



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Carb - Day 01							
Breakfast							
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				14.00	46.90	6.00	312.00
Snack 1							
4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.89	7.76	18.13	214.26
<i>Totals for Snack 1</i>				8.89	7.76	18.13	214.26
Lunch							
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.14	1.91	7.40	75.15
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<i>Totals for Lunch</i>				28.40	55.83	10.25	416.75
Snack 2							
0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				6.00	24.00	4.00	160.00
Dinner							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	6.0	ounce(s)	Green beans - string, boiled & drained	3.15	13.35	0.45	60.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	17.50	1.25	15.00	225.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	0.5	0.5 cup	Sauce, salsa, ready-to-serve	1.00	4.37	0.11	18.85
<i>Totals for Dinner</i>				55.45	30.47	17.96	519.85
Totals For 1700 Calories Low Carb - Day 01				112.74	164.96	56.34	1622.86

1700 Calories Low Carb - Day 02

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
<i>Totals for Breakfast</i>				13.40	42.85	2.70	233.50

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.08	29.28	0.32	151.64

Lunch

6	0.8	1 cup, grated	Carrots, raw	0.77	7.90	0.20	33.83
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
20	4.0	tablespoon	Italian - fat free, KRAFT Free	0.00	4.00	0.00	24.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	1.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	7.32	8.76	24.15	263.23
6	4.0	1 cup	Spinach, raw	3.43	4.36	0.47	27.60
<i>Totals for Lunch</i>				38.10	27.14	47.43	683.66

Snack 2

5	3.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	24.00	3.00	4.50	150.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				26.00	14.00	4.50	200.00

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	4.0	ounce(s)	Cod - Atlantic, broiled	25.88	0.00	1.00	120.00
6	0.5	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.3	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
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
<i>Totals for Dinner</i>				31.90	37.28	5.92	341.99

Snack 3

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 3</i>				1.32	34.05	0.20	128.57

Totals For 1700 Calories Low Carb - Day 02				118.80	184.60	61.07	1739.36
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1700 Calories Low Carb - Day 03**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				25.69	34.36	5.05	281.69

Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	14.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.33	18.67	0.00	84.00
<i>Totals for Snack 1</i>				2.63	39.77	0.00	165.00

Lunch

0	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.11	0.16	14.40
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				38.82	20.52	16.18	388.33

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 2</i>				15.55	19.32	1.58	148.30

Dinner

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.76	1.57	9.03	144.02
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	2.00	15.00	2.00	110.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	4.06	21.60	0.65	110.60
<i>Totals for Dinner</i>				61.42	58.17	14.88	654.62

Totals For 1700 Calories Low Carb - Day 03				144.11	172.14	37.69	1637.94
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1700 Calories Low Carb - Day 04**Breakfast**

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
<i>Totals for Breakfast</i>				24.50	36.87	6.50	307.50

Snack 1

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.52	25.17	0.46	138.64

Lunch

21	0.5	tablespoon	Catsup - tomato	0.10	2.05	0.05	8.00
6	6.0	each	Celery - raw stalk, trimmed	3.00	12.00	0.00	60.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
19	2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	10.00	8.00	2.00	100.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.37	0.58	0.33	6.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				22.48	67.06	10.42	439.49

Snack 2

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.89	7.76	18.13	214.26
<i>Totals for Snack 2</i>				8.89	7.76	18.13	214.26

Dinner

3	1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
6	3.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	3.42	7.64	0.84	42.78
12	2.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	37.57	0.00	21.00	350.20
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Dinner</i>				50.49	40.04	23.54	568.98
Totals For 1700 Calories Low Carb - Day 04				114.88	176.90	59.05	1668.87

1700 Calories Low Carb - Day 05

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
<i>Totals for Breakfast</i>				23.55	15.74	10.49	255.60

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	16.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.67	21.33	0.00	96.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Lunch</i>				34.67	79.93	7.60	535.00

Snack 2

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
<i>Totals for Snack 2</i>				18.00	13.00	3.00	150.00

Dinner

18	1.0	3 oz	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24.67	0.00	8.96	186.15
3	8.0	ounce(s)	Green beans - string boiled & drained	4.20	17.80	0.60	80.00
6	0.5	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup, chopped	Onions, raw	0.88	7.47	0.08	32.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 teaspoon	Spices, garlic powder	0.51	2.25	0.02	10.26
<i>Totals for Dinner</i>				32.74	36.46	20.13	445.28

Snack 3

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
<i>Totals for Snack 3</i>				14.00	22.00	6.00	200.00

Totals For 1700 Calories Low Carb - Day 05				138.51	186.45	48.80	1734.18
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1700 Calories Low Carb - Day 06

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
<i>Totals for Breakfast</i>				13.62	45.58	2.77	244.27

Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	3.0	tablespoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
<i>Totals for Snack 1</i>				4.65	27.05	5.25	190.50

Lunch

5	1.0	1 oz	Cheese, mozzarella, low moisture, part-skim	6.97	1.80	5.59	85.33
12	1.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	20.08	0.00	2.52	108.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.33	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				31.12	41.00	20.48	465.86

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				7.50	13.50	0.00	90.00

Dinner

21	2.0	tablespoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	2.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	44.49	0.00	5.97	243.10
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
<i>Totals for Dinner</i>				56.40	53.45	7.08	503.50

Snack 3

19	4.0	each	TYSON Breaded Honey Battered Tenders	9.60	9.60	12.00	184.00
<i>Totals for Snack 3</i>				9.60	9.60	12.00	184.00

Totals For 1700 Calories Low Carb - Day 06				122.89	190.18	47.58	1678.13
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1700 Calories Low Carb - Day 07**Breakfast**

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				14.00	46.90	6.00	312.00

Snack 1

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				22.55	20.87	2.15	189.30

Lunch

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
14	0.1	1 cup, slivered	Nuts, almonds	2.86	2.91	6.74	78.17
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Lunch</i>				30.20	61.94	15.67	495.37

Snack 2

0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
<i>Totals for Snack 2</i>				6.00	24.00	4.00	160.00

Dinner

23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	6.0	ounce(s)	Swordfish - cooked dry heat	43.20	0.00	8.76	264.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals for Snack 3</i>				60.39	28.02	25.85	595.29
Totals For 1700 Calories Low Carb - Day 07				133.14	181.73	53.67	1751.96