

Here is a sample low fat diet plan (1300 calories).

	Amount	Item	Protein	Carbs	Fats	Calories
	12 ounces	coffee-w/caffeine	0.4	1.4	0	8
	1 each	Bagel-plain, Lenders Bake Shop	8	42	2	210
	2 tbsp	Peanut butter-creamy	8.6	5.7	16.4	190
	1 tbsp	Cream, fluid, half and half	0.44	0.65	1.73	19.55
	Total:		17.44	49.74	20.12	427.55
AM Snack						
	1 each	apple-medium with peel	0.3	21.1	0	81
	Total:		0.3	21.1	0	81
Lunch						
	3 ounces	chicken breast/white meat	26.4	0	3	140.25
	12 ounces	Coca cola- diet w/caffeine	0	0.4	0	0
	.25 cup	Croutons-plain	9	5.5	0.5	30.5
	1 large	Salad-orig. Garden w/tomato and onion	2.6	19	0.8	98
	4 tbps	Thousand island-reduced cal. Kraft	0	12	4	80
	Total:		38	36.9	8.3	348.75
PM Snack						
	1 each	apple-medium with peel	0.3	21.1	0	81
	Total:		0.3	21.1	0	81
Dinner						
	3 ounces	chicken breast/white meat	26.4	0	3	140.25
	1 cup	cooked	3.68	39.07	1.07	176.4
	1 small	salad-sm. Garden w/tomato, onion	1.3	9.5	0.4	49
	2 tbps	thousand island-reduced cal. Kraft	0	6	2	40
	Total:		31.38	54.57	6.42	405.65
	Grand Total:		87.43	183.42	34.85	1343.95

Grocery List

Food	Quantity
Apple - medium with peel	14 each
Bagel - plain	7 each
Chicken Breast / White Meat	42 ounces
Coca Cola - diet	84 ounces
Cream, fluid, half and half	tablespoons
Croutons - plain	2 cups
Pasta, corn, cooked	7 cups
Peanut butter - creamy	14 table spoons
Salad - large garden	7 large
Salad - small garden	7 small
Thousand island - reduced cal.	42 table spoons