

Body Fit Health Club
 141 Reach St. Unit #3
 Uxbridge, ON L9P 1L3
 Phone #: 905-852-6175
 Fax #: 905-852-1831
 info@bodyfit.ca



Meal Details For: Test, John
 For the Date Range: 05/01/2009 to 05/01/2009

Meals for
 05/01/2009

| Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories | Sat.Fat (gm) | Chol (mg) | Fib (gm) | Sodium (mg) | Mono Fat (gm) | Poly Fat (gm) |
|------------------|----------------------------|---|--------------|------------|-----------|----------|--------------|-----------|----------|-------------|---------------|---------------|
| Breakfast | | | | | | | | | | | | |
| 1 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 | 0.00 | 0.00 | 1.80 | 0.00 | 0.07 | 0.16 |
| 1 | 1.25 cup (1 NLEA serving) | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 1.86 | 26.66 | 0.31 | 116.87 | 0.12 | 0.00 | 0.31 | 291.71 | 0.07 | 0.07 |
| 1 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 | 0.30 | 4.00 | 0.00 | 126.00 | 0.16 | 0.02 |
| 8 | fluid ounce(s) | Orange Juice, Tropicana- 100% pure, plus calcium | 2.00 | 26.00 | 0.00 | 110.00 | 0.00 | 0.00 | 0.00 | 0.00 | NA | NA |
| Totals: | | | 13.46 | 91.26 | 1.31 | 417.87 | 0.42 | 4.00 | 2.11 | 417.71 | NA | NA |
| AM Snack | | | | | | | | | | | | |
| 1 | 1 oz | Cookies, vanilla wafers, lower fat | 1.42 | 20.87 | 4.31 | 125.02 | 1.09 | 14.46 | 0.54 | 88.45 | 1.86 | 1.10 |
| 1 | 0.5 cup | Fruit cocktail, canned, extra light syrup, solids & liquids | 0.49 | 14.30 | 0.09 | 55.35 | 0.01 | 0.00 | 1.35 | 4.92 | 0.02 | 0.04 |
| 1 | 1 cup (8 fl oz) | Tea, brewed, prepared with tap water, decaffeinated | 0.00 | 0.71 | 0.00 | 2.37 | 0.00 | 0.00 | 0.00 | 7.11 | 0.00 | 0.01 |
| Totals: | | | 1.91 | 35.88 | 4.40 | 182.74 | 1.11 | 14.46 | 1.89 | 100.48 | 1.87 | 1.15 |
| Lunch | | | | | | | | | | | | |
| 1 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 | 0.26 | 0.00 | 4.74 | 340.48 | 0.22 | 0.68 |
| 2 | 1 tablespoon | Salad dressing, KRAFT Mayo Light Mayonnaise | 0.18 | 2.55 | 9.87 | 100.20 | 1.50 | 10.50 | 0.03 | 239.10 | 0.00 | 0.00 |
| 2 | 1 cup | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve | 11.47 | 18.87 | 3.27 | 151.68 | 0.83 | 37.92 | 2.37 | 919.56 | 1.17 | 0.76 |
| 1 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 | 0.01 | 0.00 | 0.22 | 7.90 | 0.00 | 0.02 |
| 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 | 0.00 | 0.00 | 0.50 | 4.05 | NA | NA |
| 5 | ounce(s) | Turkey Breast / White Meat | 42.50 | 0.00 | 1.00 | 190.00 | 0.35 | 120.00 | 0.00 | 75.00 | 37.50 | 25.65 |
| Totals: | | | 61.09 | 59.07 | 15.99 | 623.92 | 2.95 | 168.42 | 7.85 | 1586.09 | NA | NA |
| PM Snack | | | | | | | | | | | | |
| 0.75 | cup | Cottage Cheese - 1% fat | 21.00 | 4.65 | 1.73 | 123.00 | 1.13 | 7.50 | 0.00 | 688.50 | 0.50 | 0.05 |
| 1 | each | Grapefruit - pink or red 4" diam. | 1.20 | 23.80 | 0.20 | 92.00 | 0.00 | 0.00 | 0.00 | 2.00 | 0.30 | 0.10 |
| Totals: | | | 22.20 | 28.45 | 1.93 | 215.00 | 1.13 | 7.50 | 0.00 | 690.50 | 0.80 | 0.15 |

