



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Heart Healthy - Day 01							
Breakfast							
16	0.5	each	Bagel - Plain, Lenders Bake Shop	4.00	21.00	1.00	105.00
5	2.0	ounce(s)	Cream Cheese, fat free, Healthy Choice	12.00	4.00	0.00	60.00
5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				38.06	33.80	9.15	370.42
Snack 1							
7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Snack 1</i>				4.57	43.31	7.54	242.21
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
6	1.0	tablespoon	HUNT'S Tomato Ketchup No Salt Added	0.23	3.45	0.13	15.90
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
<i>Totals for Lunch</i>				10.61	44.55	2.47	233.55
Snack 2							
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Snack 2</i>				3.00	19.00	0.00	86.00
Dinner							
6	1.0	0.5 cup	Broccoli, frozen, spears, cooked, boiled, drained, without salt	2.85	4.93	0.10	25.76
12	1.0	1 fillet	Fish, cod, Atlantic, cooked, dry heat	41.09	0.00	1.55	189.00
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
2	1.0	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
<i>Totals for Dinner</i>				48.54	61.79	10.87	544.19
Snack 3							
0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
<i>Totals for Snack 3</i>				2.77	30.80	5.51	184.60
Totals For 1700 Calories Heart Healthy - Day 01				107.55	233.25	35.54	1660.97

1700 Calories Heart Healthy - Day 02

Breakfast

7	1.0	1 medium (7" to 7-7/8" long)	Bananas, raw	1.29	26.95	0.39	105.02
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
2	1.0	cup	Oatmeal -Quick, measured uncooked	13.20	55.80	6.00	297.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				22.89	119.55	6.79	600.02

Snack 1

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
Totals for Snack 1				10.07	36.01	5.76	232.65

Lunch

0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
8	1.0	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	14.00	4.00	2.00	80.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				33.28	23.10	5.64	253.65

Snack 2

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				9.10	27.90	0.60	160.00

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
6	1.0	1 cup, pieces or slices	Mushrooms, white, raw	2.16	2.28	0.24	15.40
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				42.02	49.88	3.85	401.03
Totals For 1700 Calories Heart Healthy - Day 02				117.36	256.44	22.64	1647.35

Breakfast

16	1.0	each	Bagel - Plain, Lenders Bake Shop	8.00	42.00	2.00	210.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
0	6.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	18.67	0.00	84.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				8.96	76.76	8.25	411.06

Snack 1

14	2.0	tablespoon	BLUE DIAMOND Almonds, Chopped	3.30	3.26	7.96	95.88
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	4.26	39.64	2.79	190.61
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
Totals for Snack 1				17.28	88.85	11.35	501.06

Lunch

12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				26.29	30.03	1.57	233.25

Snack 2

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

Dinner

20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
23	1.0	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	14.00	120.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
11	1.0	1 unit (yield from 1 lb ready-to-cook turkey)	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	26.21	0.00	1.81	127.89
Totals for Dinner				36.43	38.75	20.85	471.23
Totals For 1700 Calories Heart Healthy - Day 03				96.46	247.89	42.02	1706.60

Breakfast

15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				18.71	77.27	2.88	361.90

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
Totals for Snack 1				10.20	41.70	5.88	255.00

Lunch

5	1.0	ounce(s)	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	9.00	0.50	4.00	80.00
4	1.0	1/2 cup	OLD EL PASO Fat Free Refried Beans	6.00	18.00	0.00	100.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
0	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
Totals for Lunch				19.79	50.00	8.18	364.20

Snack 2

14	0.5	ounce(s)	SOLNUTS Soybeans	6.70	3.90	3.40	73.00
Totals for Snack 2				6.70	3.90	3.40	73.00

Dinner

6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
6	1.0	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.82	8.64	0.23	34.65
12	1.0	1 fillet	Fish, cod, Atlantic, cooked, dry heat	41.09	0.00	1.55	189.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
5	2.0	tablespoon	Parmesean Cheese, Low Sodium	4.16	0.37	3.00	45.60
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Dinner				51.57	34.89	8.59	424.83

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
Totals for Snack 3				2.77	30.80	5.51	184.60
Totals For 1700 Calories Heart Healthy - Day 04				109.74	238.56	34.44	1663.53

1700 Calories Heart Healthy - Day 05

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
0	0.8	cup	Silk Plain Soy Milk	5.25	6.00	3.00	75.00
Totals for Breakfast				24.45	61.90	5.60	398.00

Snack 1

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Snack 1				4.86	38.67	10.62	253.60

Lunch

0	1.0	1 package yields	HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree	18.98	27.84	3.94	223.20
8	1.0	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	14.00	4.00	2.00	80.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Lunch				34.08	49.24	6.24	372.20

Snack 2

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				8.70	40.20	0.60	195.00

Dinner

0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				20.81	92.07	8.61	490.75
Totals For 1700 Calories Heart Healthy - Day 05				92.90	282.08	31.67	1709.55

1700 Calories Heart Healthy - Day 06

Breakfast

16	1.0	each	Bagel - Plain, Lenders Bake Shop	8.00	42.00	2.00	210.00
5	2.0	ounce(s)	Cream Cheese, fat free,Healthy Choice	12.00	4.00	0.00	60.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				20.96	86.99	8.25	499.06

Snack 1

7	1.5	1 cup, unthawed	Blueberries, raw	1.61	31.52	0.72	123.98
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
Totals for Snack 1				10.61	46.52	6.00	273.98

Lunch

6	1.0	medium	Carrots - baby, raw	0.10	0.80	0.10	4.00
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
4	0.5	cup	HEALTH VALLEY Fat Free Honey Baked Beans	7.00	25.00	0.00	110.00
19	1.0	each	MORNINGSTAR FARMS Deli Franks	9.63	2.96	6.54	109.00
Totals for Lunch				18.73	36.76	6.64	263.00

Snack 2

0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
Totals for Snack 2				3.33	21.67	0.00	98.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	0.5	cup	Peas - green, frozen, boiled	4.10	11.40	0.20	62.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals for Dinner				33.70	34.93	2.80	309.93

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
Totals for Snack 3				2.77	30.80	5.51	184.60

Totals For 1700 Calories Heart Healthy - Day 06				90.10	257.67	29.20	1628.57
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Breakfast

15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				25.41	78.57	10.18	461.90

Snack 1

16	2.0	each	Bread /Rye 7 grain	10.00	72.00	4.00	180.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 1				32.10	96.80	5.70	363.00

Lunch

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
6	0.3	1 can (11.5 oz), prepared	Spinach, raw	0.21	0.27	0.03	1.73
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				19.21	29.33	3.86	212.43

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
Totals for Snack 2				7.00	31.00	0.00	150.00

Dinner

13	1.0	3 oz	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	23.15	0.00	5.34	147.05
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
Totals for Dinner				34.90	46.32	11.78	413.08

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
Totals For 1700 Calories Heart Healthy - Day 07				121.39	312.82	37.03	1785.01