



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Womens Healthy Aging - Day 01							
Breakfast - Cereal/milk/walnuts/cafe latte w/ 4 fl oz milk.							
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				10.93	31.58	8.41	252.50
Snack 1							
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				1.00	23.00	0.00	90.00
Lunch							
0	5.0	each	Baked potato chips	0.00	10.00	0.00	50.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	0.4	cup	Tuna Solid White in water	24.00	0.00	1.60	112.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				33.56	39.84	4.24	312.00
Snack 2							
6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				3.40	13.60	3.20	90.00
Dinner - Season chicken, grill drizzled w oil. Quinoa/beans							
1	6.3	ounce(s)	Boneless chicken breast	40.63	0.00	2.50	193.75
6	1.3	cup	Green beans, steamed or boiled	3.75	8.75	0.63	56.25
23	1.1	tablespoon	Olive oil	0.00	0.00	15.82	146.90
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
<i>Totals for Dinner</i>				46.42	18.60	19.84	452.40
Snack 3							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32
Totals For 1300 Calories Womens Healthy Aging - Day 01				98.67	131.18	43.37	1291.22

Breakfast

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
3	0.5	cup	Dry steel cut oats	4.50	24.30	2.25	135.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
Totals for Breakfast				19.50	50.30	3.25	310.00

Snack 1

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
Totals for Snack 1				8.32	13.43	0.50	99.53

Lunch - Turkey Swiss w green salad.

20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	1.0	ounce(s)	Low fat Swiss cheese	15.90	1.90	2.86	96.88
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
0	0.5	tea spoon	Mustard	0.11	0.14	0.10	1.67
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
Totals for Lunch				52.74	16.92	5.67	337.05

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
Totals for Snack 2				0.50	13.50	5.00	100.00

Dinner

6	5.0	each	Asparagus spears	1.75	3.10	0.10	16.00
1	3.0	ounce(s)	Salmon	18.00	0.00	12.00	180.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
Totals for Dinner				23.75	40.10	15.10	386.00

Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
Totals for Snack 3				0.45	25.70	0.60	98.00
Totals For 1300 Calories Womens Healthy Aging - Day 02				105.26	159.95	30.12	1330.58

Breakfast - Spread nut butter on bagel. W/sausage/milk

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
4	1.0	1 cup	SILK Light Vanilla, soymilk	6.00	10.01	1.99	80.19
1	1.0	each	Vegetarian sausage link	4.00	2.00	1.50	35.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Breakfast</i>				17.00	39.01	13.24	341.19

Snack 1

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				0.70	25.10	0.00	98.00

Lunch - Chicken bowl with spinach balsamic salad.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				30.50	25.78	7.75	295.40

Snack 2 - Top yogurt with strawberries.

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Snack 2</i>				8.75	10.75	0.00	105.00

Dinner - Season/roast pork. Serve w sweet pot/gr bean/salad

9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	4.0	ounce(s)	Pork loin, raw	24.00	0.00	8.00	140.00
6	1.0	each	Salad	1.00	3.00	0.00	10.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
<i>Totals for Dinner</i>				30.30	50.50	10.00	366.00

Snack 3 - Prepare popcorn per package directions.

0	4.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				2.68	10.68	4.00	92.00
Totals For 1300 Calories Womens Healthy Aging - Day 03				89.93	161.82	34.99	1297.59

Breakfast - Cook egg white w/cheese/ 1/2 spread.

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				20.10	42.40	5.10	291.00

Snack 1 - Top yogurt with sliced strawberries.

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Snack 1</i>				8.75	10.75	0.00	105.00

Lunch - Prepare veg burger per directions w cheese.

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
6	10.0	each	Baby carrots	1.00	8.00	1.00	40.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0	1.0	tablespoon	Fresh basil	0.00	0.00	0.00	1.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	1.0	each	Vegetable burger	15.00	9.00	3.50	130.00
<i>Totals for Lunch</i>				28.34	43.86	7.64	339.40

Snack 2 - Top cottage cheese w pineapple/walnuts.

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
7	0.1	cup	Pineapple - canned, chunks	0.00	4.68	0.00	18.20
<i>Totals for Snack 2</i>				11.24	7.73	5.26	122.32

Dinner - Season beef, stir fry in oil w veg. Serve w/quinoa

18	4.0	ounce(s)	Beef, lean	24.00	0.00	4.00	140.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.3	cup	Carrots	0.28	2.92	0.07	12.50
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
3	0.3	cup	Snow peas	0.66	1.65	0.00	8.25
<i>Totals for Dinner</i>				28.84	20.02	19.28	373.55

Snack 3

9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 3</i>				0.30	21.00	0.50	81.00

Totals For 1300 Calories Womens Healthy Aging - Day 04**97.57 145.76 37.78 1312.27**

Breakfast - Egg white w/veg in spread. Top muffin.

