

Optimum Condition

P.O. Box 1957

El Cajon, CA 92022

Phone #: (619) 252-4993

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www.optimumcondition.com

Grocery List For: Perez, Letician
For the Date Range: 01/06/2005 to 11/06/2005

Food Quantity Measure

Angel hair, corn, Westbrae, cooked 1.5 cup
Apple - medium with peel 3 each
Bagel - plain Lenders brand 1.5 each
Banana - med 8" 2 each
BBQ - Healthy Choice 3 table spoon
Bran Flakes - cereal 1 cup
Bread - slice rye 7 grain 1 each
Bread whole wheat -slice 4 each
Broccoli 6 spear
Brown rice - cooked 2 cup
Cheese - Kraft Free slice 2 each
cheese,parmesan,grated 2 1 tablespoon
Chicken Breast / White Meat 27 ounce(s)
chives,raw 3 1 tablespoon, chopped
Coca Cola - diet w/caffeine 36 ounce(s)
Coffee - w/caffeine 48 ounce(s)
Cottage Cheese - 1% fat 1.5 cup
Cracker/Nabisco - Low Saltines 20 each
cream,fluid,half and half 4 1 tablespoon
Croutons -plain 0.5 cup
Egg - boiled white only 3 each
Egg Beaters - Fleischmann's 3.25 cup
Flounder - broiled 3 ounce(s)
Grapefruit - pink or red 4" diam. 1.5 each
Grapes - American 20 each
Halibut - broiled 3 ounce(s)
Hash browns - frozen, pan cooked 6 ounce(s)
Jelly - all flavors, Simply Fruit, Smuckers 4 tea spoon
lettuce,iceberg (incl crisphead types),raw 1 1 small leaf
Marinara sauce - Progresso 'Authentic' 0.25 cup
Mayonnaise - Kraft Free, fat free 3 table spoon
Milk - skim, no fat 1.5 cup
Oatmeal - instant pkt.,plain Quaker Extra 1 pack
Orange - medium 2 each
Orange - medium 1 each
Popcorn - Lite, microwaved, Orvill Red. Gourmet 1 cup

Potato - white medium 12 ounce(s)
 Ranch - no fat, Kraft Free 2 table spoon
 Rice - white cook steamed 3 cup
 Salad - lrg. garden w/tomato & onion 2 large
 Salad - med. garden w/tomato, onion 2 medium
 Salad - sm. garden w/tomato, onion 6 small
 Salmon - broiled 7 ounce(s)
 Salsa - Chunky medium, Pace 4 table spoon
 sausage - turkey, Jimmy Dean Light 3 ounce(s)
 soup,veg bf,cnd,cond,comm 0.330000013113022 1 can (10.75 oz)
 soup,veg w/bf broth,cnd,cond,comm 0.330000013113022 1 can (10.5 oz)
 sour crm,imitn,cultured 2.5 1 oz
 Sugar - white 9 tea spoon
 Tea - instant, lemon flavored,Lipton 24 fluid ounce(s)
 Tea - prepared w/tap water 36 fluid ounce(s)
 tea,inst,swtnd w/sugar,lemon-flavored,wo/ vit c,pd 3 1 cup
 Thousand island - reduced cal. Kraft 15 table spoon
 Tortilla - flour, soft, 7" diam. 3 each
 Tuna Solid White -Water Sm. can 8.59999990463257 ounce(s)
 Turkey Breast / White Meat 4 ounce(s)
 Yogurt - Dannon, fat free, blended, all flavors 1 ounce(s)

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Meal Planner For: Perez, Letician
 For the Date Range: 01/06/2005 to 11/06/2005

