

Menu Modes for Chinese Food

LOSING MODE

Calories

Cup of Egg Drop Soup No Noodles	70
2 Small Fried Won Ton	110
Total	180

1 Medium Spring Roll	200
12 Oz. Hot 'n Sour Soup	110
Total	310

6 Pot Stickers	300
3/4 C White Steamed Rice	150
2 Packets Soy Sauce	30
Total	480

12 Oz. Steamed Vegetables	240
1 C White Steamed Rice	200
2 Packets Soy Sauce	30
Total	470

1 C Chicken w/ Broccoli	280
3/4 C White Steamed Rice	150
1 Packet Soy Sauce	15
Total	445

1 C Vegetable Fried Rice	363
2 Small Fried Won Ton	110
1 Packet Soy Sauce	15
1 Fortune Cookie	25
Total	513

1 C Vegetable Chop Suey	300
1/2 C Chow Mein Noodles	200
2 Packets Soy Sauce	30
1 Fortune Cookie	25
Total	555

CONTROL MODE

Calories

Cup of Egg Drop Soup w/ Noodles	120
2 Medium Fried Won Ton	220
Total	340

1 Good Sized Egg Roll	450
Cup of Egg Drop Soup No Noodles	70
Total	520

Moo Shoo Chicken (2 crepes)	430
1 C White Steamed Rice	200
2 Packets Soy Sauce	30
Total	660

1 C Vegetable Chop Suey	300
1 C White Steamed Rice	200
2 Packets Soy Sauce	30
Total	530

2 C Chicken w/ Broccoli	560
3/4 C White Steamed Rice	150
1 Packet Soy Sauce	15
Total	725

1 C Vegetable Fried Rice	363
3 Crab Rangoons	210
1 Packet Sweet 'n Sour Sauce	62
1 Packet Soy Sauce	15
Total	650

Medium Fat Combo Plate	550
Cup of Egg Drop Soup w/ Noodles	120
2 Packets Soy Sauce	30
2 Fortune Cookies	50
Total	750

ONCE-IN-A-BLUE-MOON MODE: (Not while losing!)

Anything Tempura, Egg Foo Young, War Mein, Low Mein, General Tsao Chicken, Shrimp Toast, etc.