



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb Mexican - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	ounce(s)	Pepper - jalapeno', diced, Ortega	0.00	3.00	0.00	10.00
6	0.3	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<i>Totals for Breakfast</i>				20.44	31.07	0.85	216.86
Snack 1							
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.01	19.34	0.23	114.32
Lunch							
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
4	0.5	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	5.93	16.12	2.39	107.10
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				22.43	38.42	9.79	336.10
Snack 2							
0	2.0	ounce(s)	guacamole	1.00	4.00	7.50	85.00
0	0.5	1 oz	Snacks, tortilla chips, plain, white corn, salted	1.01	9.61	2.93	66.91
<i>Totals for Snack 2</i>				2.01	13.61	10.43	151.91
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
<i>Totals for Dinner</i>				37.51	18.07	14.95	371.56
Snack 3							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				14.00	3.10	1.15	82.00
Totals For 1300 Calories Low Carb Mexican - Day 01				104.40	123.61	37.40	1272.75

1300 Calories Low Carb Mexican - Day 02

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
<i>Totals for Breakfast</i>				15.56	25.29	5.80	217.50

Snack 1

5	1.0	1 oz	Cheese, mexican, queso asadero	6.41	0.81	8.01	100.93
16	4.0	1 cracker	Crackers, whole-wheat	1.95	12.80	2.60	78.57
<i>Totals for Snack 1</i>				8.36	13.61	10.61	179.50

Lunch

6	5.0	medium	Carrots - baby, raw	0.50	4.00	0.50	20.00
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
0	1.0	1 cup	Soup, gazpacho, canned, ready-to-serve	7.08	4.39	0.24	46.36
<i>Totals for Lunch</i>				19.91	31.39	19.75	378.67

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

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
0	1.5	each	MAIN01 - Fish With Cucumber Sauce	31.50	1.50	4.50	183.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
<i>Totals for Dinner</i>				46.81	35.67	5.21	374.52

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 3</i>				1.10	17.40	0.30	69.00

Totals For 1300 Calories Low Carb Mexican - Day 02				99.24	136.86	41.67	1309.19
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1300 Calories Low Carb Mexican - Day 03**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
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	41.15	2.64	231.18

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 1</i>				14.00	3.10	1.15	82.00

Lunch

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	2.0	each	Taco - beef regular	20.00	22.00	22.00	366.00
<i>Totals for Lunch</i>				28.40	33.90	22.40	456.00

Snack 2

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
<i>Totals for Snack 2</i>				0.87	11.14	0.40	46.36

Dinner

0	1.0	each	MAIN14 - Chicken Fajitas	24.00	33.00	7.00	297.00
<i>Totals for Dinner</i>				24.00	33.00	7.00	297.00

Snack 3

0	3.0	ounce(s)	guacamole	1.50	6.00	11.25	127.50
0	0.5	1 oz	Snacks, tortilla chips, plain, white corn, salted	1.01	9.61	2.93	66.91
<i>Totals for Snack 3</i>				2.51	15.61	14.18	194.41
Totals For 1300 Calories Low Carb Mexican - Day 03				83.40	137.90	47.77	1306.95

1300 Calories Low Carb Mexican - Day 04**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.3	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
<i>Totals for Breakfast</i>				20.44	28.07	0.85	210.86

Snack 1

7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.01	19.34	0.23	114.32

Lunch

5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	ounce(s)	Pepper - jalapeno', diced, Ortega	0.00	3.00	0.00	10.00
4	0.5	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	5.93	16.12	2.39	107.10
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				14.03	29.52	9.39	262.10

Snack 2

5	1.0	1 oz	Cheese, mexican, queso asadero	6.41	0.81	8.01	100.93
<i>Totals for Snack 2</i>				6.41	0.81	8.01	100.93

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
7	1.0	1 fl oz	Lime juice, raw	0.13	2.59	0.02	7.70
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
1	7.0	ounce(s)	Shrimp - boiled or steamed	41.44	0.00	2.10	196.00
17	0.5	1 cup	Wild rice, cooked	3.27	17.50	0.28	82.82
<i>Totals for Dinner</i>				47.69	25.01	2.51	320.28

Snack 3

14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				14.40	17.90	15.40	256.00

Totals For 1300 Calories Low Carb Mexican - Day 04				110.98	120.65	36.39	1264.49
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1300 Calories Low Carb Mexican - Day 05**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Breakfast</i>				23.06	38.79	5.80	307.50

Snack 1

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
<i>Totals for Snack 1</i>				4.50	8.00	5.00	90.00

Lunch

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	1 cup	Soup, black bean, canned, prepared with equal volume water	5.98	19.04	1.63	113.62
<i>Totals for Lunch</i>				15.74	41.94	3.43	263.92

Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
<i>Totals for Snack 2</i>				21.00	4.65	1.72	123.00

Dinner

0	1.0	each	MAIN25 - Chili Beef and Bean Burgers	15.00	17.00	5.00	173.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	0.5	1 oz	Snacks, tortilla chips, plain, white corn, salted	1.01	9.61	2.93	66.91
<i>Totals for Dinner</i>				16.01	26.61	7.93	247.91

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 3</i>				8.90	26.70	16.90	271.00

Totals For 1300 Calories Low Carb Mexican - Day 05				89.21	146.69	40.78	1303.33
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1300 Calories Low Carb Mexican - Day 06**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
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
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				13.58	36.27	2.63	213.32

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.50	13.50	0.00	90.00

Lunch

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	2.0	1 cup	Soup, gazpacho, canned, ready-to-serve	14.15	8.78	0.49	92.72
<i>Totals for Lunch</i>				23.42	31.82	1.29	225.08

Snack 2

0	3.0	ounce(s)	guacamole	1.50	6.00	11.25	127.50
0	0.5	1 oz	Snacks, tortilla chips, plain, white corn, salted	1.01	9.61	2.93	66.91
<i>Totals for Snack 2</i>				2.51	15.61	14.18	194.41

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
21	5.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	10.00
<i>Totals for Dinner</i>				45.61	28.32	9.51	400.06

Snack 3

14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
<i>Totals for Snack 3</i>				6.00	6.00	15.00	170.00

Totals For 1300 Calories Low Carb Mexican - Day 06				98.62	131.52	42.61	1292.87
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1300 Calories Low Carb Mexican - Day 07

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				15.51	24.11	5.94	213.68

Snack 1

6	3.0	each	Celery - raw stalk, trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
<i>Totals for Snack 1</i>				4.50	8.00	5.00	90.00

Lunch

6	5.0	1 medium	Carrots, baby, raw	0.32	4.12	0.06	17.50
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
6	1.0	ounce(s)	Pepper - jalapeno', diced, Ortega	0.00	3.00	0.00	10.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
<i>Totals for Lunch</i>				38.92	31.92	5.66	317.50

Snack 2

5	1.0	1 oz	Cheese, mexican, queso asadero	6.41	0.81	8.01	100.93
<i>Totals for Snack 2</i>				6.41	0.81	8.01	100.93

Dinner

0	1.0	each	MAIN03 - Green Chili	28.00	40.00	10.00	352.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
<i>Totals for Dinner</i>				37.88	62.98	14.22	525.40

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 3</i>				1.10	17.40	0.30	69.00

Totals For 1300 Calories Low Carb Mexican - Day 07				104.32	145.22	39.13	1316.51
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