

ESTIMATING CALORIC INTAKE FORM WEEK DAYS

	Date:				
		Monday	Tuesday	Wednesday	Thursday
Breakfast	Kcalories				
1/2 c. fruit juice	60				
1/2 c. cooked cereal or potato	80				
3/4 c. dry cereal	80				
Egg	75				
1 slice toast	80				
1 t. margarine	45				
1 slice bacon or sausage link	45				
small muffin	120				
1 c. lowfat milk or yogurt	120				
1 c. High Protein Milk	240				
Other:					
Total					
Lunch:					
2 oz. Meat	150				
1 slice bread, or 1/2 c. potato	80				
1/2 c. cooked vegetable	25				
1 c. raw vegetable	24				
1/2 c. fruit or 1 small	60				
1 serving fat (marg. Gravy etc)	45				
1 small cookie or 1/2c. Pudding	120				
1 c. lowfat milk or yogurt	120				
1 c. High Protein Milk	240				
Other:					
Total:					
Dinner:					
3 oz. Meat	225				
1 oz. Gravy	45				
1/2 c. starchy vegetable	80				
1/2 c. cooked vegetable	25				
Bread or Roll	80				
1 t. margarine	45				
Dessert (approx. 1/2 c.)	120				
1 c. lowfat milk or yogurt	120				
1 c. High Protein Milk	240				
Other:					
Total:					
Snacks:					
Total:					
Grand Total:					