

Daily

Day	Meal	Food	Servings	Calories per Servings	Total Calories for Food	Day Totals (Goal 2000cals)	Calories Over/Under for the Day	Grand Total Calories (14 Days)=
1	Breakfast	Coffee w/ Whey Powder Milk	2	90	180	1865	135.00	17117.58
	Breakfast	Buttermilk Pancakes	1	160	160			
	Breakfast	Peanut Butter Powder	1	60	60			
	Lunch	Homestyle Potato Soup	1	270	270			
	Lunch	Long Grain White Rice	2	170	340			
	Lunch	Rice Pudding	1	260	260			
	Dinner	Chili Mac	1.125	200	225			
	Dinner	Sweet Corn	0.5	40	20			
	Dinner	Orange Energy Drink	1	150	150			
	Dinner	Southwest Rice	1	200	200			
2	Breakfast	Buttermilk Pancakes	2	160	320	2085.72	-85.72	
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90			
	Breakfast	Peanut Butter Powder	2	60	120			
	Lunch	Chili Mac	1.125	200	225			
	Lunch	Sweet Corn	0.5	40	20			
	Lunch	Southwest Rice	1	200	200			
	Lunch	Orange Energy Drink	1	150	150			
	Snack	Choco PB Ball	2	42.86	85.72			
	Dinner	Creamy Stroganoff	2	350	700			
	Dinner	Freeze-Dried Broccoli	1	15	15			
	Dinner	Piece Of Honey Wheat Bread	1	160	160			
	Breakfast	Maple Grove Oatmeal	2	230	460			
	Breakfast	Coffee w/ Whey Powder Milk	0.75	90	67.5			

Daily

3	Lunch	Creamy Chicken Flavored Rice	2	490	980	2145.36	-145.36
	Lunch	Freeze-Dried Broccoli	1	15	15		
	Snack	Choco PB Ball	1	42.86	42.86		
	Dinner	Spaghetti	2	150	300		
	Dinner	Piece Of Honey Wheat Bread	1	160	160		
	Dinner	Mashed Potatoes	1	120	120		
4	Breakfast	Strawberry Cream Wheat	2	180	360	1927.56	72.44
	Breakfast	Coffee w/ Whey Powder Milk	1.33	90	119.7		
	Lunch	Mac & Cheese	2	310	620		
	Lunch	Long Grain White Rice	1	170	170		
	Snack	Choco PB Ball	1	42.86	42.86		
	Dinner	Freeze-Dried Broccoli	1	15	15		
	Dinner	Mushroom Rice Pilaf	2	220	440		
	Dinner	Piece Of Honey Wheat Bread	1	160	160		
5	Breakfast	Coffee w/ Whey Powder Milk	1	90	90	1795.72	204.28
	Breakfast	Maple Grove Oatmeal	1	230	230		
	Lunch	Creamy Chicken Flavored Rice	1	490	490		
	Lunch	Creamy Alfredo Pasta	1	290	290		
	Dinner	Cheesy Broccoli Rice Soup	1	250	250		
	Dinner	Long Grain White Rice	1	170	170		
	Dinner	Sweet Corn	1	40	40		
	Dinner	Orange Energy Drink	1	150	150		
	Snack	Choco PB Ball	2	42.86	85.72		
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		

Daily

6	Breakfast	Maple Grove Oatmeal	2	230	460	1645.72	354.28
	Lunch	Cheesy Broccoli Rice Soup	1	250	250		
	Lunch	Long Grain White Rice	1	170	170		
	Lunch	Sweet Corn	1	40	40		
	Snack	Choco PB Ball	2	42.86	85.72		
	Snack	Piece Of Honey Wheat Bread	0.5	160	80		
	Dinner	Peanut Butter Powder	2	60	120		
	Dinner	Buttermilk Pancakes	1.5	160	240		
	Dinner	Choco Powder added to Pancakes	0.5	220	110		
7	Breakfast	Peanut Butter Powder	1	60	60	1925	75.00
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Breakfast	Buttermilk Pancakes	1.5	160	240		
	Breakfast	Choco Powder added to Pancakes	0.5	220	110		
	Lunch	Mushroom Rice Pilaf	1	220	220		
	Lunch	Creamy Chicken Flavored Rice	1	490	490		
	Dinner	Spaghetti	2	150	300		
	Dinner	Southwest Rice	2	200	400		
	Dinner	Freeze-Dried Broccoli	1	15	15		
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Breakfast	Buttermilk Pancakes	2	160	320		
	Lunch	Homestyle Potato Soup	1	270	270		

