

**National Rejuvenation Centers**  
**34278 U.S. Hwy 19 North**  
**Palm Harbor, FL 34684**  
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**Meal Planner For: Average 2019, Female**  
**For the Date Range: 9/3/2019 to 9/9/2019**

**DAY # 1**  
**9/3/2019**

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	0.5 cup	Cereals, QUAKER, Quick Oats, Dry	5.48	27.27	2.75	148.40
0.50	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals:</b>			<b>24.48</b>	<b>53.07</b>	<b>3.25</b>	<b>330.40</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</b>						
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>28.90</b>	<b>24.70</b>	<b>5.10</b>	<b>270.00</b>
<b>PM Snack</b>						
6.00	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
4.00	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<b>Totals:</b>			<b>31.20</b>	<b>14.00</b>	<b>4.40</b>	<b>212.00</b>
<b>Dinner</b>						
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
4.00	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1.50	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<b>Totals:</b>			<b>39.60</b>	<b>47.04</b>	<b>6.57</b>	<b>400.52</b>
<b>Evening Snack</b>						
0.50	each	Greek yogurt with fruit	6.00	9.50	0.00	60.00
<b>Totals:</b>			<b>6.00</b>	<b>9.50</b>	<b>0.00</b>	<b>60.00</b>
<b>Actual Totals for Day 9/3/2019:</b>			<b>167.18</b>	<b>170.32</b>	<b>21.32</b>	<b>1522.92</b>
<b>Actual % of Total Calories:</b>			<b>43.37</b>	<b>44.18</b>	<b>12.44</b>	

**DAY # 2**

9/4/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.40	22.40	1.77	110.10
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals:</b>			<b>13.00</b>	<b>61.00</b>	<b>2.77</b>	<b>301.10</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</b>						
2.00	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>15.38</b>	<b>23.92</b>	<b>13.21</b>	<b>285.00</b>
<b>PM Snack</b>						
1.50	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
<b>Totals:</b>			<b>42.00</b>	<b>9.30</b>	<b>3.45</b>	<b>246.00</b>
<b>Dinner</b>						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
1.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
4.00	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<b>Totals:</b>			<b>30.42</b>	<b>46.40</b>	<b>8.93</b>	<b>383.70</b>
<b>Evening Snack</b>						
1.00	each	Greek yogurt with fruit	12.00	19.00	0.00	120.00
<b>Totals:</b>			<b>12.00</b>	<b>19.00</b>	<b>0.00</b>	<b>120.00</b>
<b>Actual Totals for Day 9/4/2019:</b>			<b>149.80</b>	<b>181.62</b>	<b>30.36</b>	<b>1585.80</b>
<b>Actual % of Total Calories:</b>			<b>37.48</b>	<b>45.44</b>	<b>17.09</b>	

**DAY # 3**

9/5/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	0.5 cup	Cereals, QUAKER, Quick Oats, Dry	5.48	27.27	2.75	148.40
0.50	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals:</b>			<b>24.48</b>	<b>53.07</b>	<b>3.25</b>	<b>330.40</b>
<b>AM Snack</b>						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals:</b>			<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>
<b>Lunch</b>						
0.50	1 cup	Applesauce, canned, unsweetened, without added	0.21	13.75	0.12	51.24
2.00	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
4.00	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
4.00	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0.50	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<b>Totals:</b>			<b>42.99</b>	<b>40.41</b>	<b>3.10</b>	<b>360.26</b>
<b>PM Snack</b>						
1.00	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0.50	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
<b>Totals:</b>			<b>28.54</b>	<b>13.65</b>	<b>2.37</b>	<b>193.28</b>
<b>Dinner</b>						
0.50	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	2.85	4.92	0.11	25.76
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
1.00	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<b>Totals:</b>			<b>54.75</b>	<b>55.62</b>	<b>8.71</b>	<b>527.76</b>
<b>Evening Snack</b>						
4.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<b>Totals:</b>			<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>
<b>Actual Totals for Day 9/5/2019:</b>			<b>160.93</b>	<b>186.94</b>	<b>21.43</b>	<b>1593.70</b>
<b>Actual % of Total Calories:</b>			<b>40.63</b>	<b>47.19</b>	<b>12.18</b>	