6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
5	0.5	ounce(s)	Feta cheese	2.02	0.58	3.02	37.42
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
6	0.3	cup	Fresh spinach	0.20	0.27	0.03	1.73
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Breakfast</i>				23.63	30.12	10.00	292.20

Snack 1

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
<i>Totals for Snack 1</i>				1.85	22.95	0.46	91.20

Lunch - Spread mayo/mustard on wraps/top w/meat/cheese/veg

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	0.5	ounce(s)	Low fat Swiss cheese	7.95	0.95	1.43	48.44
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				45.17	18.22	4.43	318.79

Snack 2 - Process for a tasty blueberry shake.

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
4	8.0	fluid ounce(s)	Vanilla light soy milk	8.00	8.00	0.00	80.00
<i>Totals for Snack 2</i>				8.32	17.43	0.50	119.53

Dinner - Top fish w/vin/tom/onion mix. rice/bean/broccoli

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	ounce(s)	Flounder - broiled	20.49	0.00	0.00	99.00
23	2.5	tea spoon	Olive oil	0.00	0.00	11.25	100.00
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
<i>Totals for Dinner</i>				30.16	38.25	12.89	396.60

Snack 3

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 3</i>				0.50	13.50	5.00	100.00
Totals For 1300 Calories Womens Healthy Aging - Day 05				109.63	140.47	33.28	1318.32

Breakfast - Top waffle w/yogurt/thawed cherries/nuts. w/milk

14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
4	4.0	fluid ounce(s)	Vanilla light soy milk	4.00	4.00	0.00	40.00
<i>Totals for Breakfast</i>				18.75	26.75	11.63	292.50

Snack 1 - Cheese and crackers

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
16	3.0	each	Wheat melba toast	1.92	11.46	0.33	56.10
<i>Totals for Snack 1</i>				8.92	12.46	2.33	106.10

Lunch

0	10.0	each	Baked potato chips	0.00	20.00	0.00	100.00
6	0.1	cup	Celery	0.11	0.46	0.03	2.50
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
3	1.0	each	Whole wheat pita bread	2.80	15.60	0.70	75.00
<i>Totals for Lunch</i>				30.91	43.06	6.73	362.50

Snack 2 - You can add peaches to cottage cheese

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	each	Fresh peach	0.89	9.35	0.25	38.22
<i>Totals for Snack 2</i>				14.89	12.45	1.40	120.22

Dinner - Season/saute chick/oil. Add sauce/squash/over past

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	0.5	cup	Whole wheat spaghetti, cooked	3.73	18.58	0.38	86.80
6	0.5	cup	Zucchini	1.00	2.50	0.00	12.50
<i>Totals for Dinner</i>				34.65	29.28	12.41	354.85

Snack 3

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Fresh cantaloupe	0.98	9.55	0.23	39.78
<i>Totals for Snack 3</i>				0.98	9.55	4.23	79.78

Totals For 1300 Calories Womens Healthy Aging - Day 06**109.10 133.55 38.73 1315.95**

Breakfast - Top cereal w/nut/milk. Prepare sausage as directed

0	1.0	each	Applegate Naturals, Natural Chicken and Apple Breakfast Sausage	3.33	1.00	2.30	40.00
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
14	2.0	tablespoon	Slivered almonds	2.00	2.00	7.00	80.00
<i>Totals for Breakfast</i>				16.72	39.50	11.18	305.28

Snack 1 - Apple and cheese.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 1</i>				7.15	11.50	2.25	90.50

Lunch - Toss all ingredients together.

1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Grated carrots	0.33	3.63	0.00	14.85
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
17	0.3	1 cup	Quinoa, cooked	2.69	13.00	1.17	73.26
0	1.0	tablespoon	Red wine vinegar	0.01	0.04	0.00	2.83
<i>Totals for Lunch</i>				37.14	21.78	3.40	270.19

Snack 2 - Apple with peanut butter.

9	0.5	each	Apple	0.15	10.50	0.25	40.50
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
<i>Totals for Snack 2</i>				2.15	12.50	6.25	100.50

Dinner - Season saute tilapia w/veg. Over brown rice.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
<i>Totals for Dinner</i>				36.56	29.66	15.48	406.20

Snack 3 - Top cottage cheese w/ pineapple.

5	0.3	cup	Cottage cheese	8.91	2.64	1.98	62.70
7	0.3	cup	Pineapple - canned, chunks	0.00	11.88	0.00	46.20
<i>Totals For 1300 Calories Womens Healthy Aging - Day 07</i>				108.63	129.46	40.54	1281.57