

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Oatmeal Top W/ Cinnamon, Nuts &amp; Fruit</b>					
½ cup, cooked	Cereals, steel cut oats, cooked	4.07	16.83	1.60	96.53
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
1 tablespoon	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
<b>Totals:</b>		<b>9.08</b>	<b>33.50</b>	<b>15.41</b>	<b>290.86</b>
<b>AM Snack - Apple W/ Goat Cheese</b>					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
<b>Totals:</b>		<b>2.78</b>	<b>10.63</b>	<b>3.24</b>	<b>78.49</b>
<b>Lunch - Spinach Salad W/ Veg, Beans, Egg, Lemon Juice &amp; Dressing</b>					
½ cup	Chickpeas	7.27	22.48	2.12	134.48
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
½ cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
4 large	Olives, small-medium	0.15	1.10	1.88	20.24
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
<b>Totals:</b>		<b>26.10</b>	<b>36.03</b>	<b>12.59</b>	<b>350.29</b>
<b>PM Snack - Use Flaxseed To Mix In Yogurt</b>					
½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
5 almonds	Nuts, almonds	1.06	0.99	2.53	28.90
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	9.76	13.08	0.31	95.34
<b>Totals:</b>		<b>12.45</b>	<b>26.30</b>	<b>5.61</b>	<b>197.60</b>
<b>Dinner - Shrimp, Buckwheat; Mix Tom, Zucchini And Oil</b>					
½ cup	Buckwheat, cooked	2.84	16.75	0.52	77.28
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4 ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
<b>Totals:</b>		<b>26.99</b>	<b>25.78</b>	<b>8.75</b>	<b>297.00</b>
<b>Evening Snack - Fresh Kiwi Fruit With Walnuts</b>					
1 fruit without skin, medium	Kiwi fruit,	0.87	11.14	0.40	46.36
½ ounce	Nuts, walnuts	2.13	1.92	9.13	91.56
<b>Totals:</b>		<b>3.00</b>	<b>13.06</b>	<b>9.52</b>	<b>137.92</b>
<b>Actual Totals for Day:</b>		<b>80.39</b>	<b>145.30</b>	<b>55.13</b>	<b>1352.17</b>
<b>Actual % of Total Calories:</b>		<b>22.99</b>	<b>41.55</b>	<b>35.47</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Toast W/ Peanut Butter, Grapefruit &amp; Egg</b>					
1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>		<b>12.06</b>	<b>28.65</b>	<b>10.75</b>	<b>247.37</b>
<b>AM Snack - Use Flaxseed To Mix In Yogurt</b>					
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
½ cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
1 container (6 oz)	Yogurt, plain	6.50	8.72	0.20	63.56
<b>Totals:</b>		<b>8.11</b>	<b>16.29</b>	<b>2.96</b>	<b>119.92</b>
<b>Lunch – Open faced Tuna, Mayo, Veggies And Dressing</b>					
1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
1 tablespoon	Mayonnaise - low-fat	0.00	4.00	1.00	25.00
4 large	Olives, small-medium	0.15	1.10	1.88	20.24
2 tablespoons	Salad dressing, (recipe)	0.08	1.88	5.60	56.00
2 leaves	Spinach, raw	0.57	0.73	0.08	4.60
4 ounce(s)	Tuna, light in water	20.00	0.00	1.33	120.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>		<b>23.94</b>	<b>27.30</b>	<b>10.72</b>	<b>320.46</b>
<b>PM Snack - Hummus, Crackers And Celery</b>					
4 stalks	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3 tablespoons	Hummus, home prepared	2.19	9.05	3.87	79.65
2	Crackers, brown rice	2.00	14.00	0.00	60.00
<b>Totals:</b>		<b>6.19</b>	<b>31.05</b>	<b>3.87</b>	<b>179.65</b>
<b>Dinner - Mix Spaghetti W/Salmon, Broccoli, Tom, Garlic &amp; Oil</b>					
½ cup, chopped	Broccoli, steamed, no salt	1.86	5.60	0.32	27.30