**DAY # 4**

9/6/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
0.50	each	Banana - med 8"	0.60	13.35	0.30	52.50
1.00	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.40	22.40	1.77	110.10
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<b>Totals:</b>			<b>19.90</b>	<b>61.15</b>	<b>2.47</b>	<b>338.60</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</b>						
10.00	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
8.00	each	Cracker/Nabisco - Low Saltines	1.60	16.00	3.20	96.00
4.00	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<b>Totals:</b>			<b>32.24</b>	<b>26.24</b>	<b>5.33</b>	<b>271.00</b>
<b>PM Snack</b>						
1.00	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
1.00	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.07	14.91	0.15	58.56
<b>Totals:</b>			<b>29.07</b>	<b>21.11</b>	<b>2.45</b>	<b>222.56</b>
<b>Dinner</b>						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
1.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
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	1 small	Sweet potato, cooked, baked in skin, without salt	1.21	12.43	0.09	54.00
<b>Totals:</b>			<b>28.83</b>	<b>31.43</b>	<b>8.90</b>	<b>317.70</b>
<b>Evening Snack</b>						
4.00	each	Graham Crackers	1.93	21.50	2.83	118.00
<b>Totals:</b>			<b>1.93</b>	<b>21.50</b>	<b>2.83</b>	<b>118.00</b>
<b>Actual Totals for Day 9/6/2019:</b>			<b>148.97</b>	<b>183.43</b>	<b>23.97</b>	<b>1517.86</b>
<b>Actual % of Total Calories:</b>			<b>38.56</b>	<b>47.48</b>	<b>13.96</b>	

**DAY # 5**

9/7/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
1.00	table spoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<b>Totals:</b>			<b>22.50</b>	<b>81.80</b>	<b>6.70</b>	<b>490.00</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</b>						
2.00	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
1.00	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
4.00	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
1.00	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<b>Totals:</b>			<b>42.30</b>	<b>27.66</b>	<b>3.01</b>	<b>311.62</b>
<b>PM Snack</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner</b>						
2.00	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
1.00	1 cup	Beans, snap, green, frozen, cooked, boiled, drained	2.01	8.71	0.23	37.80
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4.00	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
<b>Totals:</b>			<b>30.81</b>	<b>48.11</b>	<b>2.95</b>	<b>331.80</b>
<b>Evening Snack</b>						
4.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<b>Totals:</b>			<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>
<b>Actual Totals for Day 9/7/2019:</b>			<b>135.59</b>	<b>211.25</b>	<b>19.16</b>	<b>1556.42</b>
<b>Actual % of Total Calories:</b>			<b>34.77</b>	<b>54.17</b>	<b>11.06</b>	

**DAY # 6**

9/8/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
1.00	0.5 cup	Cereals, QUAKER, Quick Oats, Dry	5.48	27.27	2.75	148.40
1.50	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<b>Totals:</b>			<b>44.48</b>	<b>57.07</b>	<b>3.25</b>	<b>430.40</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</b>						
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>8.99</b>	<b>21.46</b>	<b>7.00</b>	<b>191.50</b>
<b>PM Snack</b>						
1.00	each	Greek yogurt with fruit	12.00	19.00	0.00	120.00
<b>Totals:</b>			<b>12.00</b>	<b>19.00</b>	<b>0.00</b>	<b>120.00</b>
<b>Dinner</b>						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
1.50	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
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
3.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
<b>Totals:</b>			<b>40.54</b>	<b>39.55</b>	<b>12.36</b>	<b>437.05</b>
<b>Evening Snack</b>						
5.00	each	Graham Crackers	2.42	26.88	3.54	147.50
<b>Totals:</b>			<b>2.42</b>	<b>26.88</b>	<b>3.54</b>	<b>147.50</b>
<b>Actual Totals for Day 9/8/2019:</b>			<b>145.42</b>	<b>185.96</b>	<b>28.14</b>	<b>1576.45</b>
<b>Actual % of Total Calories:</b>			<b>36.84</b>	<b>47.11</b>	<b>16.04</b>	

**DAY # 7**

9/9/2019

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast</b>						
0.50	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
<b>Totals:</b>			<b>14.00</b>	<b>51.80</b>	<b>0.70</b>	<b>275.00</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</b>						
0.50	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	2.85	4.92	0.11	25.76
4.00	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3.00	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
2.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<b>Totals:</b>			<b>30.95</b>	<b>25.47</b>	<b>1.80</b>	<b>243.76</b>
<b>PM Snack</b>						
1.00	each	Greek yogurt with fruit	12.00	19.00	0.00	120.00
<b>Totals:</b>			<b>12.00</b>	<b>19.00</b>	<b>0.00</b>	<b>120.00</b>
<b>Dinner</b>						
0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
2.00	1 tablespoon	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
0.50	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
<b>Totals:</b>			<b>54.25</b>	<b>59.96</b>	<b>14.41</b>	<b>602.60</b>
<b>Evening Snack</b>						
4.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<b>Totals:</b>			<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>
<b>Actual Totals for Day 9/9/2019:</b>			<b>150.88</b>	<b>188.91</b>	<b>22.91</b>	<b>1583.36</b>
<b>Actual % of Total Calories:</b>			<b>38.55</b>	<b>48.27</b>	<b>13.17</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.