

SAMPLE 4,000 CALORIE DIET

BREAKFAST: 3 Pancakes with Butter and Syrup
1 ½ Cups Calcium Fortified Orange Juice
Banana

SNACK: 1 Cup Low-Fat Yogurt
1 Granola Bar
1 ½ Cups Gatorade
1 Peach

LUNCH: 1 Hamburger
1 Cup Pasta Salad
1 Cup Grapes
1 ½ Cups Gatorade

SNACK: 1 ½ Cups Chex Mix
1 Cup Calcium Fortified, 100% Fruit Juice

DINNER: 2 Cups Spaghetti and Sauce
3 Meatballs
1 Slice Italian Bread with Butter
1 ½ Cups Tossed Salad with Dressing

SNACK: 1 Cup Cereal
1 Cup 2% Milk
½ Cup Fresh Strawberries

4000 CALORIES / 116 GRAMS PROTEIN

(11% PROTEIN, 66% CARBOHYDRATE, 23% FAT)

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