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2 ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ cup	Tomato, diced	0.00	1.00	0.00	4.75
<b>Totals:</b>		<b>18.9</b>	<b>40.33</b>	<b>14.78</b>	<b>372.42</b>
<b>Evening Snack - Grapes And Seeds</b>					
15 each	Grapes - American	0.30	6.15	0.15	30.00
½ ounce	Seeds, pumpkin and squash seed kernels, roasted, no salt	4.67	1.90	5.97	73.99
<b>Totals:</b>		<b>4.97</b>	<b>8.05</b>	<b>6.12</b>	<b>103.99</b>
<b>Actual Totals for Day:</b>		<b>74.31</b>	<b>157.15</b>	<b>51.17</b>	<b>1349.44</b>
<b>Actual % of Total Calories:</b>		<b>22.02</b>	<b>46.58</b>	<b>26.54</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Cereal W/ Milk And Fruit</b>					
½ each	Banana - med 8"	0.60	13.35	0.30	52.50
1 cup	Amaranth Cereal	4.80	48.60	1.62	118.20
1 cup	Milk or substitute	8.40	11.90	0.40	86.00
<b>Totals:</b>		<b>13.8</b>	<b>73.85</b>	<b>2.32</b>	<b>256.7</b>
<b>AM Snack - Apple Topped With Peanut Butter</b>					
1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>		<b>2.15</b>	<b>12.25</b>	<b>4.33</b>	<b>88.00</b>
<b>Lunch – Salmon Pasta W/ Avoc, Veggies &amp; Dressing</b>					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
1 tablespoon	Salad dressing (recipe)	0.04	0.94	2.80	28.00
2 leaf	Kale, raw	0.57	0.73	0.08	4.60
2 ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>		<b>15.99</b>	<b>38.28</b>	<b>14.23</b>	<b>345</b>
<b>PM Snack - Kiwi And Almonds</b>					
1 fruit without skin, medium	Kiwi fruit, fresh, raw	0.87	11.14	0.40	46.36
10 almonds	Nuts, almonds	1.70	1.58	4.05	46.24
<b>Totals:</b>		<b>2.57</b>	<b>12.72</b>	<b>4.45</b>	<b>92.60</b>
<b>Dinner - Burger, Asparagus Top W/ Feta And Oil</b>					
1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
½ ounce	Cheese, feta	2.01	0.58	3.02	37.42
1 patty	Easy Veggie Burger, (recipe)	10.99	9.99	4.41	123.90
1/3 tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
½ cup	Yam – baked or boiled	1.21	12.43	0.09	54.00
<b>Totals:</b>		<b>18.81</b>	<b>30.6</b>	<b>12.78</b>	<b>302.61</b>
<b>Evening Snack - Use Flaxseed Mixed In Yogurt</b>					
½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
<b>Totals:</b>		<b>14.64</b>	<b>29.67</b>	<b>3.18</b>	<b>200.49</b>
<b>Actual Totals for Day:</b>		<b>67.96</b>	<b>197.37</b>	<b>41.29</b>	<b>1285.4</b>
<b>Actual % of Total Calories:</b>		<b>21.14</b>	<b>61.41</b>	<b>22.48</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Yogurt Top W/ Fruit &amp; Chia</b>					
¼ cup	Blueberries, raw/frozen	0.80	15.76	0.36	61.99
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
<b>Totals:</b>		<b>18.01</b>	<b>27.81</b>	<b>4.72</b>	<b>214.78</b>
<b>AM Snack - Banana With Almond Butter</b>					
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
½ each	Banana - med 8"	0.60	13.35	0.30	52.50
<b>Totals:</b>		<b>1.81</b>	<b>15.05</b>	<b>5.03</b>	<b>103.14</b>
<b>Lunch - Burger, Lentils &amp; Sauce</b>					
½ cup	Broccoli, steamed, no salt	2.85	4.92	0.11	25.76
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup	Mushrooms, raw	0.54	0.57	0.06	3.85
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4 tablespoon	Tomato sauce, no salt added	0.78	4.45	0.12	22.20
1 patty	Easy Veggie Burger, (recipe)	10.99	9.99	4.41	123.90
<b>Totals:</b>		<b>19.62</b>	<b>29.89</b>	<b>11.89</b>	<b>298.13</b>
