

**Daily Routine Fitness**  
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**Meal Planner For: [Template, Gluten Free], 1500 Calories]**  
**For the Date Range: 1/1/2000 to 1/7/2000**

**DAY # 1**  
**1/1/2000**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - You can add banana to cereal</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	0.5 cup (1 NLEA serving)	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	4.52	29.38	1.03	133.20
0.00	1 cup	Egg, yolk, raw, fresh	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>5.72</b>	<b>56.08</b>	<b>1.63</b>	<b>238.20</b>
<b>AM Snack -</b>						
1.00	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
1.50	each	Orange - medium	1.80	23.10	0.30	93.00
<b>Totals:</b>			<b>8.30</b>	<b>23.10</b>	<b>0.70</b>	<b>124.00</b>
<b>Lunch - You can add cheese &amp; cucumbers to salad</b>						
0.50	each	Apple - medium with peel	0.15	10.55	0.00	40.50
1.00	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
1.00	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
2.00	table spoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
1.00	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
<b>Totals:</b>			<b>11.40</b>	<b>69.20</b>	<b>3.20</b>	<b>352.50</b>
<b>PM Snack -</b>						
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<b>Totals:</b>			<b>37.00</b>	<b>22.00</b>	<b>2.00</b>	<b>250.00</b>
<b>Dinner -</b>						
0.75	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	4.28	7.38	0.17	38.64
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
4.00	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
<b>Totals:</b>			<b>31.81</b>	<b>43.63</b>	<b>3.27</b>	<b>333.64</b>
<b>Evening Snack -</b>						
2.50	1 cup	Snacks, popcorn, air-popped	2.59	15.58	0.91	77.40
<b>Totals:</b>			<b>2.59</b>	<b>15.58</b>	<b>0.91</b>	<b>77.40</b>
<b>Actual Totals for Day 1/1/2000:</b>			<b>96.82</b>	<b>229.59</b>	<b>11.71</b>	<b>1375.74</b>
<b>Actual % of Total Calories:</b>			<b>27.45</b>	<b>65.09</b>	<b>7.47</b>	

**DAY # 2**

1/2/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - You can add blueberries to cereal</b>						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
1.00	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0.50	1 cup	Egg, white, raw, fresh	13.24	0.89	0.21	63.18
<b>Totals:</b>			<b>15.43</b>	<b>32.25</b>	<b>0.63</b>	<b>199.67</b>
<b>AM Snack - Slice peaches add to cottage cheese</b>						
6.00	each	Carrot - raw, medium	0.06	7.20	0.60	36.00
0.50	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
<b>Totals:</b>			<b>6.04</b>	<b>31.95</b>	<b>11.17</b>	<b>253.71</b>
<b>Lunch - Chicken tacos, rice and carrots on side</b>						
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
10.00	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
3.00	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
1.00	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.00	55.00
1.00	1 tablespoon	Oil, coconut	0.00	0.00	13.60	117.23
2.00	table spoon	Onion - chopped	0.20	1.80	0.00	8.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0.50	1/2 cup	tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>			<b>27.24</b>	<b>83.74</b>	<b>23.13</b>	<b>551.73</b>
<b>PM Snack -</b>						
1.00	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<b>Totals:</b>			<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>
<b>Dinner -</b>						
1.00	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
1.00	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked,	22.24	0.00	2.98	121.55
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
2.00	table spoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0.50	1 cup	Sweet potato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
<b>Totals:</b>			<b>30.86</b>	<b>37.67</b>	<b>6.29</b>	<b>329.95</b>
<b>Evening Snack -</b>						
0.50	each	Power Bar	5.00	22.50	1.25	115.00
<b>Totals:</b>			<b>5.00</b>	<b>22.50</b>	<b>1.25</b>	<b>115.00</b>
<b>Actual Totals for Day 1/2/2000:</b>			<b>85.88</b>	<b>220.84</b>	<b>42.76</b>	<b>1503.10</b>
<b>Actual % of Total Calories:</b>			<b>21.31</b>	<b>54.81</b>	<b>23.88</b>	

