



Female Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|------|---------------------------------|--|--------------|---------------|--------------|----------------|
| 1500 Calories Template, North Beach Phase II - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 16 | 2.0 | 1 slice | Bread, whole-wheat, commercially prepared, toasted | 8.14 | 25.58 | 2.04 | 153.00 |
| 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 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| <i>Totals for Breakfast</i> | | | | 17.14 | 49.38 | 7.54 | 330.00 |
| Snack 1 | | | | | | | |
| 14 | 10.0 | 1 almond | Nuts, almonds | 2.54 | 2.59 | 5.99 | 69.48 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 1</i> | | | | 11.04 | 46.56 | 6.79 | 279.62 |
| Lunch | | | | | | | |
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 6 | 10.0 | medium | Carrots - baby, raw | 1.00 | 8.00 | 1.00 | 40.00 |
| 5 | 1.0 | 1 slice (1 oz) | Cheese, swiss, low fat | 7.95 | 0.95 | 1.43 | 50.12 |
| 21 | 0.5 | tablespoon | Mayonnaise - low fat | 0.00 | 2.00 | 0.50 | 12.50 |
| 0 | 10.0 | each | Pretzels - Rold Gold, Tiny Tim | 1.00 | 11.50 | 0.50 | 60.00 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 0.3 | 1/2 cup | tomato, diced | 0.19 | 1.04 | 0.07 | 4.75 |
| 1 | 2.0 | ounce(s) | Turkey Breast / White Meat | 17.00 | 0.00 | 0.40 | 76.00 |
| <i>Totals for Lunch</i> | | | | 30.57 | 41.45 | 4.77 | 330.79 |
| Snack 2 | | | | | | | |
| 9 | 20.0 | each | Grapes - American | 0.40 | 8.20 | 0.20 | 40.00 |
| 9 | 2.0 | each | Rice cake - apple cinnamon, Quaker | 2.00 | 18.00 | 0.00 | 80.00 |
| <i>Totals for Snack 2</i> | | | | 2.40 | 26.20 | 0.20 | 120.00 |
| 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 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| 6 | 1.0 | 1 medium (2" dia, 5" long, raw) | Sweet potato, cooked, baked in skin, flesh, without salt | 2.29 | 23.61 | 0.17 | 102.60 |
| <i>Totals for Dinner</i> | | | | 28.51 | 31.21 | 12.68 | 346.30 |
| Snack 3 | | | | | | | |
| 0 | 4.0 | 1 cup | Snacks, popcorn, air-popped | 4.14 | 24.89 | 1.45 | 123.84 |
| <i>Totals for Snack 3</i> | | | | 4.14 | 24.89 | 1.45 | 123.84 |
| Totals For 1500 Calories Template, North Beach Phase II - Day 01 | | | | 93.80 | 219.69 | 33.43 | 1530.55 |

1500 Calories Template, North Beach Phase II - Day 02

Breakfast

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|--------------|---------------|
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 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 |
| 4 | 0.5 | ounce(s) | Walnuts, dried | 2.09 | 3.04 | 7.60 | 89.00 |
| <i>Totals for Breakfast</i> | | | | 17.29 | 66.40 | 11.77 | 427.48 |

Snack 1

| | | | | | | | |
|---------------------------|-----|------------|--------------------------------|-------------|--------------|-------------|---------------|
| 14 | 6.0 | 1 almond | Nuts, almonds | 1.52 | 1.55 | 3.59 | 41.69 |
| 0 | 6.0 | each | Pretzels - Rold Gold, Tiny Tim | 0.60 | 6.90 | 0.30 | 36.00 |
| 7 | 0.5 | 50 raisins | Raisins, seedless | 0.40 | 10.29 | 0.06 | 38.87 |
| <i>Totals for Snack 1</i> | | | | 2.52 | 18.74 | 3.95 | 116.56 |

