

1,500-Calorie Menu: Day Three
Menu created by Steven Heymsfield, M.D.

Food	Amount	Calories
Breakfast:		
Aunt Jemima Home-Style Waffles	2 waffles	160
Yoplait Light Yogurt Apple Turnover	1 serving	100
Tropicana Orange Juice	8-ounce carton	110
Lunch:		
Lean Pockets Philly Steak and Cheese	1 serving	280
Bird's Eye Deluxe Asparagus Spears	1 package	80
Dinner:		
Healthy Choice Meatloaf	2 portions	600
Oh Boy! Stuffed Potatoes with Onions & Sour Cream	1 serving	110
Haagen Dazs Raspberry Sorbet & Vanilla Yogurt Bar	1 serving	90
Total Calories		1,530