Dinner

| Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories | Sat.Fat (gm) | Chol (mg) | Fib (gm) | Sodium (mg) | Mono Fat (gm) | Poly Fat (gm) |
|--------------------------|----------------|--|----------------|----------------|----------------|----------|--------------|-----------|----------|-------------|---------------|---------------|
| 2 | 0.5 cup | Asparagus, boiled, drained | 4.32 | 7.40 | 0.40 | 39.60 | 0.13 | 0.00 | 3.60 | 25.20 | 0.02 | 0.24 |
| 2 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 | 0.03 | 0.00 | 5.96 | 71.76 | NA | NA |
| 2 | table spoon | Oil & vinegar - Wish-Bone, Lite Classic | 0.00 | 4.00 | 4.00 | 40.00 | 0.00 | 0.00 | 0.00 | 340.00 | 0.60 | 0.20 |
| 6 | ounce(s) | Pork - broiled, chopped, trimmed,center loin | 51.36 | 0.00 | 13.80 | 342.00 | 4.80 | 138.00 | 0.00 | 102.00 | 1.80 | 0.60 |
| 2 | table spoon | Teriyaki sauce - LaChoy 'Sauce & Marinade' | 2.00 | 10.00 | 0.00 | 60.00 | 0.00 | 0.00 | 0.00 | 3280.00 | 0.00 | 0.20 |
| 1 | 0.5 cup, cubes | Yam, boiled, drained, or baked, no salt | 1.01 | 18.75 | 0.10 | 78.88 | 0.02 | 0.00 | 2.65 | 5.44 | 0.00 | 0.04 |
| Totals: | | | 62.14 | 49.04 | 18.49 | 604.48 | 4.98 | 138.00 | 12.21 | 3824.40 | NA | NA |
| Evening Snack | | | | | | | | | | | | |
| 1.25 | 1 cup | Blueberries, raw | 1.34 | 26.26 | 0.60 | 103.31 | 0.05 | 0.00 | 4.35 | 1.81 | 0.09 | 0.26 |
| 1.25 | cup | Non-fat yogurt-artificially sweetened | 13.25 | 24.13 | 0.49 | 151.25 | 0.27 | 4.07 | 1.58 | 174.35 | NA | NA |
| Totals: | | | 14.59 | 50.39 | 1.09 | 254.56 | 0.32 | 4.07 | 5.93 | 176.16 | NA | NA |
| Total for 05/01/2009: | | | 175.40 | 314.09 | 43.20 | 2298.58 | 10.90 | 336.45 | 30.00 | 6795.34 | NA | NA |
| Total Calories %: | | | 29.90 % | 53.54 % | 16.57 % | | | | | | | |

Important Notes

* If you have a medical condition, please consult with your doctor before following this meal plan.

* According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.

* Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.