DAY # 1

(02/18/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

9 1 each Bread - slice rye 7 grain 5.00 36.00 2.00 90.00
 1 1 cup Egg Beaters - Fleischmann's 20.00 4.00 0.00 100.00
 7 1 each Grapefruit - pink or red 4" diam. 1.20 23.80 0.20 92.00
 0 1 1 cup tea,inst,swtnd w/sugar,lemon-flavored,wo/ vit c,pd 1.09 177.63 0.55
 700.70
 Totals: 27.29 241.43 2.75 982.70

AM Snack

9 1 each Banana - med 8" 1.20 26.70 0.60 105.00
 Totals: 1.20 26.70 0.60 105.00

Lunch

1 3 ounce(s) Chicken Breast / White Meat 26.40 0.00 3.00 140.25
 3 1 medium Salad - med. garden w/tomato, onion 1.95 14.25 0.60 73.50
 20 1 table spoon Thousand island - reduced cal. Kraft 0.00 3.00 1.00 20.00
 Totals: 28.35 17.25 4.60 233.75

PM Snack

9 2 each Cracker/Nabisco - Low Saltines 0.40 4.00 0.80 24.00
 8 2 ounce(s) Tuna Solid White -Water Sm. can 15.00 0.00 0.72 71.42
 Totals: 15.40 4.00 1.52 95.42

Dinner

3 1 spear Broccoli 4.50 7.90 0.50 42.00
 1 3 ounce(s) Halibut - broiled 22.50 0.00 3.00 119.25
 9 0.5 cup Rice - white cook steamed 3.00 31.00 0.00 82.00
 3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00
 20 1 table spoon Thousand island - reduced cal. Kraft 0.00 3.00 1.00 20.00
 Totals: 31.30 51.40 4.90 312.25

Total for 02/18/2005: 103.54 340.78 14.37 1729.12

Total Calories %: 21.72 71.50 6.78

DAY # 2

(02/19/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

1 1 cup Egg Beaters - Fleischmann's 20.00 4.00 0.00 100.00
 5 1 cup Milk - skim, no fat 8.00 12.00 0.00 80.00
 15 1 pack Oatmeal - instant pkt.,plain Quaker Extra 4.40 17.60 2.00 95.00
 7 1 each Orange - medium 1.10 17.40 0.30 69.00
 0 1 1 cup tea,inst,swtnd w/sugar,lemon-flavored,wo/ vit c,pd 1.09 177.63 0.55
 700.70
 Totals: 34.59 228.63 2.85 1044.70

AM Snack

9 1 each Apple - medium with peel 0.30 21.10 0.00 81.00
 Totals: 0.30 21.10 0.00 81.00

Lunch

1 3 ounce(s) Flounder - broiled 20.49 0.00 0.00 99.00
 3 1 medium Salad - med. garden w/tomato, onion 1.95 14.25 0.60 73.50
 20 1 table spoon Thousand island - reduced cal. Kraft 0.00 3.00 1.00 20.00
 Totals: 22.44 17.25 1.60 192.50

PM Snack

8 3 each Egg - boiled white only 10.50 0.90 0.00 51.00
 Totals: 10.50 0.90 0.00 51.00

Dinner

3 1 spear Broccoli 4.50 7.90 0.50 42.00
 9 1 cup Rice - white cook steamed 6.00 62.00 0.00 164.00
 3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00
 1 2 ounce(s) Salmon - broiled 12.54 0.00 8.00 116.66

20 1 table spoon Thousand island - reduced cal. Kraft 0.00 3.00 1.00 20.00
Totals: 24.34 82.40 9.90 391.66
Total for 02/19/2005: 92.17 350.28 14.35 1760.86
Total Calories %: 19.42 73.79 6.80

DAY # 3

(02/20/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

9 1 each Banana - med 8" 1.20 26.70 0.60 105.00
0 1 1 cup tea,inst,swtnd w/sugar,lemon-flavored,wo/ vit c,pd 1.09 177.63 0.55
700.70
5 1 ounce(s) Yogurt - Dannon, fat free, blended, all flavors 1.17 5.50 0.00 26.67
Totals: 3.46 209.83 1.15 832.37

