

Callie ABC Special - 2000 Calories

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Contains approximately 40 percent carbohydrate, 30 percent protein and 30 percent fat.

| Food Items | Serving | Pro (g) | Carb (g) | Fat (g) | Calories |
|---|---|---------|----------|---------|----------|
| Early Morning Snack | | | | | |
| AllWhites, 100% Liquid Egg Whites | .5 x cup (7.9 oz) | 12 | 2 | | 60 |
| Oats, Rolled, regular or quick or instant, cooked, without salt | .5 x cup (8.3 oz) | 3 | 13 | 1 | 74 |
| | Total: | 15 | 15 | 1 | 134 |
| | Percent of Calories: | 47.9% | 44.91% | 7.19% | |
| Breakfast | | | | | |
| Grapefruit, raw | 1 x medium, 4" dia (9 oz) | 2 | 21 | | 82 |
| Almonds, raw | 15 x almond | 4 | 4 | 9 | 104 |
| | Total: | 6 | 25 | 9 | 186 |
| | Percent of Calories: | 12.08% | 47.17% | 40.75% | |
| Morning Snack | | | | | |
| Tilapia, cooked, dry heat | 2.5 x oz (1 oz) | 19 | | 2 | 91 |
| Brown, long-grain, cooked | .5 x cup (6.9 oz) | 3 | 22 | 1 | 108 |
| | Total: | 22 | 22 | 3 | 199 |
| | Percent of Calories: | 44.56% | 41.77% | 13.67% | |
| Lunch | | | | | |
| Grapefruit, raw | 1 x large, 4.5" dia (11.7 oz) | 2 | 27 | | 106 |
| Almonds, raw | 18 x almond | 5 | 4 | 11 | 125 |
| Ground, 93% Lean, frozen | 1 x serving (4 oz) | 22 | | 8 | 160 |
| Sweet Potato, boiled, no skin, no salt added | .75 x cup, mashed (11.6 oz) | 3 | 44 | | 187 |
| | Total: | 32 | 75 | 19 | 578 |
| | Percent of Calories: | 22.06% | 48.47% | 29.47% | |
| Afternoon Snack | | | | | |
| Grapefruit, raw | 1 x small, 3.5" dia (7.1 oz) | 1 | 16 | | 64 |
| Sweet Potato, boiled, no skin, no salt added | 4 x oz (1 oz) | 2 | 20 | | 86 |
| Tilapia, cooked, dry heat | 2 x oz (1 oz) | 15 | | 2 | 73 |
| | Total: | 18 | 36 | 2 | 223 |
| | Percent of Calories: | 32% | 60% | 8% | |
| Dinner | | | | | |
| Asparagus, boiled, drained | 1 x serving, 4 spears, 1/2" base (2.1 oz) | 1 | 2 | | 13 |

| | | | | | |
|--|-------------------------------|--------|--------|--------|------|
| Tilapia, cooked, dry heat | 3.5 x oz (1 oz) | 26 | | 3 | 127 |
| Olive oil | 1 x teaspoon (0.2 oz) | | | 4 | 40 |
| White, long-grain, regular, unenriched, cooked, without salt | .35 x cup (5.6 oz) | 1 | 16 | | 72 |
| | Total: | 28 | 18 | 7 | 252 |
| | Percent of Calories: | 46.19% | 27.84% | 25.98% | |
| | Menu Totals: | 121 | 191 | 41 | 1572 |
| | Percentage of Total Calories: | 30.84% | 45.64% | 23.51% | |