| Qty | Measure | Description | A (I.U.) | Thi (mg) | Rib (mg) | Nia (mg) | B6 (Mg) | Fol (mcg) | B12 (mcg) | C (mg) | Calc (mg) | Iron (mg) | Mag (mg) | Pot (mg) | Zn (mg) |
|-----------------------|----------------|---|-------------|-------------|-------------|-------------|------------|--------------|--------------|-----------|--------------|--------------|-------------|-------------|------------|
| 2 | table spoon | Oil & vinegar - Wish-Bone, Lite Classic | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 20.00 | 0.00 |
| 6 | ounce(s) | Pork - broiled, chopped, trimmed, center loin | 12.00 | 1.98 | 0.54 | 9.42 | 0.78 | 0.00 | 1.26 | 0.60 | 54.00 | 1.44 | 48.00 | 636.00 | 4.02 |
| 2 | table spoon | Teriyaki sauce - LaChoy 'Sauce & Marinade' | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.64 | 0.00 | 3.60 | 0.00 | 0.00 | 0.00 |
| 1 | 0.5 cup, cubes | Yam, boiled, drained, or baked, no salt | 82.96 | 0.06 | 0.02 | 0.38 | 0.16 | 0.00 | 0.00 | 8.23 | 9.52 | 0.35 | 12.24 | 455.60 | 0.14 |
| Totals: | | | 1905.76 | 2.34 | 0.81 | 11.75 | 1.08 | 0.00 | 1.26 | 24.33 | 104.92 | 7.03 | 85.44 | 1514.80 | 5.24 |
| Evening Snack | | | | | | | | | | | | | | | |
| 1.25 | 1 cup | Blueberries, raw | 97.88 | 0.07 | 0.07 | 0.76 | 0.09 | 0.00 | 0.00 | 17.58 | 10.88 | 0.51 | 10.88 | 139.56 | 0.29 |
| 1.25 | cup | Non-fat yogurt-artificially sweetened | 49.71 | 0.13 | 0.56 | 0.63 | 0.14 | 40.22 | 1.39 | 33.00 | 462.50 | 0.77 | 51.44 | 687.38 | 2.29 |
| Totals: | | | 147.58 | 0.19 | 0.63 | 1.39 | 0.24 | 40.22 | 1.39 | 50.58 | 473.38 | 1.28 | 62.31 | 826.94 | 2.58 |
| Total for 05/01/2009: | | | 6929.88 | 3.88 | 3.07 | 36.33 | 3.13 | 418.10 | 7.01 | 266.01 | 1550.69 | 25.26 | 324.48 | 5113.20 | 17.33 |

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Grocery List For: Test, John
For the Date Range: 05/01/2009 to 05/01/2009

Individual Foods

| Food | Quantity | Measure |
|---|----------|----------------------------|
| Proteins (Healthy) | | |
| Turkey Breast / White Meat | 5 | ounce(s) |
| Jams/ Spreads/Sauces/ Syrups | | |
| Teriyaki sauce - LaChoy 'Sauce & Marinade' | 2 | table spoon |
| Dairy | | |
| Non-fat yogurt-artificially sweetened | 1.25 | cup |
| Milk - skim, no fat | 1 | cup |
| Fruits & Fruit Juices | | |
| Grapefruit - pink or red 4" diam. | 1 | each |
| Banana - med 8" | 1 | each |
| Blueberries, raw | 1.25 | 1 cup |
| Fruit cocktail, canned, extra light syrup, solids & liquids | 1 | 0.5 cup |
| Protein Snack Foods (Healthy) | | |
| Cottage Cheese - 1% fat | .75 | cup |
| Fats & Oils | | |
| Salad dressing, KRAFT Mayo Light Mayonnaise | 2 | 1 tablespoon |
| Cereals | | |
| Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 1 | 1.25 cup (1 NLEA serving) |
| Vegetables | | |
| Green salad w/ raw vegetables | 2 | cup |
| tomato, diced | .5 | 1/2 cup |
| Asparagus, boiled, drained | 2 | 0.5 cup |
| Spinach, raw | 1 | 1 leaf |
| Yam, boiled, drained, or baked, no salt | 1 | 0.5 cup, cubes |
| Breads and baked goods | | |
| Bread, pita, whole-wheat | 1 | 1 pita, large (6-1/2" dia) |
| Cookies, vanilla wafers, lower fat | 1 | 1 oz |
| Soups and Gravies | | |
| Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve | 2 | 1 cup |
| Beverages | | |
| Orange Juice, Tropicana- 100% pure, plus calcium | 8 | fluid ounce(s) |
| Tea, brewed, prepared with tap water, decaffeinated | 1 | 1 cup (8 fl oz) |
| Misc. Meats | | |
| Pork - broiled, chopped, trimmed, center loin | 6 | ounce(s) |
| Dressings | | |
| Oil & vinegar - Wish-Bone, Lite Classic | 2 | table spoon |