



Low Fat Recipes (2800 Low Calorie Meal)

Breakfast

Amount	Item	Protein	Carbs	Fats	Calories
12 ounces	coffee-w/caffeine	0.40	1.40	0.00	8.00
1 cup	cottage cheese - 1% fat	42.00	9.00	3.00	246.00
1 tbps	cream,fluid,half and half	0.44	0.65	1.73	19.55
0.5 cup	fruit cocktail	0.51	29.76	0.09	114.40
1 each	Orange- medium	2.20	34.80	0.00	138.00
1 medium	Peach- medium	0.60	9.70	0.10	37.00
1 tsp	Sugar- brown	0.00	4.00	0.00	15.00
Total:		46.15	89.30	4.92	577.95

AM Snack

1 each	Banana-medium	1.20	26.70	0.60	105.00
3 tbps	Peanut Butter	12.00	10.50	24.45	285.00
Total:		13.20	37.20	25.05	390.00

Lunch

1 each	Apple- medium with peel	0.30	21.10	0.00	81.00
2 each	Bread whole wheat slice	9.00	36.00	3.00	210.00
1 ounce	Cheddar, mild shredded, Kraft Lite Naturals	8.00	1.00	5.00	80.00
0.1 cup	Lettuce, iceberg, raw	0.06	0.11	0.01	0.66
1 tsp	Sugar - brown	0.00	4.00	0.00	15.00
12 fluid ounces	Tea- prepared w/tap water	0.00	1.00	0.00	4.00
2 ounce	turkey breast/white meat	17.00	0.00	0.40	76.50
0.15 cup	Mayo	0.32	8.42	11.77	137.37
Total:		34.67	71.64	20.18	604.53

PM Snack							
2 each	Bread- slice rye 7 grain	10.00	72.00	4.00	180.00		
1 tbps	Mayonnaise- Kraft Free, fat free	0.00	3.00	0.00	8.00		
0.5 cup	Tuna solid in water	30.00	0.00	2.00	140.00		
Total:		40.00	75.00	6.00	328.00		
Dinner							
1 each	Banana- medium	1.20	26.70	0.60	105.00		
2 each	Bread whole wheat- slice	9.00	36.00	3.00	210.00		
4 tsp	Jelly-strawberry, pure seedless, Knott's	0.00	16.00	0.00	72.00		
2 cup	Milk-skim no fat	16.00	24.00	0.00	160.00		
4 tbps	Peanut Butter	16.00	14.00	32.60	328.00		
Total:		42.20	116.70	36.20	927.00		
Grand Total:		176.22	389.84	92.35	2827.00		

Grocery List

Food	Quantity
Apple - medium with peel	7 each
Banana - medium 8 inch	14 each
Bread - slice rye 7 grain	14 each
Bread whole wheat - slice	42 each
Cheddar, mild shredded	7 ounces
Cottage Cheese - 1 % fat	10.5 cups
Cream, fluid, half and half	7 tablespoons
Fruit cocktail	3.5 Cups
Jelly - Strawberry	28 tsp
Lettuce, raw	0.7 cup
Tuna Solid White in water	3.5 ounces
Mayo type, reg., w/salt	1 cup
Mayo type, reg., w/salt	7 tbps
Milk - non fat	14 cups

Orange - medium	14 each
Peach - medium, 4 oz.	7 each
Peanut Butter	49 table spoons
Tea - prepared w/ tap water	84 ounces
Sugar - white	14 tea spoons
Turkey Breast / White Meat	14 ounces

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