



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Anti-Aging - Day 01							
Breakfast - Top cereal w/ sliced banana,nuts,flax & milk.							
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
7	0.5	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
15	1.3	cup	Kashi GoLEAN Cereal	17.29	39.90	1.33	186.20
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
<i>Totals for Breakfast</i>				24.25	53.39	6.44	309.06
Snack 1							
0	1.0	tea spoon	Chia seed	1.00	1.00	1.00	15.00
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				2.29	22.76	1.99	101.33
Lunch - Toss salad ingredients with oil and vinegar.							
20	0.5	tablespoon	Balsamic Vinegar	0.00	1.00	0.00	5.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
6	0.3	cup	Grated carrots	0.33	3.63	0.00	14.85
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
6	0.5	cup	Red pepper	0.46	2.78	0.14	14.26
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				32.89	40.31	1.29	299.61
Snack 2							
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				3.36	4.56	7.68	94.32
Dinner - Boil/grill chick oil.Potato w/spread. Salad greens							
6	1.5	0.5 cup	Arugula, raw	0.39	0.55	0.10	3.75
20	1.5	tablespoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
6	1.8	cup	Broccoli	6.51	19.60	1.12	95.55
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
21	1.5	tea spoon	Trans fat-free buttery spread	0.00	0.00	2.25	22.50
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				28.85	50.00	9.77	395.80
Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00

<i>Totals for Snack 3</i>	0.45	25.70	0.60	98.00
Totals For 1300 Calories Anti-Aging - Day 01	92.09	196.72	27.77	1298.12

1300 Calories Anti-Aging - Day 02

Breakfast - Prepare oats per package directions using milk.

21	0.5	tea spoon	All fruit jelly	0.00	1.50	0.00	7.50
16	1.0	slice	Bread, Ezekiel Sprouted Grain, Low Sodium	4.00	15.00	0.50	80.00
3	0.3	cup	Dry steel cut oats	2.50	13.50	1.25	75.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				15.21	58.08	2.11	291.84

Snack 1 - Top yogurt with berries and crushed cereal.

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
7	0.3	cup	Fresh cantaloupe	0.43	4.20	0.10	17.50
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				8.43	8.20	4.60	112.50

Lunch - Tuna stuffed tomato w/spinach/kale/citrus salad

20	1.5	tablespoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
7	0.8	each	Grapefruit	0.90	17.85	0.15	69.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	0.8	cup	Kale	1.66	5.03	0.35	25.13
21	0.5	tablespoon	Low fat mayonnaise	0.00	2.00	0.50	12.50
23	0.8	tea spoon	Olive oil	0.00	0.00	3.38	30.00
6	0.5	each	Tomato	0.50	2.50	0.00	10.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
1	2.8	ounce(s)	Water packed white tuna	19.25	0.00	2.75	96.25
<i>Totals for Lunch</i>				23.91	41.23	7.29	303.83

Snack 2 - Fresh fruit salad w flax seed/almonds.

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
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Snack 2</i>				2.23	12.97	4.92	104.01

Dinner - Season/Broil fish. Serve w/beets&beans/almonds.

20	1.5	tablespoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
6	1.3	cup	Fresh spinach	1.00	1.36	0.15	8.63
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
6	0.8	cup	Roasted beets	0.75	8.25	0.00	37.50
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
3	0.8	each	Sweet potato, baked in peel, large	3.00	27.75	0.00	120.00
1	3.0	ounce(s)	Trout - all species, dry heat cooked	22.59	0.00	7.20	162.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				29.34	44.36	9.35	385.63

Snack 3 - Cereal and milk.

15	0.5	cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
4	0.3	1 cup	SILK Plain, soymilk	2.31	2.64	1.32	32.88
<i>Totals for Snack 3</i>				8.81	17.64	1.82	102.88

Totals For 1300 Calories Anti-Aging - Day 02				87.93	182.48	30.09	1300.69
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1300 Calories Anti-Aging - Day 03

Breakfast - Saute eggs & veg. Melon/berries.

1	2.0	large	Egg white	8.00	0.00	0.00	30.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	0.5	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				22.29	47.93	1.47	296.82

Snack 1

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				3.36	4.56	7.68	94.32

Lunch - Top rice w/chopped chicken and remaining ing.

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
6	0.3	cup	Kale	0.55	1.68	0.12	8.38
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
<i>Totals for Lunch</i>				27.44	39.24	5.30	306.28

Snack 2

0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
<i>Totals for Snack 2</i>				1.85	22.95	0.46	91.20

Dinner - Season/roast/grill salmon. Spinach salad.

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
3	0.8	cup	Brown rice, cooked	3.75	33.75	1.50	165.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
1	3.3	ounce(s)	Salmon	19.50	0.00	13.00	195.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				25.91	42.44	14.94	404.20

Snack 3 - Pulse berries with milk and ice cube until smooth.

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
5	6.0	fluid ounce(s)	Skim milk	6.00	12.00	0.00	60.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Snack 3</i>				6.75	18.75	0.00	105.00

Totals For 1300 Calories Anti-Aging - Day 03				87.60	175.87	29.85	1297.82
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1300 Calories Anti-Aging - Day 04

Breakfast - Mix cott cheese w/ fruit/cinn/nuts.Top w/cereal.

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
15	0.3	cup	Bran flakes	1.98	15.18	0.00	59.40
14	0.8	tablespoon	Chopped walnuts	1.50	0.75	3.38	37.50
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
<i>Totals for Breakfast</i>				12.40	51.34	8.24	304.73

Snack 1

7	1.5	cup	Sliced fresh peaches	2.32	24.33	0.65	99.45
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				2.32	24.33	0.65	99.45

Lunch - Spinach, broccoli, salmon salad.

