



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low to High Glycemic R3 - Day 01							
Breakfast - Eggs with veg in spread.							
1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
1	1.0	large	Egg white	4.00	0.00	0.00	15.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
6	0.3	cup	Kale	0.55	1.68	0.12	8.38
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.3	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	0.75	6.67
Totals for Breakfast				19.55	26.48	2.37	197.05
Snack 1 - Top yogurt with berries and flax.							
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
Totals for Snack 1				1.00	1.00	3.50	40.00
Lunch - Toss all salad ing together for this tasty salad.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
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	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
1	1.0	ounce(s)	Turkey breast	8.50	0.00	0.20	38.00
Totals for Lunch				19.60	16.99	12.62	265.30
Snack 2							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals for Snack 2				0.15	10.50	0.25	40.50
Dinner - Chicken stir fry. Over brown rice and lentils.							
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
4	0.3	1 cup	Lima beans, large, mature seeds, cooked, boiled, without salt	3.67	9.81	0.18	54.05
23	1.1	tablespoon	Olive oil	0.00	0.00	15.82	146.90
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	1.0	tablespoon	Soy sauce, Organic, Lite	0.00	1.30	0.00	11.00
Totals for Dinner				52.13	64.68	19.30	632.40
Snack 3 - Spread peanut butter on toast.							
9	0.5	each	Apple	0.15	10.50	0.25	40.50
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
Totals for Snack 3				4.15	25.50	0.75	120.50
Totals For 1300 Calories Low to High Glycemic R3 - Day 01				96.58	145.15	38.79	1295.75

1300 Calories Low to High Glycemic R3 - Day 02

Breakfast - Egg with prepared bacon. Serve w nuts and milk.

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
14	2.0	1 almond	Nuts, almonds	0.51	0.52	1.20	13.90
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				19.51	10.52	10.20	208.90

Snack 1 - Add peaches to cottage cheese

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.1	cup	Sliced fresh peaches	0.20	2.11	0.06	8.62
<i>Totals for Snack 1</i>				7.20	3.66	0.63	49.62

Lunch - Tuna/veg in pita. With carrots.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
6	1.0	1 stalk, small (5" long)	Celery, raw	0.12	0.50	0.03	2.72
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
8	1.0	ounce(s)	Tuna Solid White -Water Sm. can	7.50	0.50	0.50	35.00
<i>Totals for Lunch</i>				18.39	65.70	4.39	346.96

Snack 2 - Cheese and crackers.

9	0.5	each	Apple	0.15	10.50	0.25	40.50
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
<i>Totals for Snack 2</i>				7.05	11.04	2.23	89.55

Dinner - Season/saute beef in oil w/veg. Add sauce.

1	4.0	ounce(s)	Beef, organic, extra lean	25.00	2.00	3.00	130.00
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
23	1.3	tablespoon	Olive oil	0.00	0.00	17.50	162.50
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				42.71	48.20	24.62	564.65

Snack 3 - Chop fruit into yogurt. Sprinkle with nuts.

5	0.3	cup	Non-fat yogurt-artificially sweetened	2.65	4.82	0.10	30.25
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Snack 3</i>				2.90	7.07	0.10	45.25

Totals For 1300 Calories Low to High Glycemic R3 - Day 02				97.76	146.19	42.17	1304.93
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Low to High Glycemic R3 - Day 03

Breakfast - Scramble egg/cheese/veg in 1/2 spread.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
6	0.3	cup	Mixed vegetables (non starchy)	0.25	1.75	0.00	10.00
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
<i>Totals for Breakfast</i>				20.26	8.50	8.08	186.78

Snack 1 - Mix soy nuts/raisins.

0	0.5	1/4 cup	Genisoy Soy nuts	5.50	4.50	3.00	65.00
<i>Totals for Snack 1</i>				5.50	4.50	3.00	65.00

Lunch - Toss pasta salad ingredients together.

6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	cup	Grated carrots	0.13	1.43	0.00	5.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	2.0	ounce(s)	Salmon - broiled	12.54	0.00	7.00	116.00
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
6	6.0	each	Tomato slice	1.02	5.58	0.42	25.20
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
3	0.3	cup	Whole wheat pasta, cooked	1.75	9.25	0.25	42.50
<i>Totals for Lunch</i>				16.54	19.56	10.89	232.51

Snack 2

6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 2</i>				3.45	10.12	3.34	82.37

Dinner - Season meat. Into patty.Broil. w/veg/apple/quinoa

9	0.5	each	Apple	0.15	10.50	0.25	40.50
6	1.5	cup	Broccoli	5.39	16.24	0.93	79.17
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
2	1.0	cup	Spaghetti squash, cooked	1.00	10.00	0.00	40.00
1	6.0	ounce(s)	Turkey, ground, extra lean	39.00	0.00	2.25	168.00
<i>Totals for Dinner</i>				57.24	88.98	7.62	619.67

Snack 3

8	0.1	cup	Cottage Cheese - 1% fat	3.50	0.77	0.29	20.50
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
<i>Totals for Snack 3</i>				4.70	24.57	0.49	112.50

Totals For 1300 Calories Low to High Glycemic R3 - Day 03				107.69	156.23	33.42	1298.83
--	--	--	--	---------------	---------------	--------------	----------------

1300 Calories Low to High Glycemic R3 - Day 04

Breakfast - Yogurt/berry/seed sundae. Bread w/PB.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	2.0	ounce(s)	Greek yogurt, plain, non fat	4.00	2.00	0.00	30.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				20.41	36.47	15.00	354.76

Snack 1

8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 1</i>				8.00	1.00	6.00	80.00

Lunch - Top quinoa w/ingredients.