Lunch

| | | | | | | | |
|-------------------------|-----|--------------|---|--------------|--------------|-------------|---------------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 16 | 4.0 | 1 toast | Crackers, melba toast, wheat | 2.58 | 15.28 | 0.46 | 74.80 |
| 6 | 1.0 | cup | Green salad w/ raw vegetables | 1.73 | 4.44 | 0.10 | 22.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.04 | 0.94 | 2.80 | 28.00 |
| 7 | 2.0 | 1 cup, diced | Watermelon, raw | 1.85 | 22.95 | 0.46 | 91.20 |
| <i>Totals for Lunch</i> | | | | 20.20 | 46.71 | 4.97 | 298.00 |

Snack 2

| | | | | | | | |
|---------------------------|-----|--------------------|-------------------------------|-------------|--------------|-------------|---------------|
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 2</i> | | | | 7.48 | 32.30 | 0.34 | 161.50 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|-------------|---------------|
| 6 | 1.0 | cup | Green salad w/ raw vegetables | 1.73 | 4.44 | 0.10 | 22.00 |
| 0 | 2.0 | slice | Pizza, cheese and veggies | 16.00 | 46.00 | 6.42 | 306.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, french dressing, reduced calorie | 0.06 | 4.32 | 2.08 | 32.00 |
| <i>Totals for Dinner</i> | | | | 17.79 | 54.76 | 8.60 | 360.00 |

Snack 3

| | | | | | | | |
|---|-----|------------|--------------------------|--------------|---------------|--------------|----------------|
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 21 | 1.0 | tablespoon | Peanut Butter | 4.00 | 3.50 | 8.15 | 95.00 |
| <i>Totals for Snack 3</i> | | | | 4.30 | 24.50 | 8.65 | 176.00 |
| Totals For 1500 Calories Template, North Beach Phase II - Day 02 | | | | 69.58 | 243.41 | 38.28 | 1539.54 |

1500 Calories Template, North Beach Phase II - Day 03

Breakfast

| | | | | | | | |
|-----------------------------|-----|--------------------------------|---------------------------------|--------------|--------------|--------------|---------------|
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 16 | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran | 3.99 | 27.53 | 4.22 | 153.90 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| <i>Totals for Breakfast</i> | | | | 13.41 | 51.10 | 10.08 | 333.54 |

Snack 1

| | | | | | | | |
|---------------------------|------|--------------------|-------------------------------|-------------|--------------|-------------|---------------|
| 9 | 15.0 | each | Grapes - American | 0.30 | 6.15 | 0.15 | 30.00 |
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 1</i> | | | | 7.78 | 38.45 | 0.49 | 191.50 |

Lunch

| | | | | | | | |
|-------------------------|------|-----------------------------------|--|--------------|--------------|-------------|---------------|
| 6 | 10.0 | medium | Carrots - baby, raw | 1.00 | 8.00 | 1.00 | 40.00 |
| 5 | 1.0 | 1 slice (1 oz) | Cheese, low fat, cheddar or colby | 6.82 | 0.53 | 1.96 | 48.44 |
| 16 | 1.0 | 1 muffin | English muffins, whole-wheat, toasted | 5.86 | 26.90 | 1.40 | 134.81 |
| 21 | 1.0 | tablespoon | Mayonnaise - low fat | 0.00 | 4.00 | 1.00 | 25.00 |
| 21 | 0.5 | tablespoon | Relish - pickle | 0.05 | 2.65 | 0.05 | 10.00 |
| 0 | 1.0 | 1 cup | Soup, vegetarian vegetable, canned, prepared with equal volume water | 2.07 | 11.78 | 1.90 | 67.48 |
| 6 | 1.0 | 1 slice, thick/large (1/2" thick) | Tomatoes, red, ripe, raw, year round average | 0.24 | 1.05 | 0.05 | 4.86 |
| 8 | 3.0 | ounce(s) | Tuna Solid White -Water Sm. can | 22.50 | 1.50 | 1.50 | 105.00 |
| <i>Totals for Lunch</i> | | | | 38.54 | 56.41 | 8.86 | 435.59 |

