

**Daily Routine Fitness**  
**info@dailyroutinefitness.com**

**Meal Planner For: [Template, Veggie], M/F 1700 cal]**  
**For the Date Range: 6/11/2000 to 6/17/2000**

**DAY # 1**  
**6/11/2000**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Toast bread top with peanut butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1.00	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
0.50	cup	Common Sence Oat Bran, Kelloggs	2.00	11.00	0.50	50.00
1.00	8 fl oz	Hibiscus tea	1.02	17.56	1.54	87.69
1.50	cup	Milk, Almond	3.00	15.00	3.00	105.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>10.52</b>	<b>64.56</b>	<b>15.04</b>	<b>433.69</b>
<b>AM Snack</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
<b>Totals:</b>			<b>1.20</b>	<b>26.70</b>	<b>0.60</b>	<b>105.00</b>
<b>Lunch - Burger with cole slaw, orange and crackers on side</b>						
1.00	each	Bun - hamburger	3.70	21.60	2.20	123.00
1.00	1/2 cup	Coleslaw, home-prepared	0.77	7.45	1.57	46.80
5.00	1 cracker	Crackers, whole-wheat	2.12	13.91	2.83	85.40
0.50	each	Orange - medium	0.55	8.70	0.15	34.50
1.00	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
1.00	cup	milk, coconut-Dairy free	0.00	8.00	4.00	70.00
<b>Totals:</b>			<b>17.14</b>	<b>62.66</b>	<b>14.74</b>	<b>449.70</b>
<b>PM Snack - Top rice cake with peanut butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<b>Totals:</b>			<b>2.80</b>	<b>10.10</b>	<b>9.30</b>	<b>136.00</b>
<b>Dinner - Follow instructions for corn bread, boil macaroni</b>						
0.50	1 cup	Chili with beans, canned	7.31	15.24	7.03	143.36
1.00	slice	Cornbread - Easy, Aunt Jemima	3.50	32.70	6.30	196.00
1.00	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>18.94</b>	<b>90.43</b>	<b>14.08</b>	<b>536.96</b>
<b>Actual Totals for Day 6/11/2000:</b>			<b>50.60</b>	<b>254.45</b>	<b>53.77</b>	<b>1661.35</b>
<b>Actual % of Total Calories:</b>			<b>11.88</b>	<b>59.73</b>	<b>28.40</b>	

**DAY # 2**  
6/12/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Cook curd cake /peppers and onions</b>						
1.00	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
1.00	1 wedge (1/8 of 5-1/4" dia melon)	Melons, honeydew, raw	0.68	11.36	0.17	45.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
1.00	1 tablespoon, chopped	Onions, raw	0.11	0.93	0.01	4.00
0.50	1 cup, chopped	Peppers, sweet, green, raw	0.64	3.46	0.13	14.90
1.00	1 tablespoon	Seeds, sesame seeds, whole, dried	1.60	2.11	4.47	51.57
1.00	1 cup (6 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
3.00	ounce(s)	Tofu - soybean curd cake	6.90	1.50	4.20	66.00
<b>Totals:</b>			<b>14.92</b>	<b>55.84</b>	<b>10.98</b>	<b>273.84</b>
<b>AM Snack</b>						
1.00	medium	Pear - medium, Dole	1.00	25.00	1.00	100.00
<b>Totals:</b>			<b>1.00</b>	<b>25.00</b>	<b>1.00</b>	<b>100.00</b>
<b>Lunch - Veggie / pita sandwich, raspberries on side</b>						
4.00	1 tablespoon	Bacon bits, meatless	8.96	8.01	7.25	133.28
1.00	each	Carrot - raw, medium	0.01	1.20	0.10	6.00
1.00	1/2 cup	Kale, chopped, sauteed	1.00	3.00	0.00	17.00
1.00	each	Pita - wheat	2.80	15.60	0.70	75.00
1.00	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
8.00	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>14.25</b>	<b>42.49</b>	<b>8.85</b>	<b>295.24</b>
<b>PM Snack - Top bagel with jelly</b>						
5.00	0.5 oz	Crackers, rye, wafers, plain	6.82	57.08	0.64	237.14
0.50	table spoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>			<b>8.82</b>	<b>58.83</b>	<b>4.71</b>	<b>284.64</b>
<b>Dinner - Bean and cheese burrito</b>						
4.00	ounce(s)	Black beans - boiled	9.00	26.88	0.60	152.00
0.50	1 cup, shredded	Cheese, low fat, cheddar or colby	13.76	1.08	3.96	97.75
0.50	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0.50	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1.00	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>28.71</b>	<b>77.79</b>	<b>7.64</b>	<b>495.12</b>
<b>Evening Snack</b>						
1.00	cup	Common Sence Oat Bran, Kelloggs	4.00	22.00	1.00	100.00
1.50	cup	Milk, Almond	3.00	15.00	3.00	105.00
<b>Totals:</b>			<b>7.00</b>	<b>37.00</b>	<b>4.00</b>	<b>205.00</b>
<b>Actual Totals for Day 6/12/2000:</b>			<b>74.70</b>	<b>296.95</b>	<b>37.19</b>	<b>1653.84</b>
<b>Actual % of Total Calories:</b>			<b>16.40</b>	<b>65.22</b>	<b>18.38</b>	

