

Breakfast

301 calories



- Scrambled Eggs
- Turkey Bacon (2 slices)
- Coffee



Lunch

352 calories

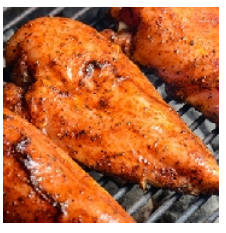


- Ham sandwich with cheese
- Doritos (Baked)
- Diet Cola



Dinner

270 calories



- BBQ Chicken Breast
- Corn on the Cob
- Diet Cola



Snacking

294 calories



- Laughing Cow cheese and Crackers
- Nature Valley Crunchy Granola Bars Oat Honey