**DAY # 3**

1/3/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast -</b>						
0.50	1 cup	Egg, white, raw, fresh	13.24	0.89	0.21	63.18
1.00	1 large	Egg, whole, cooked, scrambled	6.09	0.98	6.70	90.89
1.00	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<b>Totals:</b>			<b>20.94</b>	<b>35.77</b>	<b>14.00</b>	<b>290.07</b>
<b>AM Snack -</b>						
1.00	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<b>Totals:</b>			<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>
<b>Lunch - Top potato with cheese, broccoli and salsa</b>						
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
0.50	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
0.50	1 tablespoon	Oil, coconut	0.00	0.00	6.80	58.62
4.00	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<b>Totals:</b>			<b>14.48</b>	<b>61.99</b>	<b>17.71</b>	<b>449.85</b>
<b>PM Snack -</b>						
6.00	1 almond	Nuts, almonds	1.27	1.30	2.97	34.50
2.00	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
<b>Totals:</b>			<b>2.13</b>	<b>23.47</b>	<b>3.09</b>	<b>118.22</b>
<b>Dinner - Chicken and veggie primavera, toss together</b>						
3.00	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
2.50	ounce(s)	Lundberg Organic Brown Rice Pasta	5.00	55.00	2.50	262.50
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1.00	table spoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
1.00	1/2 cup	zucchini, frozen, boiled, drained	1.00	4.00	0.00	19.00
<b>Totals:</b>			<b>26.80</b>	<b>74.50</b>	<b>12.10</b>	<b>525.00</b>
<b>Evening Snack -</b>						
2.00	1 cup	Snacks, popcorn, air-popped	2.07	12.46	0.73	61.92
<b>Totals:</b>			<b>2.07</b>	<b>12.46</b>	<b>0.73</b>	<b>61.92</b>
<b>Actual Totals for Day 1/3/2000:</b>			<b>67.73</b>	<b>220.92</b>	<b>47.93</b>	<b>1498.10</b>
<b>Actual % of Total Calories:</b>			<b>17.08</b>	<b>55.72</b>	<b>27.20</b>	

**DAY # 4**

1/4/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Toast bread top with peanut butter</b>						
0.50	each	Apple - medium with peel	0.15	10.55	0.00	40.50
1.00	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
0.50	1 cup	Egg, white, raw, fresh	13.24	0.89	0.21	63.18
2.00	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	4.00	42.00	4.00	220.00
<b>Totals:</b>			<b>23.89</b>	<b>53.44</b>	<b>4.61</b>	<b>354.68</b>
<b>AM Snack -</b>						
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<b>Totals:</b>			<b>37.00</b>	<b>22.00</b>	<b>2.00</b>	<b>250.00</b>
<b>Lunch - Turkey and veggie wrap</b>						
1.00	table spoon	Dijon - vinaigrette, Lite Classic, Wish Bone	0.10	1.10	2.80	30.00
1.00	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.00	55.00
0.00	each	Power Bar	0.00	0.00	0.00	0.00
2.00	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
4.00	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	18.00	2.00	0.00	90.00
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>			<b>20.67</b>	<b>29.83</b>	<b>9.88</b>	<b>198.60</b>
<b>PM Snack -</b>						
0.50	each	Power Bar	5.00	22.50	1.25	115.00
<b>Totals:</b>			<b>5.00</b>	<b>22.50</b>	<b>1.25</b>	<b>115.00</b>
<b>Dinner - Broil or grill fish</b>						
1.50	3 oz	Fish, swordfish, cooked, dry heat	29.90	0.00	10.11	219.30
4.00	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
3.00	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
2.00	table spoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<b>Totals:</b>			<b>35.40</b>	<b>42.95</b>	<b>12.90</b>	<b>435.30</b>
<b>Evening Snack -</b>						
20.00	each	Grapes - American	0.40	8.20	0.00	40.00
<b>Totals:</b>			<b>0.40</b>	<b>8.20</b>	<b>0.00</b>	<b>40.00</b>
<b>Actual Totals for Day 1/4/2000:</b>			<b>122.36</b>	<b>178.91</b>	<b>30.64</b>	<b>1393.58</b>
<b>Actual % of Total Calories:</b>			<b>33.05</b>	<b>48.33</b>	<b>18.62</b>	

**DAY # 5**

1/5/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Add blueberries to cereal</b>						
1.00	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1.00	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0.50	1 cup	Egg, white, raw, fresh	13.24	0.89	0.21	63.18
1.00	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<b>Totals:</b>			<b>17.96</b>	<b>63.76</b>	<b>2.87</b>	<b>352.99</b>
<b>AM Snack - slice up peaches add to cottage cheese</b>						
6.00	each	Carrot - raw, medium	0.06	7.20	0.60	36.00
0.50	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
<b>Totals:</b>			<b>6.04</b>	<b>31.95</b>	<b>11.17</b>	<b>253.71</b>
<b>Lunch - Tuna and veggie wrap</b>						
10.00	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
1.00	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
1.00	table spoon	Dijon - vinaigrette, Lite Classic, Wish Bone	0.10	1.10	2.80	30.00
1.00	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.00	55.00
2.00	table spoon	Onion - chopped	0.20	1.80	0.00	8.00
1.00	table spoon	Relish - pickle	0.10	5.30	0.10	20.00
3.00	1 leaf	Spinach, raw	0.86	1.09	0.12	6.90
0.50	1/2 cup	tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>			<b>10.40</b>	<b>41.53</b>	<b>10.55</b>	<b>195.40</b>
<b>PM Snack -</b>						
4.00	1 almond	Nuts, almonds	0.85	0.87	1.98	23.00
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<b>Totals:</b>			<b>37.85</b>	<b>22.87</b>	<b>3.98</b>	<b>273.00</b>
<b>Dinner - Broil beef</b>						
1.00	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat,	23.65	0.00	7.07	164.90
1.00	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
1.50	small	Salad - sm. garden w/tomato, onion	1.95	14.25	0.60	73.50
1.00	table spoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
1.00	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or	1.02	10.01	0.40	41.85
<b>Totals:</b>			<b>29.52</b>	<b>33.01</b>	<b>9.47</b>	<b>331.95</b>
<b>Evening Snack -</b>						
9.00	each	Apple - medium with peel	2.70	189.90	0.00	729.00
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<b>Totals:</b>			<b>2.70</b>	<b>189.90</b>	<b>0.00</b>	<b>731.00</b>
<b>Actual Totals for Day 1/5/2000:</b>			<b>104.47</b>	<b>383.02</b>	<b>38.03</b>	<b>2138.05</b>
<b>Actual % of Total Calories:</b>			<b>18.23</b>	<b>66.84</b>	<b>14.93</b>	

