



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Template, Healthy Soy - Day 01							
Breakfast							
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
0	1.5	cup	Soy milk, Light, w/ calcium	9.00	12.00	3.00	105.00
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
<i>Totals for Breakfast</i>				17.81	68.10	7.75	387.31
Snack 1							
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 1</i>				4.00	29.00	2.00	150.00
Lunch							
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
6	2.0	1 can (11.5 oz), prepared	Spinach, raw	1.72	2.18	0.23	13.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<i>Totals for Lunch</i>				48.38	41.05	6.43	399.20
Snack 2							
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
<i>Totals for Snack 2</i>				3.24	19.03	6.20	138.35
Dinner							
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
<i>Totals for Dinner</i>				31.34	62.55	9.64	452.86
Snack 3							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.11	18.67	1.09	92.88
Totals For 1700 Calories Template, Healthy Soy - Day 01				107.88	238.40	33.11	1620.60

1700 Calories Template, Healthy Soy - Day 02

Breakfast

7	1.5	1 cup, unthawed	Blueberries, raw	1.61	31.52	0.72	123.98
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
0	1.5	cup	Soy milk, Light, w/ calcium	9.00	12.00	3.00	105.00
<i>Totals for Breakfast</i>				44.11	89.72	5.22	506.98

Snack 1

16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
5	1.0	slice	Soy Cheese	4.00	0.70	2.50	40.00
<i>Totals for Snack 1</i>				7.22	19.80	3.07	133.50

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
0	2.0	each	Soy Chicken Nuggets	6.00	9.00	3.50	95.00
<i>Totals for Lunch</i>				36.70	38.64	6.89	359.74

Snack 2

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				4.00	29.00	2.00	150.00

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
6	1.0	0.5 cup slices	Waterchestnuts, chinese, (matai), raw	0.87	14.84	0.06	60.14
<i>Totals for Dinner</i>				20.60	71.24	14.55	491.07

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 3</i>				0.30	21.00	0.50	81.00

Totals For 1700 Calories Template, Healthy Soy - Day 02				112.93	269.40	32.23	1722.29
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1700 Calories Template, Healthy Soy - Day 03**Breakfast**

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
<i>Totals for Breakfast</i>				11.70	38.01	5.28	238.12

Snack 1

7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				9.03	48.52	0.77	227.80

Lunch

4	2.0	1/2 cup	Edamame (green soybeans)	22.00	26.00	5.00	240.00
6	3.0	cup	Green salad w/ raw vegetables	5.18	13.33	0.29	66.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
0	1.5	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	3.11	17.68	2.86	101.22
<i>Totals for Lunch</i>				30.56	59.46	8.39	420.38

Snack 2

7	1.0	50 raisins	Raisins, seedless	0.80	20.59	0.12	77.74
14	1.0	ounce(s)	Roasted Soy Nuts, unsalted	10.00	10.00	7.00	140.00
<i>Totals for Snack 2</i>				10.80	30.59	7.12	217.74

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
0	1.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
<i>Totals for Dinner</i>				39.32	22.83	11.06	346.07

Snack 3

7	2.0	1 cup, diced	Melons, cantaloupe, raw	2.62	25.46	0.59	106.08
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				4.62	43.46	0.59	186.08

Totals For 1700 Calories Template, Healthy Soy - Day 03				106.03	242.87	33.21	1636.19
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1700 Calories Template, Healthy Soy - Day 04

Breakfast

15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.5	cup	Soy milk, Light, w/ calcium	9.00	12.00	3.00	105.00
<i>Totals for Breakfast</i>				29.60	74.40	4.80	384.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
<i>Totals for Snack 1</i>				2.05	23.50	3.25	123.50

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
0	1.0	each	Soy Chicken Patty	9.00	16.00	6.00	150.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Lunch</i>				19.75	70.72	9.39	421.40

Snack 2

7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				5.48	43.69	2.80	213.96

Dinner

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				44.07	26.30	6.63	338.70

Snack 3

14	1.0	ounce(s)	Roasted Soy Nuts, unsalted	10.00	10.00	7.00	140.00
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				13.11	28.67	8.09	232.88

Totals For 1700 Calories Template, Healthy Soy - Day 04				114.06	267.28	34.96	1714.44
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1700 Calories Template, Healthy Soy - Day 05

Breakfast

1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	1.5	1 cup, diced	Melons, cantaloupe, raw	1.97	19.09	0.44	79.56
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
23	1.0	tablespoon	Soy Nut Butter	3.50	5.00	5.50	85.00
<i>Totals for Breakfast</i>				31.33	60.19	9.34	437.37

Snack 1

7	1.5	1 cup	Raspberries, raw	2.21	22.03	1.20	95.94
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				9.69	54.33	1.54	257.44

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
7	1.5	1 cup, slices	Peaches, raw	2.32	24.33	0.64	99.45
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
5	1.0	slice	Soy Cheese	4.00	0.70	2.50	40.00
<i>Totals for Lunch</i>				39.74	67.45	7.06	468.13

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 2</i>				16.00	21.10	1.15	162.00

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
<i>Totals for Dinner</i>				22.32	53.15	4.98	344.34

Snack 3

14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
<i>Totals for Snack 3</i>				2.03	2.07	4.79	55.58

Totals For 1700 Calories Template, Healthy Soy - Day 05				121.11	258.29	28.86	1724.86
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1700 Calories Template, Healthy Soy - Day 06

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
<i>Totals for Breakfast</i>				12.90	64.71	5.88	343.12

Snack 1

16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
5	2.0	slice	Soy Cheese	8.00	1.40	5.00	80.00
<i>Totals for Snack 1</i>				11.22	20.50	5.57	173.50

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<i>Totals for Lunch</i>				45.51	74.65	7.10	518.30

Snack 2

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				4.00	29.00	2.00	150.00

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
0	0.3	1 cup	Sauce, barbecue, low sodium	0.75	37.54	0.58	158.36
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
4	2.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	20.64	4.26	10.51	176.40
<i>Totals for Dinner</i>				27.30	82.43	12.48	511.76

Snack 3

9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
<i>Totals for Snack 3</i>				1.20	13.10	0.10	60.00

Totals For 1700 Calories Template, Healthy Soy - Day 06				102.13	284.39	33.13	1756.68
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1700 Calories Template, Healthy Soy - Day 07

Breakfast

15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
7	1.5	1 cup, diced	Melons, cantaloupe, raw	1.97	19.09	0.44	79.56
0	1.5	cup	Soy milk, Light, w/ calcium	9.00	12.00	3.00	105.00
<i>Totals for Breakfast</i>				30.47	76.09	4.94	394.56

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	1.0	50 raisins	Raisins, seedless	0.80	20.59	0.12	77.74
14	0.5	ounce(s)	Roasted Soy Nuts, unsalted	5.00	5.00	3.50	70.00
<i>Totals for Snack 1</i>				6.82	26.62	6.02	175.53

Lunch

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
6	3.0	cup	Green salad w/ raw vegetables	5.18	13.33	0.29	66.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
<i>Totals for Lunch</i>				21.84	47.24	11.38	368.16

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				4.30	50.00	2.50	231.00

Dinner

23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.62	42.90
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
4	0.3	1 cup	Tempeh	7.69	3.90	4.48	80.10
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				46.23	50.01	11.83	476.58

Snack 3

9	25.0	each	Grapes - American	0.50	10.25	0.25	50.00
Totals For 1700 Calories Template, Healthy Soy - Day 07				110.16	260.21	36.92	1695.83