

National Rejuvenation Centers
34278 U.S. Hwy 19 North
Palm Harbor, FL 34684
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Meal Planner For: Male, Average
For the Date Range: 2/18/2020 to 2/24/2020

DAY # 1
2/18/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.50	1 cup	Cereals, oats, regular and quick and instant, not fortified,	5.33	27.42	2.64	153.50
1.00	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals:			34.93	67.12	3.24	431.50
AM Snack						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			38.20	48.70	2.60	355.00
Lunch						
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
3.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			41.90	24.70	5.90	332.00
PM Snack						
8.00	each	Cracker/Nabisco - Low Saltines	1.60	16.00	3.20	96.00
5.00	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
Totals:			39.10	18.50	5.70	271.00
Dinner						
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
6.00	ounce(s)	Halibut - broiled	45.00	0.00	6.00	240.00
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:			57.10	72.84	9.62	604.52
Evening Snack						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Actual Totals for Day 2/18/2020:			218.73	245.36	27.06	2084.01
Actual % of Total Calories:			41.66	46.74	11.60	

DAY # 2

2/19/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.50	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.10	33.61	2.66	165.15
1.50	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
Totals:			18.90	78.16	3.86	399.15
AM Snack						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			37.30	43.00	2.50	331.00
Lunch						
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
3.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			41.90	24.70	5.90	332.00
PM Snack						
1.50	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
Totals:			42.00	9.30	3.45	246.00
Dinner						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
2.00	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
2.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
4.00	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
2.00	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
Totals:			54.33	59.08	20.74	643.90
Evening Snack						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Actual Totals for Day 2/19/2020:			201.93	227.73	36.45	2042.05
Actual % of Total Calories:			39.46	44.51	16.03	

DAY # 3

2/20/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.50	1 cup	Cereals, oats, regular and quick and instant, not fortified,	5.33	27.42	2.64	153.50
1.00	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
1.25	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
Totals:			37.03	70.09	3.34	453.00
AM Snack						
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			37.00	22.00	2.00	250.00
Lunch						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
4.00	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
6.00	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
1.00	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals:			60.46	49.75	4.03	475.52
PM Snack						
1.50	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
0.75	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.81	11.18	0.11	43.92
Totals:			42.81	20.48	3.56	289.92
Dinner						
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
1.00	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			57.60	60.54	8.82	553.52
Evening Snack						
8.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	5.36	21.36	8.00	184.00
Totals:			5.36	21.36	8.00	184.00
Actual Totals for Day 2/20/2020:			240.26	244.23	29.75	2205.95
Actual % of Total Calories:			43.57	44.29	12.14	

DAY # 4

2/21/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.50	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.10	33.61	2.66	165.15
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			22.20	85.71	3.66	446.15
AM Snack						
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			37.00	22.00	2.00	250.00
Lunch						
12.00	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
10.00	each	Cracker/Nabisco - Low Saltines	2.00	20.00	4.00	120.00
6.00	ounce(s)	Tuna Solid White -Water Sm. can	45.00	3.00	3.00	210.00
Totals:			47.77	32.89	7.16	372.00
PM Snack						
1.50	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
1.00	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.07	14.91	0.15	58.56
Totals:			43.07	24.21	3.60	304.56
Dinner						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
2.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1.00	1 small	Sweet potato, cooked, baked in skin, without salt	1.21	12.43	0.09	54.00
Totals:			50.45	31.43	15.81	472.40
Evening Snack						
8.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	5.36	21.36	8.00	184.00
Totals:			5.36	21.36	8.00	184.00
Actual Totals for Day 2/21/2020:			205.85	217.59	40.22	2029.11
Actual % of Total Calories:			40.05	42.34	17.61	

DAY # 5

2/22/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
1.50	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
Totals:			22.70	80.25	0.90	438.00
AM Snack						
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			37.00	22.00	2.00	250.00
Lunch						
2.00	1 slice	Bread, whole-wheat, commercially prepared	7.25	23.12	1.88	138.32
3.00	1 leaf	Spinach, raw	0.86	1.09	0.12	6.90
6.00	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
1.00	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals:			59.87	28.39	3.49	392.22
PM Snack						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			0.30	21.00	0.50	81.00
Dinner						
2.00	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
1.00	1 cup	Beans, snap, green, frozen, cooked, boiled, drained	2.01	8.71	0.23	37.80
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6.00	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
Totals:			45.21	61.81	3.81	453.80
Evening Snack						
8.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	5.36	21.36	8.00	184.00
Totals:			5.36	21.36	8.00	184.00
Actual Totals for Day 2/22/2020:			170.45	234.80	18.70	1799.02
Actual % of Total Calories:			38.10	52.49	9.41	

DAY # 6

2/23/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0.50	1 cup	Cereals, oats, regular and quick and instant, not fortified,	5.33	27.42	2.64	153.50
1.50	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals:			44.93	69.12	3.24	481.50
AM Snack						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			37.30	43.00	2.50	331.00
Lunch						
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
1.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:			41.70	20.90	4.10	300.00
PM Snack						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
1.00	cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
2.00	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
6.00	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
1.00	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
Totals:			53.55	62.00	16.80	620.40
Evening Snack						
8.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	5.36	21.36	8.00	184.00
Totals:			5.36	21.36	8.00	184.00
Actual Totals for Day 2/23/2020:			190.33	229.88	34.64	2006.89
Actual % of Total Calories:			38.21	46.15	15.65	

DAY # 7
2/24/2020

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
1.00	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
1.00	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
Totals:			18.50	74.30	0.70	395.00
AM Snack						
1.00	each	Orange - medium	1.10	17.40	0.30	69.00
1.00	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals:			38.10	39.40	2.30	319.00
Lunch						
1.00	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without	5.70	9.84	0.22	51.52
6.00	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6.00	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
2.00	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals:			48.90	50.94	2.80	421.52
PM Snack						
6.00	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals:			7.50	13.50	0.00	90.00
Dinner						
0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
2.00	1 tablespoon	Cheese, parmesan, grated	3.85	0.41	2.86	43.10
5.00	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
1.00	cup	Marinara sauce - Progresso 'Authentic'	8.00	20.00	12.00	220.00
2.00	table spoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:			51.75	69.96	20.01	681.60
Evening Snack						
8.00	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	5.36	21.36	8.00	184.00
Totals:			5.36	21.36	8.00	184.00
Actual Totals for Day 2/24/2020:			170.11	269.46	33.81	2091.12
Actual % of Total Calories:			32.99	52.26	14.75	

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.