<b>PM Snack - Use Chia Seeds To Mix In Yogurt</b>					
½ cup	Raspberries, raw/frozen	0.74	7.34	0.40	31.98
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
<b>Totals:</b>		<b>20.95</b>	<b>20.56</b>	<b>4.76</b>	<b>201.44</b>
<b>Dinner - Meatballs, Rice, Eggplant Top W/ Cheese And Oil</b>					
½ cup	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
3	Meatballs Marinara (recipe)	15.00	6.00	6.00	150.00
<b>Totals:</b>		<b>17.93</b>	<b>32.71</b>	<b>13.99</b>	<b>340.54</b>
<b>Evening Snack - Grapes And Nuts</b>					
15 each	Grapes - American	0.20	4.10	0.10	20.00
5 almonds	Nuts, almonds	1.06	0.99	2.53	28.90
<b>Totals:</b>		<b>1.26</b>	<b>5.09</b>	<b>2.63</b>	<b>48.90</b>
<b>Actual Totals for Day:</b>		<b>79.58</b>	<b>131.11</b>	<b>43.02</b>	<b>1206.93</b>
<b>Actual % of Total Calories:</b>		<b>26.37</b>	<b>43.45</b>	<b>24.95</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Eggs Scrambled And Fruit</b>					
1 slice	Bread, Gluten Free	3.00	18.00	2.00	80.00
½ cup	Egg substitute, liquid	7.53	0.40	2.08	52.71
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
3 tablespoon(s)	Salsa	0.00	0.00	0.00	4.00
½ large	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
<b>Totals:</b>		<b>17.87</b>	<b>32.37</b>	<b>9.55</b>	<b>267.33</b>
<b>AM Snack - Cucumber And Pistachios</b>					
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
½ ounce	Nuts, pistachio nuts, raw	2.92	3.96	6.30	78.95
<b>Totals:</b>		<b>3.72</b>	<b>6.76</b>	<b>6.30</b>	<b>92.95</b>
<b>Lunch - Meatball Soup &amp; Rice (Add Extra Veg To Salad)</b>					
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
3	Meatballs Marinara (recipe)	15.00	6.00	6.00	150.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
½ cup	Soup, Organic Minestrone Soup (store bought)	1.50	8.50	0.50	45.00
<b>Totals:</b>		<b>21.62</b>	<b>55.89</b>	<b>8.18</b>	<b>401.22</b>
<b>PM Snack - Apple And Cottage Cheese</b>					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ cup	Cheese, cottage, low-fat, 1% milk, no sodium	14.01	3.05	1.13	81.36
<b>Totals:</b>		<b>14.31</b>	<b>24.05</b>	<b>1.63</b>	<b>162.36</b>
<b>Dinner - Chicken, Veg And Sweet Potato</b>					
1 cup, chopped	Broccoli, boiled, drained, no salt	3.71	11.20	0.64	54.60
4 ounce(s)	Chicken Breast / White Meat	25.50	0.00	3.70	143.00
½ table spoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
½ cup	Pepper - sweet bell, all colors, chopped	0.60	4.60	0.10	19.00
½ cup	Yam – baked or boiled	2.01	20.71	0.15	90.00
<b>Totals:</b>		<b>31.82</b>	<b>36.51</b>	<b>8.09</b>	<b>326.60</b>
<b>Evening Snack - Sunflower Seeds And Blackberries</b>					
½ cup	Blackberries, raw/frozen	1.00	6.92	0.35	30.96
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
<b>Totals:</b>		<b>3.71</b>	<b>10.29</b>	<b>7.32</b>	<b>112.44</b>
<b>Actual Totals for Day:</b>		<b>86.05</b>	<b>165.87</b>	<b>41.17</b>	<b>1372.9</b>
<b>Actual % of Total Calories:</b>		<b>28.36</b>	<b>50.13</b>	<b>21.41</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Cereal W/ Milk And Fruit</b>					
½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
1 cup	Amaranth Cereal	4.80	48.60	1.62	118.20
1 cup	Milk or substitute	8.40	11.90	0.40	86.00
<b>Totals:</b>		<b>13.74</b>	<b>71.01</b>	<b>2.26</b>	<b>245.53</b>
<b>AM Snack - Apple Topped W/ Peanut Butter</b>					