20	0.5	tablespoon	Balsamic Vinegar	0.00	1.00	0.00	5.00
1	5.0	ounce(s)	Canned salmon	35.00	0.00	5.00	200.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
6	0.3	cup	Mixed vegetables (non starchy)	0.25	1.75	0.00	10.00
8	1.8	tablespoon	Pumpkin seeds, roasted, unsalted	3.50	1.75	6.13	70.00
7	0.3	1 small (2-1/4" dia)	Tangerines, (mandarin oranges), raw	0.15	2.53	0.06	10.07
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				40.34	9.90	11.31	309.87

Snack 2 - Cantaloupe raisin, flax salad.

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				1.77	21.45	1.35	101.39

Dinner - Saute tofu w/ veg and broth. Serve over quinoa.

0	0.3	tea spoon	Asian five spice	0.00	0.00	0.00	0.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	1.0	cup	Chopped onion	2.00	15.00	0.00	60.00
1	2.5	ounce(s)	Firm tofu	5.00	2.50	2.50	62.50
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
0	0.5	cup	Vegetable broth, low sodium	0.00	1.50	0.00	10.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				18.48	65.74	6.55	393.16

Snack 3 - Top toast with jelly.

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				4.00	18.00	0.50	95.00

Totals For 1300 Calories Anti-Aging - Day 04				79.31	190.76	28.60	1303.60
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1300 Calories Anti-Aging - Day 05

Breakfast - Prepare oats w/ milk. Top w/nuts/raisin/cinn.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.8	tablespoon	Raisins	0.00	6.00	0.00	26.25
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
5	10.0	fluid ounce(s)	Skim milk	10.00	20.00	0.00	100.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				16.19	55.03	5.06	309.09

Snack 1

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				3.36	4.56	7.68	94.32

Lunch - Toss ingredients and place on rice. Serve w/greens

4	3.0	tablespoon	Black beans, canned, drained	3.00	9.00	0.00	45.00
1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				26.39	37.61	5.03	297.88

Snack 2 - Prepare per package directions. Do not salt.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
3	0.8	cup	Brown rice, cooked	3.75	33.75	1.50	165.00
6	0.3	tablespoon	Chopped onion	0.03	0.22	0.00	1.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.5	cup	Fresh spinach	1.20	1.64	0.18	10.35
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
1	4.3	ounce(s)	Tilapia	25.50	0.00	0.00	106.25
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				32.88	41.78	11.06	393.75

Snack 3

0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
<i>Totals for Snack 3</i>				1.85	22.95	0.46	91.20

Totals For 1300 Calories Anti-Aging - Day 05				90.57	170.51	33.91	1305.04
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1300 Calories Anti-Aging - Day 06

Breakfast - Scramble eggs. Jelly on toast.

21	0.5	tea spoon	All fruit jelly	0.00	1.50	0.00	7.50
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
7	0.8	each	Grapefruit - pink or red 4" diam.	0.90	17.85	0.15	69.00
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				21.15	53.10	1.40	296.50

Snack 1 - Spread almond butter on apple.

21	0.3	tablespoon	Almond Butter	0.50	0.75	2.25	25.25
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				0.80	21.75	2.75	106.25

Lunch - Prepare burger. Serve w/beans/quinoa/veg.

1	0.3	cup	Beans	3.00	8.50	0.25	50.00
19	0.5	each	Boca Vegan Veggie Burgers	6.50	4.50	1.25	50.00
6	0.3	cup	Cauliflower	0.50	1.25	0.00	6.25
1	0.1	cup	Edamame, shelled	2.60	1.82	0.91	26.00
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				17.42	38.77	9.44	300.75

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Roast salmon. Lentils w/ onion/brocc/garlic,

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
6	0.3	each	Garlic clove	0.05	0.25	0.00	1.12
6	0.5	tablespoon	Onion - chopped	0.05	0.45	0.00	2.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.3	ounce(s)	Salmon	25.50	0.00	17.00	255.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				34.00	26.15	18.46	398.42

Snack 3 - Mixed berry salad w flaxseed.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.3	cup	Fresh raspberries	0.33	4.95	0.33	19.80
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				1.83	20.68	1.62	104.48

Totals For 1300 Calories Anti-Aging - Day 06				75.90	185.55	33.67	1304.40
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1300 Calories Anti-Aging - Day 07

Breakfast - Top waffle w/yogurt, melon, seeds&berries.

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
1	3.5	ounce(s)	Greek yogurt, plain, non fat	7.00	3.50	0.00	52.50
0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
<i>Totals for Breakfast</i>				14.81	46.23	7.05	305.54

Snack 1

0	8.0	fluid ounce(s)	Green or black tea	0.00	0.00	0.00	0.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 1</i>				3.36	4.56	7.68	94.32

Lunch - Avocado turkey wheat wrap. w/orange.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				30.74	37.46	4.63	306.65

Snack 2

1	6.0	each	Almonds, unsalted	0.00	0.00	3.00	30.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				1.55	16.22	3.43	96.30

Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese

1	3.5	ounce(s)	Boneless chicken breast	22.75	0.00	1.40	108.50
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	0.8	tablespoon	Chopped onion	0.08	0.67	0.00	3.00
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
5	0.8	tablespoon	Grated parmesan cheese	1.44	0.15	1.07	16.16
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				34.24	49.92	8.20	395.79

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals For 1300 Calories Anti-Aging - Day 07</i>				85.40	179.49	30.99	1296.60