

# Calorie Counting Plan

Date: September 9, 2013

| Day       | Meal 1 |          |                   |          |                    |          | Meal 2              |          |               |          |       |          | Meal 3         |          |                      |          |                |          |
|-----------|--------|----------|-------------------|----------|--------------------|----------|---------------------|----------|---------------|----------|-------|----------|----------------|----------|----------------------|----------|----------------|----------|
|           | Item   | Calories | Item              | Calories | Item               | Calories | Item                | Calories | Item          | Calories | Item  | Calories | Item           | Calories | Item                 | Calories | Item           | Calories |
| Monday    | 2 Eggs | 150      | 2 Slices of Toast | 140      | Honey Nut Cheerios | 300      | 8 Ounces of Chicken | 375      | 1 Cup of Rice | 265      | Salad | 50       | 8 Ounce Salmon | 410      | 6 Ounce Sweet Potato | 160      | 1 Cup Broccoli | 30       |
| Tuesday   |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |
| Wednesday |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |
| Thursday  |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |
| Friday    |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |
| Saturday  |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |
| Sunday    |        |          |                   |          |                    |          |                     |          |               |          |       |          |                |          |                      |          |                |          |

|                          |  |
|--------------------------|--|
| Total Calories Consumed: |  |
|--------------------------|--|

|                   |     |        |
|-------------------|-----|--------|
| Weight on Monday: | 185 | pounds |
| Weight on Sunday: | 180 | pounds |