



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Kosher - Day 01</b>							
<b>Breakfast</b>							
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
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
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				<b>13.22</b>	<b>40.92</b>	<b>3.12</b>	<b>238.66</b>
<b>Snack 1</b>							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<i>Totals for Snack 1</i>				<b>14.77</b>	<b>11.21</b>	<b>1.36</b>	<b>115.15</b>
<b>Lunch</b>							
0	1.0	each	BR9 - Breakfast Blintzes	23.00	34.00	3.00	257.00
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
<i>Totals for Lunch</i>				<b>25.39</b>	<b>49.29</b>	<b>13.42</b>	<b>423.09</b>
<b>Snack 2</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	0.5	tablespoon	peanut butter reduced fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 2</i>				<b>2.30</b>	<b>24.75</b>	<b>3.50</b>	<b>128.50</b>
<b>Dinner</b>							
19	4.0	ounce(s)	Brisket - flat half, fat trimmed off	35.68	0.00	7.00	216.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				<b>40.06</b>	<b>27.99</b>	<b>8.20</b>	<b>351.53</b>
<b>Snack 3</b>							
0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
<i>Totals for Snack 3</i>				<b>2.07</b>	<b>12.44</b>	<b>0.73</b>	<b>61.92</b>
<b>Totals For 1300 Calories Kosher - Day 01</b>				<b>97.81</b>	<b>166.60</b>	<b>30.33</b>	<b>1318.85</b>

Breakfast

5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
Totals for Breakfast				26.61	44.79	5.78	331.78

Snack 1

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
Totals for Snack 1				5.49	21.02	1.59	118.65

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.5	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	3.11	17.68	2.86	101.22
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals for Lunch				40.44	35.57	4.66	341.34

Snack 2

14	0.5	1 oz (23 whole kernels)	Nuts, almonds	3.00	3.05	7.08	82.07
Totals for Snack 2				3.00	3.05	7.08	82.07

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
Totals for Dinner				29.72	41.85	9.33	363.69

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 3				1.10	17.40	0.30	69.00
Totals For 1300 Calories Kosher - Day 02				106.36	163.68	28.74	1306.53

1300 Calories Kosher - Day 03

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
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
Totals for Breakfast				13.26	45.80	3.13	256.52

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
Totals for Snack 1				4.30	28.50	6.50	176.00

Lunch

16	1.0	1 bagel (3" dia)	Bagels, oat bran	6.10	30.38	0.68	145.35
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
12	4.0	1 oz	Fish, salmon, chinook, smoked, (lox), regular	20.73	0.00	4.90	132.68
Totals for Lunch				28.83	38.38	5.58	318.03

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 2				14.00	3.10	1.15	82.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
Totals for Dinner				32.43	66.67	11.59	500.57

Snack 3

7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
Totals for Snack 3				1.34	13.06	0.30	54.40
Totals For 1300 Calories Kosher - Day 03				94.16	195.51	28.25	1387.52

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, oat bran	3.05	15.19	0.34	72.68
5	0.5	1 tablespoon	Cheese, cream, low fat	0.59	0.61	1.15	15.08
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.06	39.37	2.35	222.40

Snack 1

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
Totals for Snack 1				5.49	21.02	1.59	118.65

Lunch

6	10.0	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
12	2.0	3 oz	Fish, tuna, light, canned in water, drained solids	33.05	0.00	1.63	146.20
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
Totals for Lunch				36.59	43.13	4.95	360.68

Snack 2

7	2.0	1 cup, cubes	Melons, cantaloupe, raw	2.69	26.11	0.61	108.80
Totals for Snack 2				2.69	26.11	0.61	108.80

Dinner

0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
Totals for Dinner				16.30	37.90	17.42	369.84

Snack 3

14	0.5	1 oz (23 whole kernels)	Nuts, almonds	3.00	3.05	7.08	82.07
Totals for Snack 3				3.00	3.05	7.08	82.07
Totals For 1300 Calories Kosher - Day 04				77.13	170.58	34.00	1262.44

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
Totals for Breakfast				18.22	39.26	8.37	298.40

Snack 1

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
Totals for Snack 1				5.49	21.02	1.59	118.65

Lunch

0	1.0	each	BR9 - Breakfast Blintzes	23.00	34.00	3.00	257.00
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
Totals for Lunch				25.39	49.29	13.42	423.09

Snack 2

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 2				0.60	9.70	0.10	37.00

Dinner

12	3.0	1 piece	Fish, gefiltefish, commercial, sweet recipe	11.43	9.34	2.18	105.84
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
0	1.0	1 tablespoon	Horseradish, prepared	0.18	1.69	0.10	7.20
6	1.0	1 pancake	Potato pancakes	4.62	21.14	11.22	203.68
Totals for Dinner				18.33	41.07	13.80	356.72

Snack 3

0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
Totals for Snack 3				2.07	12.44	0.73	61.92
Totals For 1300 Calories Kosher - Day 05				70.10	172.78	38.01	1295.78

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
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
Totals for Breakfast				13.26	45.80	3.13	256.52

Snack 1

7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
Totals for Snack 1				0.60	11.90	0.10	46.00

Lunch

6	10.0	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
12	1.5	3 oz	Fish, tuna, light, canned in water, drained solids	24.79	0.00	1.22	109.65
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
Totals for Lunch				36.73	55.03	4.94	410.13

Snack 2

16	0.5	1 bagel (3" dia)	Bagels, oat bran	3.05	15.19	0.34	72.68
12	2.0	1 oz	Fish, salmon, chinook, smoked, (lox), regular	10.36	0.00	2.45	66.34
Totals for Snack 2				13.41	15.19	2.79	139.02

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
19	3.0	ounce(s)	Brisket - flat half, fat trimmed off	26.76	0.00	5.25	162.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
Totals for Dinner				33.46	28.15	8.44	318.50

Snack 3

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
Totals for Snack 3				5.49	21.02	1.59	118.65
Totals For 1300 Calories Kosher - Day 06				102.95	177.09	20.99	1288.82

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
Totals for Breakfast				18.22	39.26	8.37	298.40

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.8	1 cup, slices	Peaches, raw	1.16	12.16	0.32	49.73
Totals for Snack 1				15.16	15.26	1.47	131.73

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
Totals for Lunch				31.93	43.29	1.90	311.12

Snack 2

16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
Totals for Snack 2				2.80	21.59	2.76	124.47

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals for Dinner				25.18	37.89	10.82	357.37

Snack 3

14	0.5	1 oz (23 whole kernels)	Nuts, almonds	3.00	3.05	7.08	82.07
Totals for Snack 3				3.00	3.05	7.08	82.07
Totals For 1300 Calories Kosher - Day 07				96.29	160.34	32.40	1305.16