Snack 2

| | | | | | | | |
|---------------------------|-----|------|---------------------|-------------|--------------|-------------|--------------|
| 7 | 1.0 | each | Pear -medium w/peel | 0.70 | 25.10 | 0.00 | 98.00 |
| <i>Totals for Snack 2</i> | | | | 0.70 | 25.10 | 0.00 | 98.00 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------------|---|--------------|--------------|--------------|---------------|
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 0 | 0.3 | tablespoon | Garlic powder | 0.47 | 2.03 | 0.03 | 9.32 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 5 | 1.0 | tablespoon | Parmesean Cheese, Low Sodium | 2.08 | 0.19 | 1.50 | 22.80 |
| 1 | 3.0 | ounce(s) | Shrimp - boiled or steamed | 17.76 | 0.00 | 0.90 | 84.00 |
| 17 | 0.5 | 1 cup | Spaghetti, whole-wheat, cooked | 3.73 | 18.58 | 0.38 | 86.80 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| <i>Totals for Dinner</i> | | | | 26.66 | 30.58 | 10.43 | 314.22 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-------|-----------------------------|-------------|--------------|-------------|---------------|
| 0 | 4.0 | 1 cup | Snacks, popcorn, air-popped | 4.14 | 24.89 | 1.45 | 123.84 |
| <i>Totals for Snack 3</i> | | | | 4.14 | 24.89 | 1.45 | 123.84 |

| | | | | | | | |
|---|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1500 Calories Template, North Beach Phase II - Day 03 | | | | 91.23 | 226.53 | 31.31 | 1496.69 |
|---|--|--|--|--------------|---------------|--------------|----------------|

1500 Calories Template, North Beach Phase II - Day 04

Breakfast

| | | | | | | | |
|-----------------------------|-----|------------|--|--------------|--------------|-------------|---------------|
| 16 | 2.0 | 1 slice | Bread, whole-wheat, commercially prepared, toasted | 8.14 | 25.58 | 2.04 | 153.00 |
| 1 | 2.0 | each | Egg Whites - scrambled/boiled | 7.00 | 0.60 | 0.00 | 34.00 |
| 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 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| <i>Totals for Breakfast</i> | | | | 24.14 | 49.98 | 7.54 | 364.00 |

Snack 1

| | | | | | | | |
|---------------------------|-----|------------|------------------------------------|-------------|--------------|-------------|---------------|
| 21 | 0.5 | tablespoon | Peanut Butter | 2.00 | 1.75 | 4.07 | 47.50 |
| 9 | 2.0 | each | Rice cake - apple cinnamon, Quaker | 2.00 | 18.00 | 0.00 | 80.00 |
| <i>Totals for Snack 1</i> | | | | 4.00 | 19.75 | 4.07 | 127.50 |

Lunch

| | | | | | | | |
|-------------------------|-----|-------------------------|--|--------------|--------------|--------------|---------------|
| 6 | 0.5 | 1 cup, strips or slices | Carrots, raw | 0.57 | 5.84 | 0.15 | 25.01 |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 5 | 1.0 | 1 large | Egg, whole, cooked, hard-boiled | 6.29 | 0.56 | 5.30 | 77.50 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 6 | 0.5 | 1 cup, chopped | Peppers, sweet, red, raw | 0.74 | 4.49 | 0.22 | 23.10 |
| 23 | 1.0 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.36 | 3.15 | 6.84 | 76.80 |
| 6 | 2.0 | 1 cup | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| 0 | 6.0 | fluid ounce(s) | Vegetable juice - V8, no salt | 1.00 | 8.00 | 0.00 | 36.00 |
| <i>Totals for Lunch</i> | | | | 18.08 | 26.49 | 14.75 | 309.78 |

Snack 2

| | | | | | | | |
|---------------------------|-----|--------------------|-------------------------------|-------------|--------------|-------------|---------------|
| 9 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 2</i> | | | | 8.68 | 59.00 | 0.94 | 266.50 |