**DAY # 6**

1/6/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - You can add banana to cereal</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	24.00	1.00	110.00
1.00	1 cup	Egg, white, raw, fresh	26.49	1.77	0.41	126.36
<b>Totals:</b>			<b>29.69</b>	<b>52.47</b>	<b>2.01</b>	<b>341.36</b>
<b>AM Snack - You can add blueberries to cereal</b>						
1.00	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<b>Totals:</b>			<b>38.07</b>	<b>43.01</b>	<b>2.48</b>	<b>332.65</b>
<b>Lunch -</b>						
9.00	each	Apple - medium with peel	2.70	189.90	0.00	729.00
0.50	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<b>Totals:</b>			<b>10.08</b>	<b>226.05</b>	<b>11.87</b>	<b>1011.71</b>
<b>PM Snack -</b>						
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
<b>Totals:</b>			<b>6.29</b>	<b>0.56</b>	<b>5.30</b>	<b>77.50</b>
<b>Dinner -</b>						
1.00	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
1.50	ounce(s)	Lundberg Organic Brown Rice Pasta	3.00	33.00	1.50	157.50
1.50	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked,	33.37	0.00	4.48	182.32
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>			<b>41.68</b>	<b>40.46</b>	<b>6.73</b>	<b>391.23</b>
<b>Evening Snack -</b>						
2.00	1 cup	Snacks, popcorn, air-popped	2.07	12.46	0.73	61.92
<b>Totals:</b>			<b>2.07</b>	<b>12.46</b>	<b>0.73</b>	<b>61.92</b>
<b>Actual Totals for Day 1/6/2000:</b>			<b>127.87</b>	<b>375.01</b>	<b>29.12</b>	<b>2216.37</b>
<b>Actual % of Total Calories:</b>			<b>22.50</b>	<b>65.98</b>	<b>11.53</b>	

**DAY # 7**

1/7/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast -</b>						
0.50	1 cup	Egg, white, raw, fresh	13.24	0.89	0.21	63.18
1.00	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
<b>Totals:</b>			<b>15.44</b>	<b>46.69</b>	<b>7.41</b>	<b>245.18</b>
<b>AM Snack -</b>						
1.00	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
1.50	each	Orange - medium	1.80	23.10	0.30	93.00
<b>Totals:</b>			<b>8.30</b>	<b>23.10</b>	<b>0.70</b>	<b>124.00</b>
<b>Lunch - Turkey and veggie wrap</b>						
9.00	each	Apple - medium with peel	2.70	189.90	0.00	729.00
8.00	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
1.00	table spoon	Dijon - vinaigrette, Lite Classic, Wish Bone	0.10	1.10	2.80	30.00
1.00	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.00	55.00
2.00	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
4.00	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	18.00	2.00	0.00	90.00
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
<b>Totals:</b>			<b>23.88</b>	<b>226.32</b>	<b>9.98</b>	<b>955.60</b>
<b>PM Snack -</b>						
0.00	each	Power Bar	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Top chicken with cheese and salsa</b>						
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0.50	1 tablespoon	Oil, coconut	0.00	0.00	6.80	58.62
1.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
2.00	1/2 cup	zucchini, frozen, boiled, drained	2.00	8.00	0.00	38.00
<b>Totals:</b>			<b>32.90</b>	<b>57.70</b>	<b>9.60</b>	<b>454.62</b>
<b>Evening Snack -</b>						
0.50	each	Power Bar	5.00	22.50	1.25	115.00
<b>Totals:</b>			<b>5.00</b>	<b>22.50</b>	<b>1.25</b>	<b>115.00</b>
<b>Actual Totals for Day 1/7/2000:</b>			<b>85.53</b>	<b>376.30</b>	<b>28.94</b>	<b>1894.40</b>
<b>Actual % of Total Calories:</b>			<b>16.23</b>	<b>71.41</b>	<b>12.36</b>	

**Important Notes**

\* If you have a medical condition, please consult with your doctor before following this meal plan.

\* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.

\* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.