

SAMPLE 3,000 CALORIE DIET

BREAKFAST: Bagel with Cream Cheese
1 Cup Calcium Fortified Orange Juice
Banana

SNACK: 3 Hard Pretzels
1 ½ Cups Gatorade

LUNCH: Turkey & Cheese on Wheat
1 Tablespoon Mayonnaise
Potato Chips
1 Cup Grape Juice
1 Cup Low Fat Yogurt

SNACK: 6 Ritz Crackers
1 oz. Cheddar Cheese
1 Cup Gatorade

DINNER: 4 oz. Chicken Breast
1 Cup Rice with Butter
½ Cup Carrots
1 Cup Salad with Dressing
1 ½ Cups Apple Juice
½ Cup Vanilla Ice Cream

SNACK: 1 Cup Cereal
¾ Cup 1% Milk

3000 CALORIES / 111 GRAMS PROTEIN

(14% PROTEIN, 60% CARBOHYDRATE, 26% FAT)

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