AM Snack

9 2 each Cracker/Nabisco - Low Saltines 0.40 4.00 0.80 24.00
8 1 ounce(s) Tuna Solid White -Water Sm. can 7.50 0.00 0.36 35.71
Totals: 7.90 4.00 1.16 59.71

Lunch

21 1 table spoon BBQ - Healthy Choice 0.03 5.70 0.02 25.00
1 1 ounce(s) Chicken Breast / White Meat 8.80 0.00 1.00 46.75
6 1 1 tablespoon, chopped chives,raw 0.10 0.13 0.02 0.90
9 1 ounce(s) Potato - white medium 0.70 6.85 0.03 29.75
5 0.5 1 oz sour crm,imitn,cultured 0.34 0.94 2.77 29.55
Totals: 9.97 13.62 3.83 131.95

PM Snack

8 1 cup Cottage Cheese - 1% fat 28.00 6.00 2.00 164.00
Totals: 28.00 6.00 2.00 164.00

Dinner

3 1 spear Broccoli 4.50 7.90 0.50 42.00
10 1 cup Brown rice - cooked 4.00 46.00 0.00 220.00
5 1 each Cheese - Kraft Free slice 5.00 3.00 0.00 30.00
1 1 ounce(s) Chicken Breast / White Meat 8.80 0.00 1.00 46.75
3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00
20 1 table spoon Thousand island - reduced cal. Kraft 0.00 3.00 1.00 20.00
Totals: 23.60 69.40 2.90 407.75

Total for 02/20/2005: 72.93 302.85 11.04 1595.78

Total Calories %: 18.20 75.60 6.20

DAY # 4

(02/21/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

15 1 cup Bran Flakes - cereal 6.00 46.00 0.00 180.00
10 2 each Bread whole wheat -slice 6.00 24.00 2.00 140.00
0 12 ounce(s) Coffee - w/caffeine 0.40 1.40 0.00 8.00
5 1 1 tablespoon cream,fluid,half and half 0.44 0.65 1.73 19.55
21 2 tea spoon Jelly - all flavors, Simply Fruit, Smuckers 0.00 8.00 0.00 32.00
5 0.5 cup Milk - skim, no fat 4.00 6.00 0.00 40.00
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
Totals: 16.84 90.04 3.73 434.55

AM Snack

9 20 each Grapes - American 0.40 8.20 0.00 30.00
Totals: 0.40 8.20 0.00 30.00

Lunch

10 1 cup Brown rice - cooked 4.00 46.00 0.00 220.00
1 3 ounce(s) Chicken Breast / White Meat 26.40 0.00 3.00 140.25
21 2 table spoon Salsa - Chunky medium, Pace 0.00 0.00 0.00 4.00
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
0 12 fluid ounce(s) Tea - prepared w/tap water 0.00 1.00 0.00 4.00
0 3 each Tortilla - flour, soft, 7" diam. 6.00 42.00 6.00 240.00
Totals: 36.40 93.00 9.00 623.25

PM Snack

9 5 each Cracker/Nabisco - Low Saltines 1.00 10.00 2.00 60.00
21 1 table spoon Mayonnaise - Kraft Free, fat free 0.00 3.00 0.00 8.00
8 2.8 ounce(s) Tuna Solid White -Water Sm. can 21.00 0.00 1.01 99.99
Totals: 22.00 13.00 3.01 167.99

Dinner

1 4 ounce(s) Chicken Breast / White Meat 35.20 0.00 4.00 187.00
22 0.25 cup Croutons -plain 9.00 5.50 0.50 30.50
3 1 large Salad - lrg. garden w/tomato & onion 2.60 19.00 0.80 98.00
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
0 12 fluid ounce(s) Tea - prepared w/tap water 0.00 1.00 0.00 4.00
20 2 table spoon Thousand island - reduced cal. Kraft 0.00 6.00 2.00 40.00
Totals: 46.80 35.50 7.30 374.50