**DAY # 3**  
6/13/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Follow instructions for pancakes top w/strawberrie</b>						
6.00	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0.00	table spoon	Honey	0.00	0.00	0.00	0.00
0.50	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
1.50	cup	Milk, Almond	3.00	15.00	3.00	105.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
1.00	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	13.30	86.99	3.29	414.80
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<b>Totals:</b>			<b>17.75</b>	<b>115.74</b>	<b>6.69</b>	<b>580.21</b>
<b>AM Snack - Top rice cake with peanut butter</b>						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<b>Totals:</b>			<b>5.90</b>	<b>30.50</b>	<b>18.60</b>	<b>306.00</b>
<b>Lunch - Add spinach and cheese to salad toss w/oil-vinegar</b>						
0.50	1 cup, diced	Cheese, low fat, cheddar or colby	16.07	1.26	4.62	114.18
2.00	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>28.41</b>	<b>37.19</b>	<b>10.55</b>	<b>330.38</b>
<b>PM Snack</b>						
1.00	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<b>Totals:</b>			<b>1.32</b>	<b>34.05</b>	<b>0.20</b>	<b>128.57</b>
<b>Dinner - Tofu burger with rice on side</b>						
1.00	each	Bun - hamburger	3.70	21.60	2.20	123.00
0.50	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1.00	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>16.88</b>	<b>52.32</b>	<b>7.08</b>	<b>345.23</b>
<b>Actual Totals for Day 6/13/2000:</b>			<b>70.26</b>	<b>269.80</b>	<b>43.11</b>	<b>1690.39</b>
<b>Actual % of Total Calories:</b>			<b>16.08</b>	<b>61.73</b>	<b>22.19</b>	

**DAY # 4**  
6/14/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - You can toast bagel</b>						
6.00	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
5.00	0.5 oz	Crackers, rye, wafers, plain	6.82	57.08	0.64	237.14
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
0.00	table spoon	Honey	0.00	0.00	0.00	0.00
1.50	cup	Milk, Almond	3.00	15.00	3.00	105.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
1.00	cup	Shredded Wheat n' Bran Nabisco	3.00	23.00	0.00	90.00
<b>Totals:</b>			<b>14.22</b>	<b>119.58</b>	<b>3.84</b>	<b>530.14</b>
<b>AM Snack</b>						
1.00	1/2 cup	soy nuts- genisoy	11.00	10.00	5.00	130.00
<b>Totals:</b>			<b>11.00</b>	<b>10.00</b>	<b>5.00</b>	<b>130.00</b>
<b>Lunch - Cook curd cake w/cabbage,mushrooms, peas</b>						
0.50	1 cup, shredded	Cabbage, chinese (pak-choi), raw	0.53	0.76	0.07	4.55
0.50	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
0.50	1 cup, chopped	Peas, edible-podded, raw	1.37	3.70	0.10	20.58
1.00	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
5.00	ounce(s)	Tofu - soybean curd cake	11.50	2.50	7.00	110.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>20.18</b>	<b>58.21</b>	<b>9.04</b>	<b>383.28</b>
<b>PM Snack - Top rice cake with peanut butter</b>						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<b>Totals:</b>			<b>4.80</b>	<b>13.10</b>	<b>18.30</b>	<b>237.00</b>
<b>Dinner - Soup and salad</b>						
0.25	1 cup	Croutons, plain	0.89	5.51	0.49	30.52
2.00	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0.50	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
1.00	cup	black bean and veg soup-health valley	11.00	24.00	0.00	110.00
<b>Totals:</b>			<b>17.02</b>	<b>75.48</b>	<b>5.97</b>	<b>386.75</b>
<b>Actual Totals for Day 6/14/2000:</b>			<b>67.22</b>	<b>276.37</b>	<b>42.15</b>	<b>1667.17</b>
<b>Actual % of Total Calories:</b>			<b>15.33</b>	<b>63.04</b>	<b>21.63</b>	

