

1 fat-free, sugar-free muffin (9 oz) **720** calories



1 pineapple (2 lbs) **240** calories
1/2 cantaloupe (1 lb) **60** calories
1/2 kiwifruit (1 1/2 oz) **10** calories
1/2 papaya (5 oz) **40** calories
grapes (5 oz) **70** calories
2 pears (6 1/2 oz) **100** calories
2 whole wheat rolls (2 1/2 oz) **200** calories
TOTAL 720 calories