Total for 02/21/2005: 122.44 239.75 23.03 1630.29

Total Calories %: 29.57 57.91 12.52

DAY # 5

(02/22/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

9 1 each Bagel - plain Lenders brand 6.00 30.00 1.00 150.00
5 1 each Cheese - Kraft Free slice 5.00 3.00 0.00 30.00
0 12 ounce(s) Coffee - w/caffeine 0.40 1.40 0.00 8.00
5 1 1 tablespoon cream,fluid,half and half 0.44 0.65 1.73 19.55
1 0.5 cup Egg Beaters - Fleischmann's 10.00 2.00 0.00 50.00
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
Totals: 21.84 41.04 2.73 272.55

AM Snack

9 1 each Apple - medium with peel 0.30 21.10 0.00 81.00
 9 4 each Cracker/Nabisco - Low Saltines 0.80 8.00 1.60 48.00
 8 2.8 ounce(s) Tuna Solid White -Water Sm. can 21.00 0.00 1.01 99.99
 Totals: 22.10 29.10 2.61 228.99

Lunch

10 2 each Bread whole wheat -slice 6.00 24.00 2.00 140.00
 6 1 1 small leaf lettuce,iceberg (incl crisphead types),raw 0.05 0.10 0.01 0.60
 21 2 table spoon Mayonnaise - Kraft Free, fat free 0.00 6.00 0.00 16.00
 0 0.33 1 can (10.75 oz) soup,veg bf,cnd,cond,comm 4.48 8.16 1.52 63.41
 22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
 0 12 fluid ounce(s) Tea - prepared w/tap water 0.00 1.00 0.00 4.00
 1 4 ounce(s) Turkey Breast / White Meat 34.00 0.00 0.80 153.00
 Totals: 44.53 43.27 4.33 392.01

PM Snack

10 1 each Orange - medium 1.10 17.40 0.00 69.00
 Totals: 1.10 17.40 0.00 69.00

Dinner

21 2 table spoon BBQ - Healthy Choice 0.06 11.40 0.04 50.00
 1 4 ounce(s) Chicken Breast / White Meat 35.20 0.00 4.00 187.00
 6 2 1 tablespoon, chopped chives,raw 0.20 0.26 0.04 1.80
 9 6 ounce(s) Potato - white medium 4.20 41.10 0.15 178.50
 3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00
 5 2 1 oz sour crm,imitn,cultured 1.36 3.76 11.07 118.20
 22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
 0 12 fluid ounce(s) Tea - instant, lemon flavored,Lipton 0.20 1.20 0.00 6.00
 20 2 table spoon Thousand island - reduced cal. Kraft 0.00 6.00 2.00 40.00
 Totals: 42.52 77.22 17.70 645.50

Total for 02/22/2005: 132.09 208.03 27.36 1608.05

Total Calories %: 32.88 51.79 15.33

DAY # 6

(02/23/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

9 0.5 each Bagel - plain Lenders brand 3.00 15.00 0.50 75.00
 0 12 ounce(s) Coffee - w/caffeine 0.40 1.40 0.00 8.00
 5 1 1 tablespoon cream,fluid,half and half 0.44 0.65 1.73 19.55
 7 0.5 each Grapefruit - pink or red 4" diam. 0.60 11.90 0.10 46.00
 21 2 tea spoon Jelly - all flavors, Simply Fruit, Smuckers 0.00 8.00 0.00 32.00
 22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
 Totals: 4.44 40.94 2.33 195.55

AM Snack

9 1 each Apple - medium with peel 0.30 21.10 0.00 81.00
 Totals: 0.30 21.10 0.00 81.00

Lunch

1 5 ounce(s) Chicken Breast / White Meat 44.00 0.00 5.00 233.75
 0 12 ounce(s) Coca Cola - diet w/caffeine 0.00 0.40 0.00 0.00
 22 0.25 cup Croutons -plain 9.00 5.50 0.50 30.50