**DAY # 5**  
6/15/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Toast bread top with jelly</b>						
1.00	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
1.00	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
0.00	table spoon	Honey	0.00	0.00	0.00	0.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
0.00	table spoon	Peanut Butter	0.00	0.00	0.00	0.00
3.00	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	6.00	33.00	0.00	180.00
<b>Totals:</b>			<b>9.73</b>	<b>74.92</b>	<b>1.20</b>	<b>363.00</b>
<b>AM Snack</b>						
1.00	1/2 cup	soy nuts- genisoy	11.00	10.00	5.00	130.00
<b>Totals:</b>			<b>11.00</b>	<b>10.00</b>	<b>5.00</b>	<b>130.00</b>
<b>Lunch - Tofu burger with coleslaw</b>						
1.00	each	Bun - hamburger	3.70	21.60	2.20	123.00
1.00	1/2 cup	Coleslaw, home-prepared	0.77	7.45	1.57	46.80
0.50	8 fl oz	Hibiscus tea	0.51	8.78	0.77	43.84
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
1.00	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
<b>Totals:</b>			<b>16.08</b>	<b>58.23</b>	<b>8.84</b>	<b>372.64</b>
<b>PM Snack - Top rice cake with peanut butter</b>						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<b>Totals:</b>			<b>4.80</b>	<b>13.10</b>	<b>18.30</b>	<b>237.00</b>
<b>Dinner - Pizza and salad</b>						
0.50	1 cup	Croutons, plain	1.78	11.03	0.99	61.05
2.00	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1.00	slice	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>12.40</b>	<b>57.61</b>	<b>8.59</b>	<b>352.05</b>
<b>Evening Snack</b>						
5.50	1 cup	Snacks, popcorn, air-popped	5.69	34.28	2.00	170.28
<b>Totals:</b>			<b>5.69</b>	<b>34.28</b>	<b>2.00</b>	<b>170.28</b>
<b>Actual Totals for Day 6/15/2000:</b>			<b>59.71</b>	<b>248.13</b>	<b>43.92</b>	<b>1624.97</b>
<b>Actual % of Total Calories:</b>			<b>14.68</b>	<b>61.01</b>	<b>24.30</b>	

