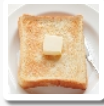


Breakfast

604 calories



- **Deluxe Oatmeal**
- Toast with Butter (2 servings)
- Orange Juice, Raw

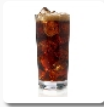


Lunch

174 calories



- **Walnut Spinach Salad (2 servings)**
- Diet Cola



Dinner

467 calories



- **Parmesan Crusted Chicken**
- Steamed Broccoli
- Alcoholic Bev, Wine, Table, Red



Snacking

250 calories

- Kellogg's Special K Cereal Bars Chocolatey Pretzel...
- Sargento String Cheese Snacks (2 servings)