3 1 large Salad - lrg. garden w/tomato & onion 2.60 19.00 0.80 98.00
20 3 table spoon Thousand island - reduced cal. Kraft 0.00 9.00 3.00 60.00
Totals: 55.60 33.90 9.30 422.25

PM Snack

8 0.5 cup Cottage Cheese - 1% fat 14.00 3.00 1.00 82.00
9 7 each Cracker/Nabisco - Low Saltines 1.40 14.00 2.80 84.00
Totals: 15.40 17.00 3.80 166.00

Dinner

3 2 spear Broccoli 9.00 15.80 1.00 84.00
9 1.5 cup Rice - white cook steamed 9.00 93.00 0.00 246.00
3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00
1 5 ounce(s) Salmon - broiled 31.35 0.00 20.00 291.65
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
0 12 fluid ounce(s) Tea - instant, lemon flavored,Lipton 0.20 1.20 0.00 6.00
20 3 table spoon Thousand island - reduced cal. Kraft 0.00 9.00 3.00 60.00
Totals: 50.85 132.50 24.40 751.65

Total for 02/23/2005: 126.59 245.45 39.82 1616.45

Total Calories %: 27.42 53.17 19.41

DAY # 7

(02/24/2005)

Xchg Qty Measure Description Protein(gm) Carbs(gm) Fats(gm) Calories

Breakfast

0 12 ounce(s) Coffee - w/caffeine 0.40 1.40 0.00 8.00
5 1 1 tablespoon cream,fluid,half and half 0.44 0.65 1.73 19.55
1 0.75 cup Egg Beaters - Fleischmann's 15.00 3.00 0.00 75.00
2 6 ounce(s) Hash browns - frozen, pan cooked 1.98 30.00 0.00 139.80
19 3 ounce(s) sausage - turkey, Jimmy Dean Light 15.00 0.00 17.43 199.50
22 1 tea spoon Sugar - white 0.00 4.00 0.00 15.00
Totals: 32.82 39.04 19.16 456.85

AM Snack

7 1 each Orange - medium 1.10 17.40 0.30 69.00
Totals: 1.10 17.40 0.30 69.00

Lunch

0 12 ounce(s) Coca Cola - diet w/caffeine 0.00 0.40 0.00 0.00
9 5 ounce(s) Potato - white medium 3.50 34.25 0.13 148.75
21 2 table spoon Salsa - Chunky medium, Pace 0.00 0.00 0.00 4.00
0 0.33 1 can (10.5 oz) soup,veg w/bf broth,cnd,cond,comm 2.38 10.52 1.53 64.90
Totals: 5.88 45.17 1.66 217.65

PM Snack

0 1 cup Popcorn - Lite, microwaved, Orvill Red. Gourmet 0.67 2.67 1.00 23.30
Totals: 0.67 2.67 1.00 23.30

Dinner

17 1.5 cup Angel hair, corn, Westbrae, cooked 6.00 69.00 3.00 315.00
3 1 spear Broccoli 4.50 7.90 0.50 42.00
5 2 1 tablespoon cheese,parmesan,grated 4.16 0.37 3.00 45.58
1 6 ounce(s) Chicken Breast / White Meat 52.80 0.00 6.00 280.50
0 12 ounce(s) Coca Cola - diet w/caffeine 0.00 0.40 0.00 0.00

21 0.25 cup Marinara sauce - Progresso 'Authentic' 2.00 5.00 3.00 55.00

20 2 table spoon Ranch - no fat, Kraft Free 0.00 6.00 0.00 32.00

3 1 small Salad - sm. garden w/tomato, onion 1.30 9.50 0.40 49.00

Totals: 70.76 98.17 15.90 819.08

Total for 02/24/2005: 111.23 202.46 38.02 1585.89

Total Calories %: 27.86 50.71 21.43