



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2600 Calories] Lean and Tone Physique - Day 01							
Breakfast - Oatmeal w/nuts and berries.							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
3	1.0	cup	Dry steel cut oats	10.00	54.00	5.00	300.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.8	cup	Milk - 1%	14.00	20.47	4.55	178.50
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				40.50	82.47	13.30	603.50
Snack 1 - Spread almond butter on muffin. Sprinkle w seeds.							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
14	0.3	1 oz	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Snack 1</i>				8.98	31.65	9.82	238.93
Lunch - Salad, served with toast.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	12.0	ounce(s)	Chicken Breast / White Meat	78.00	0.00	4.80	372.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
16	7.0	each	Wheat melba toast	4.48	26.74	0.77	130.90
<i>Totals for Lunch</i>				97.32	45.79	10.47	681.60
Snack 2 - Bean, cheese burrito wrap.							
3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Snack 2</i>				23.52	38.61	6.30	299.09
Dinner - Roast tilapia. W/beans/quinoa, brocc/spinac salad.							
4	0.5	cup	Black beans	7.00	20.00	0.50	100.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	9.0	ounce(s)	Tilapia	54.00	0.00	0.00	225.00
<i>Totals for Dinner</i>				70.57	59.33	5.72	552.60
Snack 3 - Top cottage cheese w peaches.							
5	1.0	cup	Cottage cheese	27.00	8.00	6.00	190.00
7	0.8	cup	Sliced fresh peaches	1.16	12.16	0.32	49.73
<i>Totals for Snack 3</i>				28.16	20.16	6.32	239.73
Totals For 2600 Calories] Lean and Tone Physique - Day 01				269.05	278.01	51.93	2615.45

Breakfast - Egg white/tom/mush in spread. oats w/milk.

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	7.0	large	Egg white	28.00	0.00	0.00	105.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				61.04	75.82	11.16	600.60

Snack 1 - Protein smoothie

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				24.00	20.70	3.60	232.00

Lunch - Tuna veg pasta salad.

6	0.3	cup	Artichokes	1.65	6.60	0.17	29.70
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
1	10.0	ounce(s)	Water packed white tuna	70.00	0.00	10.00	350.00
3	1.5	cup	Whole wheat pasta, cooked	10.50	55.50	1.50	255.00
<i>Totals for Lunch</i>				83.15	72.10	13.67	699.70

Snack 2 - Turkey sandwich snack.

6	0.7	cup	Carrots	0.75	7.72	0.19	33.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Snack 2</i>				31.93	35.75	3.81	308.35

Dinner - Toss potato in oil/season/roast.

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	8.0	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
2	1.5	cup	Red potatoes	4.50	36.00	0.00	150.00
<i>Totals for Dinner</i>				64.98	65.48	13.99	596.70

Snack 3 - Cup of berries with glass of milk.

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				9.10	33.15	3.09	186.36

Totals For 2600 Calories] Lean and Tone Physique - Day 02				274.20	303.00	49.32	2623.71
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Breakfast - Top waffle w fried egg/bacon/honey.

1	4.0	ounce(s)	Canadian bacon, extra lean	24.00	4.00	4.00	140.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
22	1.3	tablespoon	Honey	0.13	21.62	0.00	80.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
<i>Totals for Breakfast</i>				43.03	66.72	23.60	620.00

Snack 1 - Protein Smoothie

7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				16.47	33.09	1.12	198.67

Lunch - Roast turkey w/ sw potato/asparagus/spinach salad.

6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
1	11.0	ounce(s)	Turkey breast	93.50	0.00	2.20	418.00
<i>Totals for Lunch</i>				104.68	56.98	4.40	683.70

Snack 2 - Hummus tortilla wraps. With apple.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Snack 2</i>				9.63	55.31	7.00	309.20

Dinner - Roast chicken/vegetables w/oil.

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
23	1.8	tea spoon	Olive oil	0.00	0.00	7.88	70.00
6	0.5	1 small	Onions, raw	0.39	3.27	0.04	14.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
<i>Totals for Dinner</i>				73.84	46.36	12.61	583.60

Snack 3 - Protein smoothie

7	1.0	cup	Fresh raspberries	1.00	15.00	1.00	60.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				17.00	38.00	2.00	220.00
Totals For 2600 Calories] Lean and Tone Physique - Day 03				264.65	296.46	50.73	2615.17

Breakfast - Egg white scramble over muffin w/bacon/grapes.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
7	1.3	cup	Grapes	1.25	33.75	0.00	125.00
7	1.5	cup	Strawberries	1.50	13.50	0.00	90.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
Totals for Breakfast				51.30	76.41	9.85	600.10

Snack 1 - Open faced tuna sandwich w/carrots.

