





# 3/20/2010 2400 Calorie - Low Carb Diet for sample client

## Day 1 (cont.)

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Dinner:										
Seasoned Pork Chops	1 1/2	serving(s) (1 chop per serving)	549.59	30.76	20.43	45.54	11.28	113.47	2.99	769.09
Sauteed Squash	1	serving(s) (2 cup(s) per serving)	41.96	0.61	8.51	2.77	0.09	0	3.64	5.98
Rice, brown, medium-grain, cooked	1/4	cup(s)	54.6	0.4	11.46	1.13	0.08	0	0.88	0.49
		Meal Total:	646.15	31.77	40.4	49.44	11.45	113.47	7.51	775.56
Snack:										
Nonfat Milk (Milk, nonfat, fluid, with added vitamin A (fat free or skim))	3/4	cup(s)	64.31	0.33	8.91	6.27	0.21	3.68	0	95.55
Banana Bread	1/2	serving(s) (1 slice per serving)	156.63	7.76	20.39	2.34	1.01	17.83	0.97	107.65
		Meal Total:	220.94	8.09	29.3	8.61	1.22	21.51	0.97	203.2
		Total Nutritional Values:	2400	94	212	196	24	687	42	4440