



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Child Growing Healthy (4-8 years) - Day 01							
Breakfast							
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	each	Pancakes, frozen, whole grain	1.67	14.00	2.00	80.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 tablespoon	Syrups, table blends, pancake, reduced-calorie	0.00	6.68	0.00	24.75
Totals for Breakfast				10.58	38.42	4.13	228.41
Lunch							
7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
0	1.0	1 slice	Bologna, chicken, turkey, pork	2.77	1.58	7.33	83.44
16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	0.5	1 cup, sliced	Peppers, sweet, red, raw	0.46	2.77	0.14	14.26
Totals for Lunch				18.67	41.50	11.36	336.43
Snack 2							
16	4.0	1 cracker, square	Crackers, whole-wheat, low salt	1.41	10.98	2.75	70.88
4	2.0	1 tablespoon	Hummus, commercial	2.37	4.29	2.88	49.80
Totals for Snack 2				3.78	15.27	5.63	120.68
Dinner							
4	0.3	1 cup	Beans, baked, canned, no salt added	3.04	12.96	0.25	66.41
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
11	1.0	each	Hot dog, turkey	6.00	2.00	8.00	100.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
Totals for Dinner				19.23	45.69	14.85	379.80
Snack 3							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
Totals for Snack 3				3.70	14.07	8.47	136.18
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 01				55.96	154.95	44.44	1201.50

1200 Calories Child Growing Healthy (4-8 years) - Day 02

Breakfast

5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
16	1.0	1 muffin	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	4.61	28.62	1.15	143.52
7	0.3	1 cup, diced	Melons, cantaloupe, raw	0.33	3.18	0.07	13.26
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Breakfast				13.49	35.16	11.43	298.89

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
6	5.0	1 cherry	Tomatoes, red, ripe, raw, year round average	0.75	3.31	0.17	15.30
Totals for Lunch				17.39	47.34	11.30	346.66

Snack 2

16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
Totals for Snack 2				5.22	24.75	11.85	218.64

Dinner

6	0.5	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	1.18	4.93	0.18	21.88
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
0	0.5	2 tablespoon	Sauce, barbecue, KRAFT, original	0.13	6.93	0.11	29.24
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
Totals for Dinner				20.52	38.52	6.44	289.46

Snack 3

16	5.0	1 small	Cookies, vanilla wafers, lower fat	0.75	11.04	2.28	66.15
Totals for Snack 3				0.75	11.04	2.28	66.15
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 02				57.37	156.81	43.30	1219.80

1200 Calories Child Growing Healthy (4-8 years) - Day 03

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
Totals for Breakfast				17.72	53.54	7.46	341.08

Lunch

5	0.2	1 cup, shredded	Cheese, low fat, cheddar or colby	5.50	0.43	1.58	39.10
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
0	1.0	1/2 cup	Egg Salad	6.60	3.20	11.70	145.00
7	0.5	1 large (2-3/4" dia) (approx 2-1/2 per lb)	Peaches, raw	0.71	7.49	0.20	30.62
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				14.61	22.92	14.48	273.72

Snack 2

16	0.5	each	Bagel - blueberry, Earth Grains	4.50	24.00	0.00	122.50
5	2.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	2.00	9.00	0.25	45.00
21	0.3	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	0.75	6.67
Totals for Snack 2				6.50	33.00	1.00	174.17

Dinner

5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
6	0.3	1 cup	Peas, green, cooked, boiled, drained, without salt	2.14	6.25	0.09	33.60
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
0	2.0	each	Soy Chicken Nuggets	6.00	9.00	3.50	95.00
Totals for Dinner				11.50	29.41	7.63	234.21

Snack 3

0	1.0	0.5 cup	Ice creams, vanilla	2.52	16.99	7.92	149.04
14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
Totals for Snack 3				3.60	17.96	12.54	195.39
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 03				53.93	156.83	43.11	1218.57

1200 Calories Child Growing Healthy (4-8 years) - Day 04

Breakfast

7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	each	Pancakes, frozen, whole grain	1.67	14.00	2.00	80.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
0	0.5	1 tablespoon	Syrups, table blends, pancake, reduced-calorie	0.00	3.34	0.00	12.38
Totals for Breakfast				10.73	35.60	4.05	218.24

Lunch

6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
16	3.0	1 cracker, square	Crackers, whole-wheat, low salt	1.06	8.23	2.06	53.16
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
23	0.3	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.09	0.79	1.71	19.20
0	1.0	1 slice	Turkey breast, sliced, oven roasted, luncheon meat	4.78	1.18	0.46	29.12
Totals for Lunch				15.43	20.21	6.71	204.03