Dinner

| | | | | | | | |
|--------------------------|-----|-----------------|-----------------------------------|--------------|--------------|-------------|---------------|
| 1 | 3.0 | ounce(s) | Chicken Breast / White Meat | 19.50 | 0.00 | 1.20 | 93.00 |
| 17 | 0.8 | 1 cup | Rice, brown, long-grain, cooked | 3.77 | 33.58 | 1.32 | 162.34 |
| 0 | 0.3 | 1 cup (8 fl oz) | Sauce, barbecue | 0.51 | 25.48 | 0.39 | 107.50 |
| 6 | 2.0 | 1/2 cup | zucchini, frozen, boiled, drained | 2.59 | 8.02 | 0.29 | 38.00 |
| <i>Totals for Dinner</i> | | | | 26.37 | 67.08 | 3.20 | 400.84 |

Snack 3

| | | | | | | | |
|---------------------------|-----|---------------|-------------------|-------------|--------------|-------------|---------------|
| 9 | 3.0 | each | Graham Crackers | 1.45 | 16.13 | 2.12 | 88.50 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| <i>Totals for Snack 3</i> | | | | 2.47 | 27.80 | 2.58 | 137.14 |

| | | | | | | | |
|---|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1500 Calories Template, North Beach Phase II - Day 04 | | | | 83.74 | 250.10 | 33.08 | 1605.76 |
|---|--|--|--|--------------|---------------|--------------|----------------|

1500 Calories Template, North Beach Phase II - Day 05

Breakfast

| | | | | | | | |
|-----------------------------|-----|------|---------------------|--------------|--------------|-------------|---------------|
| 9 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 15 | 1.5 | cup | Kashi GoLEAN Cereal | 19.50 | 45.00 | 1.50 | 210.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| <i>Totals for Breakfast</i> | | | | 29.10 | 83.60 | 2.50 | 401.00 |

Snack 1

| | | | | | | | |
|---------------------------|------|---------------|------------------------------------|-------------|--------------|-------------|---------------|
| 14 | 12.0 | 1 almond | Nuts, almonds | 3.05 | 3.10 | 7.19 | 83.38 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| 9 | 1.0 | each | Rice cake - apple cinnamon, Quaker | 1.00 | 9.00 | 0.00 | 40.00 |
| <i>Totals for Snack 1</i> | | | | 5.60 | 28.32 | 7.62 | 189.68 |

Lunch

| | | | | | | | |
|-------------------------|-----|----------------------------|---|--------------|--------------|-------------|---------------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 5 | 1.0 | 1 slice (1 oz) | Cheese, swiss, low fat | 7.95 | 0.95 | 1.43 | 50.12 |
| 21 | 0.5 | tablespoon | Mayonnaise - low fat | 0.00 | 2.00 | 0.50 | 12.50 |
| 0 | 1.0 | 1 cup | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve | 4.77 | 20.34 | 2.53 | 122.91 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 2.0 | 1 slice, thin/small | Tomatoes, red, ripe, raw, year round average | 0.26 | 1.17 | 0.06 | 5.40 |
| 1 | 2.0 | ounce(s) | Turkey Breast / White Meat | 17.00 | 0.00 | 0.40 | 76.00 |
| <i>Totals for Lunch</i> | | | | 33.41 | 42.42 | 5.79 | 354.35 |

Snack 2

| | | | | | | | |
|---------------------------|-----|--------------|-----------------|-------------|--------------|-------------|--------------|
| 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

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 6 | 1.0 | cup | Green salad w/ raw vegetables | 1.73 | 4.44 | 0.10 | 22.00 |
| 5 | 0.5 | tablespoon | Parmesean Cheese, Low Sodium | 1.04 | 0.09 | 0.75 | 11.40 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, french dressing, reduced calorie | 0.06 | 4.32 | 2.08 | 32.00 |
| 0 | 1.0 | 1 serving | Sauce, pasta, spaghetti/marinara, ready-to-serve | 1.76 | 9.41 | 1.85 | 61.25 |
| 17 | 0.5 | 1 cup | Spaghetti, whole-wheat, cooked | 3.73 | 18.58 | 0.38 | 86.80 |
| 11 | 3.0 | each | Turkey Meatballs | 15.00 | 7.98 | 6.90 | 150.00 |
| <i>Totals for Dinner</i> | | | | 23.32 | 44.82 | 12.06 | 363.45 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-------|-----------------------------|-------------|--------------|-------------|---------------|
| 0 | 4.0 | 1 cup | Snacks, popcorn, air-popped | 4.14 | 24.89 | 1.45 | 123.84 |
| <i>Totals for Snack 3</i> | | | | 4.14 | 24.89 | 1.45 | 123.84 |

| | | | | | | | |
|---|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1500 Calories Template, North Beach Phase II - Day 05 | | | | 97.42 | 247.00 | 29.88 | 1523.52 |
|---|--|--|--|--------------|---------------|--------------|----------------|

