

Your Meal Calendar

Tip: Click any day to view meal plans

December 2008 LEGEND

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Custom Menus (build custom menu) You currently have no custom menu's created.

Meal Lab Menus 40-30-30 Meal Plan Assign

Menu for Friday, December 19, 2008

Daily Calorie Requirements
1,771

Dietary Preferences » Menu Details » Shopping List »

Breakfast | **Mid-AM Meal** | Lunch | Mid-PM Meal | Dinner | PM Snack

Serving	Description	Calories
Entree : Cheerios with FlaxSeeds		
1 cup	Cereals rte,general mills,multi-grain cheerios	113.7
2 tbsp, ground	Seeds,flaxseed	74.76
1 cup	Milk,low fat,fluid,1% or substitute (rice, soy, almond)	118.08
Side Item :		
1 1/4 cup	Milk,nonfat,fluid,w/ vit a (fat free or skim)	104.13
1 1/2 medium (approx 4" dia)	Grapefruit,pink&red&white,all areas	122.88
Total		533.55
Daily Water Requirement		
9 glasses(8 oz)		

[Full Details »](#) [Print Menu »](#) [Rebuild Menu »](#)