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8	Lunch	Creamy Chicken Flavored Rice	0.375	490	183.75	1847.5	152.50
	Lunch	Sweet Corn	0.5	40	20		
	Drink	Orange Energy Drink	1	150	150		
	Dinner	Homestyle Potato Soup	1	270	270		
	Dinner	Creamy Chicken Flavored Rice	0.375	490	183.75		
	Dinner	Sweet Corn	0.5	40	20		
	Diner	Long Grain White Rice	2	170	340		
9	Breakfast	Coffee w/ Whey Powder Milk	1	90	90	1880	120.00
	Breakfast	Buttermilk Pancakes	3	160	480		
	Breakfast	Peanut Butter Powder	1	60	60		
	Breakfast	Choco Powder added to Pancakes	1	220	220		
	Lunch	Creamy Stroganoff	1	350	310		
	Lunch	Mushroom Rice Pilaf	1	220	220		
	Dinner	Sweet Corn	0.5	40	20		
	Dinner	Mac & Cheese	1	310	310		
10	Breakfast	Maple Grove Oatmeal	2	230	460	2027.5	-27.50
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Lunch	Mac & Cheese	1	310	310		
	Lunch	Long Grain White Rice	1	170	170		
	Lunch	Sweet Corn	0.5	40	20		
	Dinner	Creamy Alfredo Pasta	1	290	290		

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	Dinner	Southwest Rice	1	200	200		
	Dinner	Freeze-Dried Broccoli	0.5	15	7.5		
	Desert	Rice Pudding	1	260	260		
	Desert	Choco Powder	1	220	220		
11	Breakfast	Maple Grove Oatmeal	2	230	460	1990	10.00
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Lunch	Creamy Alfredo Pasta	1	290	290		
	Lunch	Southwest Rice	1	200	200		
	Lunch	Freeze-Dried Broccoli	0.5	15	7.5		
	Lunch	Rice Pudding	1	260	260		
	Lunch	Choco Powder	1	220	220		
	Dinner	Mashed Potatoes	0.5	120	60		
	Dinner	Mushroom Rice Pilaf	1	220	220		
	Dinner	Creamy Stroganoff	0.5	350	175		
	Dinner	Freeze-Dried Broccoli	0.5	15	7.5		
12	Breakfast	Maple Grove Oatmeal	2	230	460	1692.5	307.50
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Lunch	Mashed Potatoes	0.5	120	60		
	Lunch	Mushroom Rice Pilaf	1	220	220		
	Lunch	Creamy Stroganoff	0.5	350	175		
	Lunch	Freeze-Dried Broccoli	0.5	15	7.5		
	Dinner	Mushroom Rice Pilaf	1	220	220		
	Dinner	Homestyle Potato Soup	1	270	270		
	Dinner	Sweet Corn	1	40	40		

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	Dinner	Orange Energy Drink	1	150	150		
13	Breakfast	Maple Grove Oatmeal	2	230	460	1585	415.00
	Breakfast	Coffee w/ Whey Powder Milk	1	90	90		
	Lunch	Creamy Alfredo Pasta	1	290	290		
	Lunch	Long Grain White Rice	1	170	170		
	Lunch	Sweet Corn	1	40	40		
	Dinner	Southwest Rice	1	200	200		
	Dinner	Mushroom Rice Pilaf	0.5	220	110		
	Dinner	Mashed Potatoes	0.5	120	60		
	Dinner	Freeze-Dried Broccoli	1	15	15		
	Dinner	Orange Energy Drink	1	150	150		
	14	Breakfast	Coffee w/ Whey Powder Milk	1	90		
Breakfast		Buttermilk Pancakes	3	160	480		
Breakfast		Peanut Butter Powder	2	60	120		
Lunch		Southwest Rice	1	200	200		
Lunch		Mushroom Rice Pilaf	0.5	220	110		
Lunch		Mashed Potatoes	0.5	120	60		
Lunch		Freeze-Dried Broccoli	1	15	15		
Dinner		Buttermilk Pancakes	3	160	480		
Dinner		Orange Energy Drink	1	150	150		