Snack 2

16	8.0	1 small	Cookies, vanilla wafers, lower fat	1.20	17.66	3.65	105.84
7	0.5	1 cup, sections	Oranges, raw, all commercial varieties	0.85	10.58	0.11	42.30
Totals for Snack 2				2.05	28.24	3.76	148.14

Dinner

4	0.3	1 cup	Beans, baked, canned, no salt added	3.04	12.96	0.25	66.41
18	0.7	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	15.35	0.00	3.53	97.58
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	0.5	1 cup, cut	Corn, sweet, yellow, cooked, boiled, drained, without salt	2.80	17.20	1.23	78.72
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
Totals for Dinner				31.38	60.89	15.11	486.10

Snack 3

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
Totals for Snack 3				5.55	20.80	6.06	151.58

Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 04				65.14	165.74	35.69	1208.09
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1200 Calories Child Growing Healthy (4-8 years) - Day 05

Breakfast

9	0.3	each	Banana - med 8"	0.30	6.68	0.15	26.25
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
Totals for Breakfast				7.89	33.13	2.23	174.53

Lunch

7	0.3	1 cup, cubes	Avocados, raw, all commercial varieties	0.75	3.20	5.50	60.00
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
1	1.0	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
6	0.3	1 cup, sliced	Peppers, sweet, red, raw	0.23	1.39	0.07	7.13
0	0.3	2 tablespoon	Sauce, salsa, ready-to-serve	0.14	0.60	0.02	2.61
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				16.39	40.87	9.04	297.36

Snack 2

5	4.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	4.00	18.00	0.50	90.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 2				5.00	27.00	0.50	130.00

Dinner

6	0.3	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	0.59	2.46	0.09	10.94
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 oz	Cheese, mozzarella, whole milk	6.29	0.62	6.34	85.05
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.3	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.10	2.00	17.96
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
1	2.0	ounce(s)	Turkey, ground, extra lean	13.00	0.00	0.75	56.00
Totals for Dinner				29.21	57.29	16.59	480.44

Snack 3

9	0.3	each	Apple - medium with peel	0.08	5.25	0.13	20.25
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
Totals for Snack 3				1.86	7.03	4.24	68.09
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 05				60.35	165.32	32.60	1150.42

1200 Calories Child Growing Healthy (4-8 years) - Day 06

Breakfast

5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
16	0.3	1 muffin	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1.15	7.16	0.29	35.88
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	0.3	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	0.75	6.67
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				12.05	16.42	8.46	191.65

Lunch

0	1.0	1 slice	Bologna, chicken, turkey, pork	2.77	1.58	7.33	83.44
16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
5	0.3	1 oz	Cheese, low fat, cheddar or colby	1.73	0.14	0.50	12.26
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
Totals for Lunch				14.16	35.41	10.31	292.08

Snack 2

16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
Totals for Snack 2				1.87	21.74	2.97	120.40

Dinner

23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
6	0.5	1 cup	Peas, green, cooked, boiled, drained, without salt	4.29	12.50	0.18	67.20
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.3	cup	Spaghetti sauce - no salt, Prego	1.00	5.50	3.00	30.00
11	2.0	each	Turkey Meatballs	10.00	5.32	4.60	100.00
Totals for Dinner				21.09	53.02	16.19	397.12

Snack 3

0	1.0	0.5 cup	Ice creams, vanilla	2.52	16.99	7.92	149.04
14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
Totals for Snack 3				4.68	18.93	17.16	241.74
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 06				53.85	145.52	55.09	1242.99

1200 Calories Child Growing Healthy (4-8 years) - Day 07

Breakfast

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				12.06	37.76	2.40	212.37

Lunch

7	0.3	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.10	6.87	0.06	25.62
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
16	0.3	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	1.57	8.80	0.42	42.56
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
23	0.3	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.09	0.79	1.71	19.20
Totals for Lunch				13.61	30.16	12.39	277.12

Snack 2

14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
7	0.5	1 cup, sections	Oranges, raw, all commercial varieties	0.85	10.58	0.11	42.30
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 2				3.53	21.09	4.55	131.42

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	0.5	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.85	2.06	0.18	10.92
23	1.0	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
6	0.5	1 cup, sliced	Peppers, sweet, red, raw	0.46	2.77	0.14	14.26
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
Totals for Dinner				22.89	41.37	16.52	407.71

Snack 3

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
Totals for Snack 3				5.55	20.80	6.06	151.58
Totals For 1200 Calories Child Growing Healthy (4-8 years) - Day 07				57.64	151.18	41.92	1180.20