6	6.0	each	Baby carrots	0.60	4.80	0.60	24.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
1	0.3	cup	Tuna Solid White in water	15.00	0.00	1.00	70.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
Totals for Snack 1				18.33	18.68	3.01	173.00

Lunch - Salmon quinoa salad.

1	8.0	ounce(s)	Canned salmon	56.00	0.00	8.00	320.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	1.3	1 cup	Quinoa, cooked	10.83	52.41	4.72	295.26
Totals for Lunch				70.78	65.00	14.89	693.06

Snack 2 - Peanut butter wraps.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
Totals for Snack 2				16.00	39.70	10.60	302.00

Dinner - Season roast tilapia.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	10.0	ounce(s)	Tilapia	60.00	0.00	0.00	250.00
Totals for Dinner				69.50	55.50	7.25	577.50

Snack 3 - Protein smoothie.

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Snack 3				38.00	11.70	4.60	242.00

Totals For 2600 Calories] Lean and Tone Physique - Day 04				263.91	266.99	50.20	2587.66
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Breakfast - Spread nut butter on bread. With protein bar/milk

21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
8	1.0	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7.00	17.00	13.00	200.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Breakfast</i>				23.16	78.51	24.37	602.75

Snack 1 - Top yogurt w/sliced banana.

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				17.00	31.00	0.00	210.00

Lunch - Top rice w/grilled chick/veg/tomato/avocado.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				72.75	58.50	11.25	642.50

Snack 2 - Turkey wraps.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Snack 2</i>				46.06	19.34	2.14	307.50

Dinner - Chicken/onion in oil. Add sauce/overspaghetti

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
1	9.0	ounce(s)	Lean ground turkey, raw	63.00	0.00	0.00	270.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				78.54	61.66	9.26	624.45

Snack 3 - Protein smoothie.

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 3</i>				24.00	20.70	3.60	232.00
Totals For 2600 Calories] Lean and Tone Physique - Day 05				261.51	269.71	50.62	2619.20

Breakfast - Egg scramble, side of oatmeal.

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	7.0	large	Egg white	28.00	0.00	0.00	105.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.3	cup	Milk - 1%	10.64	15.56	3.46	135.66
10	0.8	cup	Oatmeal - quick, measure uncooked	9.90	41.85	4.50	222.75
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				54.98	83.23	11.52	608.51

Snack 1 - Top cottage cheese w peaches.

5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				21.80	22.22	4.93	208.80

Lunch - Loaded baked potato.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
2	0.5	each	Baked potato, large	3.50	31.50	0.00	140.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				74.00	53.72	7.89	585.59

Snack 2 - Bean, cheese & salsa wraps.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Snack 2</i>				28.52	51.61	5.30	309.09

Dinner - Grill beef. W/brocc/sw potato/spinach salad.

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
1	9.0	ounce(s)	Extra lean beef	56.25	4.50	6.75	292.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				69.71	59.28	15.68	632.90

Snack 3 - Protein smoothie.

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				38.49	18.15	2.74	259.29

Totals For 2600 Calories] Lean and Tone Physique - Day 06				287.50	288.21	48.06	2604.18
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Breakfast - Oatmeal and protein shake.

3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
14	0.8	tablespoon	Slivered almonds	0.75	0.75	2.63	30.00
0	16.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				48.50	56.55	11.78	518.00

Snack 1 - Protein smoothie, waffle with jelly.

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				33.83	26.47	3.50	299.80

Lunch - Apple cheddar turkey wraps.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
0	2.0	tea spoon	Mustard	0.44	0.54	0.40	6.70
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
1	8.0	ounce(s)	Turkey breast	68.00	0.00	1.60	304.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Lunch</i>				101.42	68.26	9.78	713.50

Snack 2

7	1.3	cup	Grapes	1.33	35.91	0.00	133.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 2</i>				12.69	41.47	13.68	307.32

Dinner - Roast/grill chick. W/salad/quinoa/asparagus.

6	12.0	each	Asparagus spears	4.20	7.44	0.24	38.40
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				81.20	60.44	8.11	627.70

Snack 3 - Cup of berries, with a glass of milk.

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				5.10	27.30	1.79	135.36
Totals For 2600 Calories] Lean and Tone Physique - Day 07				282.74	280.49	48.64	2601.68