	Light margarine	2 teaspoons	35
	Steamed broccoli	1 cup	54

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