1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.3	cup	Grated carrots	0.33	3.63	0.00	14.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
17	1.3	1 cup	Quinoa, cooked	10.18	49.26	4.44	277.50
<i>Totals for Lunch</i>				31.78	59.56	6.87	422.00

Snack 2 - Turkey lettuce wraps.

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
6	1.0	each	Tomato slice	0.17	0.93	0.07	4.20
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Snack 2</i>				17.17	0.93	0.47	90.20

Dinner - Season/roast/broil fish. Roast pot.

6	8.0	each	Asparagus spears	2.80	4.96	0.16	25.60
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	2.0	ounce(s)	Salmon	12.00	0.00	8.00	120.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
<i>Totals for Dinner</i>				20.39	34.50	9.58	284.90

Snack 3

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 3</i>				3.65	11.00	1.25	65.50

Totals For 1300 Calories Low to High Glycemic R3 - Day 04				101.40	143.46	39.17	1297.36
--	--	--	--	---------------	---------------	--------------	----------------

1300 Calories Low to High Glycemic R3 - Day 05

Breakfast - Enjoy egg and bacon breakfast.

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
0	0.5	cup	Silk Plain Soy Milk	3.50	4.00	2.00	50.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Breakfast</i>				15.75	8.25	7.00	160.00

Snack 1 - Cottage cheese snack.

8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
<i>Totals for Snack 1</i>				9.24	2.05	0.76	54.12

Lunch - Open faced Bacon avocado sandwich.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
7	1.0	1 medium (2-3/8" dia)	Tangerines, (mandarin oranges), raw	0.68	11.21	0.26	44.52
6	0.5	each	Tomato	0.50	2.50	0.00	10.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
<i>Totals for Lunch</i>				16.21	37.80	16.05	346.16

Snack 2

9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 2</i>				0.15	10.50	0.25	40.50

Dinner - Season fish. Cook in oil w/veg. Over quinoa.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	0.7	tablespoon	Olive oil	0.00	0.00	9.24	85.80
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	6.0	ounce(s)	Tilapia	36.00	0.00	0.00	150.00
6	0.8	cup	White mushrooms, sliced	1.50	1.50	0.00	11.25
<i>Totals for Dinner</i>				54.66	65.36	14.41	590.25

Snack 3 - Thaw cherries slightly. Pour over yogurt.

7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
1	2.5	ounce(s)	Greek yogurt, plain, non fat	5.00	2.50	0.00	37.50
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
7	0.5	cup	Unsweetened frozen cherries	0.50	8.50	0.25	35.00
<i>Totals for Snack 3</i>				6.25	15.25	2.25	107.50

Totals For 1300 Calories Low to High Glycemic R3 - Day 05				102.26	139.21	40.72	1298.53
--	--	--	--	---------------	---------------	--------------	----------------

1300 Calories Low to High Glycemic R3 - Day 06

Breakfast - Prepare egg with spread.

1	1.0	large	Egg white	4.00	0.00	0.00	15.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
1	2.0	each	Vegetarian sausage patty	20.00	6.00	6.00	160.00
<i>Totals for Breakfast</i>				24.60	17.90	9.10	247.67

Snack 1

1	5.0	each	Almonds, unsalted	0.00	0.00	2.50	25.00
7	0.3	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.27	3.73	0.04	14.64
<i>Totals for Snack 1</i>				0.27	3.73	2.54	39.64

Lunch - Toss all salad ingredients together.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
3	0.3	cup	Cooked lentils	5.94	13.20	0.33	75.90
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
<i>Totals for Lunch</i>				36.36	38.88	6.16	340.64

Snack 2

9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				0.30	21.00	0.50	81.00

Dinner - Season/roast fish w/oil. Steam veg. Roast pot.

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	cup	Fresh spinach	2.40	3.27	0.36	20.70
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
6	0.3	cup	Zucchini	0.50	1.25	0.00	6.25
<i>Totals for Dinner</i>				35.76	59.62	8.93	451.75

Snack 3 - Top bread with peanut butter and sliced banana.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	1.3	tea spoon	Peanut butter	1.33	1.33	3.99	39.90
7	0.3	each	Small banana	0.25	5.75	0.00	22.50
<i>Totals for Snack 3</i>				5.58	22.08	4.49	142.40

Totals For 1300 Calories Low to High Glycemic R3 - Day 06				102.87	163.21	31.72	1303.10
--	--	--	--	---------------	---------------	--------------	----------------

1300 Calories Low to High Glycemic R3 - Day 07

Breakfast - Layer fruit nuts and yogurt.

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
7	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
<i>Totals for Breakfast</i>				8.52	13.00	4.87	130.66

Snack 1

0	0.5	cup	Silk Plain Soy Milk	3.50	4.00	2.00	50.00
<i>Totals for Snack 1</i>				3.50	4.00	2.00	50.00

Lunch - Toss shrimp w/oil/vin/veg/quinoa.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.7	tablespoon	Olive oil	0.00	0.00	9.24	85.80
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	7.0	ounce(s)	Shrimp	28.00	0.00	0.00	140.00
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Lunch</i>				32.36	21.70	17.18	396.15

Snack 2 - Dip pepper slices into hummus..

4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 2</i>				2.91	9.55	3.28	78.52

Dinner - Stir fry chicken/tofu/veg. Over rice.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
6	0.1	1 cup, chopped	Onions, raw	0.23	1.94	0.02	8.32
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				50.53	63.56	6.46	501.27

Snack 3 - Spread nut butter on apple.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
<i>Totals for Snack 3</i>				2.32	23.53	7.40	159.29
Totals For 1300 Calories Low to High Glycemic R3 - Day 07				100.14	135.34	41.19	1315.89