

ESTIMATED DAILY CALORIC INTAKE FOR WEEKENDS

Date:						
		Saturday	Sunday			
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. Puddin	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:						