1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
<b>Totals:</b>		<b>2.15</b>	<b>12.25</b>	<b>4.33</b>	<b>88.00</b>
<b>Lunch – Chicken, Potato, Top W/ Avoc, Cook Mush/On In Oil</b>					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
½ cup	Yam – baked or boiled	2.01	20.71	0.15	90.00
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2 tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
4 ounce(s)	Chicken Breast / White Meat	25.50	0.00	3.70	143.00
<b>Totals:</b>		<b>29.99</b>	<b>28.8</b>	<b>15.25</b>	<b>381.42</b>
<b>PM Snack - Nuts And Vegetables</b>					
4 each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
<b>Totals:</b>		<b>5.15</b>	<b>15.50</b>	<b>5.27</b>	<b>121.60</b>
<b>Dinner - Halibut, Broccoli And Cauliflower W/ Oil &amp; Rice</b>					
½ cup, chopped	Broccoli, steamed no salt	1.86	5.60	0.32	27.30
½ cup (1" pieces)	Cauliflower, steamed no salt	1.14	2.55	0.28	14.26
3 ounces	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
<b>Totals:</b>		<b>28.20</b>	<b>30.53</b>	<b>10.98</b>	<b>333.78</b>
<b>Evening Snack - Use Flaxseed Mix W/ Yogurt</b>					
½ cup	Raspberries, raw/frozen	0.74	7.34	0.40	31.98
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
<b>Totals:</b>		<b>14.84</b>	<b>26.51</b>	<b>3.34</b>	<b>191.14</b>
<b>Actual Totals for Day:</b>		<b>92.07</b>	<b>184.6</b>	<b>42.53</b>	<b>1361.47</b>
<b>Actual % of Total Calories:</b>		<b>26.90</b>	<b>56.21</b>	<b>21.39</b>	

### 3 week "Diet-Free" Diet Plan

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Yogurt Top W/ Cinnamon, Nuts &amp; Fruit</b>					
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ ounce (7)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw/frozen	0.51	5.84	0.23	24.32
<b>Totals:</b>		<b>17.79</b>	<b>16.29</b>	<b>9.46</b>	<b>208.21</b>
<b>AM Snack – Kiwi &amp; Nuts</b>					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
½ ounce (7)	Nuts, walnuts, English	2.13	1.92	9.13	91.56
<b>Totals:</b>		<b>3.00</b>	<b>13.06</b>	<b>9.53</b>	<b>137.89</b>
<b>Lunch – Halibut, Rice and Salad</b>					
3 ounces	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ cup	Rice, brown, cooked	2.52	22.39	0.88	108.22
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1 tablespoon	Salad dressing (recipe)	0.04	0.94	2.80	28.00
<b>Totals:</b>		<b>26.25</b>	<b>27.33</b>	<b>6.18</b>	<b>200.49</b>
<b>PM Snack - Use Ground Flaxseed Mix With Yogurt</b>					
½ cup	Blueberries, raw/frozen	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain	13.01	17.43	0.41	127.12
<b>Totals:</b>		<b>14.64</b>	<b>29.67</b>	<b>3.18</b>	<b>200.49</b>
<b>Dinner - Shrimp, Mix Spaghetti W/ Cheese, Oil, Tom &amp; Zucchini</b>					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
3 ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Angel hair – buckwheat, cooked	5.25	31.50	0.75	157.50
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
<b>Totals:</b>		<b>23.41</b>	<b>25.78</b>	<b>9.71</b>	<b>290.75</b>
<b>Evening Snack - Cheese And Fruit</b>					
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
15 each	Grapes - American	0.30	6.15	0.15	30.00
<b>Totals:</b>		<b>2.93</b>	<b>6.28</b>	<b>3.14</b>	<b>67.99</b>
<b>Actual Totals for Day:</b>		<b>87.41</b>	<b>129.49</b>	<b>32.44</b>	<b>1258.72</b>
<b>Actual % of Total Calories:</b>		<b>30.09</b>	<b>44.55</b>	<b>19.54</b>	