**DAY # 6**  
6/16/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Cook onions and peppers w/curd cake</b>						
1.00	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
1.00	1 wedge (1/8 of 5-1/4" dia melon)	Melons, honeydew, raw	0.68	11.36	0.17	45.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
1.00	1 tablespoon, chopped	Onions, raw	0.11	0.93	0.01	4.00
0.50	1 cup, chopped	Peppers, sweet, green, raw	0.64	3.46	0.13	14.90
1.00	1 tablespoon	Seeds, sesame seeds, whole, dried	1.60	2.11	4.47	51.57
1.00	1 cup (6 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
3.00	ounce(s)	Tofu, soybean curd cake, scrambled	6.00	0.00	3.00	70.50
<b>Totals:</b>			<b>14.02</b>	<b>54.34</b>	<b>9.78</b>	<b>278.34</b>
<b>AM Snack - You can top crackers with peanut butter</b>						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
5.00	1 cracker	Crackers, whole-wheat	2.12	13.91	2.83	85.40
1.00	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<b>Totals:</b>			<b>4.70</b>	<b>32.69</b>	<b>12.15</b>	<b>248.04</b>
<b>Lunch - Veggie pita sandwich</b>						
4.00	1 tablespoon	Bacon bits, meatless	8.96	8.01	7.25	133.28
1.00	each	Carrot - raw, medium	0.01	1.20	0.10	6.00
1.00	1/2 cup	Kale, chopped, sauteed	1.00	3.00	0.00	17.00
1.00	each	Pita - wheat	2.80	15.60	0.70	75.00
1.00	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>14.91</b>	<b>47.83</b>	<b>8.85</b>	<b>319.24</b>
<b>PM Snack - Top bagel with jelly</b>						
5.00	0.5 oz	Crackers, rye, wafers, plain	6.82	57.08	0.64	237.14
0.50	table spoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>			<b>8.82</b>	<b>58.83</b>	<b>4.71</b>	<b>284.64</b>
<b>Dinner - Bean and cheese burrito</b>						
3.00	ounce(s)	Black beans - boiled	6.75	20.16	0.45	114.00
0.50	1 cup, shredded	Cheese, low fat, cheddar or colby	13.76	1.08	3.96	97.75
0.50	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0.50	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
1.00	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>26.46</b>	<b>71.07</b>	<b>7.50</b>	<b>457.12</b>
<b>Evening Snack</b>						
0.50	cup	Common Sence Oat Bran, Kelloggs	2.00	11.00	0.50	50.00
0.50	cup	Milk, Almond	1.00	5.00	1.00	35.00
<b>Totals:</b>			<b>3.00</b>	<b>16.00</b>	<b>1.50</b>	<b>85.00</b>
<b>Actual Totals for Day 6/16/2000:</b>			<b>71.91</b>	<b>280.75</b>	<b>44.49</b>	<b>1672.38</b>
<b>Actual % of Total Calories:</b>			<b>15.88</b>	<b>62.01</b>	<b>22.11</b>	

**DAY # 7**  
6/17/2000

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Follow instructions for pancakes</b>						
6.00	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0.00	table spoon	Honey	0.00	0.00	0.00	0.00
0.50	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
1.50	cup	Milk, Almond	3.00	15.00	3.00	105.00
1.00	tablet	Multivitamin - Value Time	0.00	0.00	0.00	0.00
1.00	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	13.30	86.99	3.29	414.80
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<b>Totals:</b>			<b>17.75</b>	<b>115.74</b>	<b>6.69</b>	<b>580.21</b>
<b>AM Snack - Top rice cake with peanut butter</b>						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
1.00	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<b>Totals:</b>			<b>5.38</b>	<b>28.88</b>	<b>18.62</b>	<b>298.64</b>
<b>Lunch - Add spinach and cheese to salad toss w/oil-vinegar</b>						
0.50	1 cup, diced	Cheese, low fat, cheddar or colby	16.07	1.26	4.62	114.18
2.00	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>28.41</b>	<b>37.19</b>	<b>10.55</b>	<b>330.38</b>
<b>PM Snack</b>						
1.00	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<b>Totals:</b>			<b>1.32</b>	<b>34.05</b>	<b>0.20</b>	<b>128.57</b>
<b>Dinner - Pizza and salad</b>						
0.25	1 cup	Croutons, plain	0.89	5.51	0.49	30.52
2.00	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1.00	slice	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
4.00	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<b>Totals:</b>			<b>11.51</b>	<b>52.10</b>	<b>8.10</b>	<b>321.52</b>
<b>Actual Totals for Day 6/17/2000:</b>			<b>64.37</b>	<b>267.95</b>	<b>44.15</b>	<b>1659.32</b>
<b>Actual % of Total Calories:</b>			<b>14.91</b>	<b>62.07</b>	<b>23.01</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.