1500 Calories Template, North Beach Phase II - Day 06

Breakfast

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 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 | 50 raisins | Raisins, seedless | 0.40 | 10.29 | 0.06 | 38.87 |
| <i>Totals for Breakfast</i> | | | | 14.50 | 52.20 | 3.74 | 292.99 |

Snack 1

| | | | | | | | |
|---------------------------|-----|--------------------|-------------------------------|-------------|--------------|-------------|---------------|
| 4 | 0.3 | ounce(s) | Walnuts, dried | 1.04 | 1.52 | 3.80 | 44.50 |
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 1</i> | | | | 8.52 | 33.82 | 4.14 | 206.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|-------------------------|---|--------------|--------------|--------------|---------------|
| 6 | 0.5 | 1 cup, strips or slices | Carrots, raw | 0.57 | 5.84 | 0.15 | 25.01 |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 4 | 0.3 | 1 cup | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 3.63 | 11.24 | 1.06 | 67.24 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 23 | 2.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.08 | 1.88 | 5.60 | 56.00 |
| 6 | 2.0 | 1 cup | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 8 | 2.0 | ounce(s) | Tuna Solid White -Water Sm. can | 15.00 | 1.00 | 1.00 | 70.00 |
| <i>Totals for Lunch</i> | | | | 29.04 | 28.26 | 10.32 | 306.92 |

Snack 2

| | | | | | | | |
|---------------------------|-----|------------|---------------------------------------|-------------|--------------|-------------|---------------|
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 16 | 0.5 | 1 muffin | English muffins, whole-wheat, toasted | 2.93 | 13.45 | 0.70 | 67.41 |
| 21 | 0.5 | tablespoon | Peanut Butter | 2.00 | 1.75 | 4.07 | 47.50 |
| <i>Totals for Snack 2</i> | | | | 5.23 | 36.20 | 5.27 | 195.91 |

Dinner

| | | | | | | | |
|--------------------------|------|----------------------------|--|--------------|--------------|--------------|---------------|
| 18 | 1.0 | 1 serving (3 oz) | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 21.93 | 0.00 | 5.05 | 139.40 |
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 6 | 10.0 | medium | Carrots - baby, raw | 1.00 | 8.00 | 1.00 | 40.00 |
| 5 | 1.0 | 1 slice (1 oz) | Cheese, swiss, low fat | 7.95 | 0.95 | 1.43 | 50.12 |
| 6 | 1.0 | 0.5 cup | Coleslaw, home-prepared | 0.77 | 7.45 | 1.57 | 46.80 |
| 0 | 1.0 | 2 tablespoon | Sauce, salsa, ready-to-serve | 0.55 | 2.42 | 0.06 | 10.44 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 2.0 | 1 slice, thin/small | Tomatoes, red, ripe, raw, year round average | 0.26 | 1.17 | 0.06 | 5.40 |
| <i>Totals for Dinner</i> | | | | 39.02 | 55.55 | 10.87 | 464.70 |

Snack 3

| | | | | | | | |
|---------------------------|-----|--------------|-----------------|-------------|--------------|-------------|--------------|
| 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 1500 Calories Template, North Beach Phase II - Day 06 | | | | 98.16 | 228.98 | 34.80 | 1557.72 |
|---|--|--|--|--------------|---------------|--------------|----------------|

1500 Calories Template, North Beach Phase II - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|--------------------------------|---------------------------------|--------------|--------------|--------------|---------------|
| 9 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 16 | 1.0 | 1 muffin (2-1/2" dia x 2-1/4") | Muffins, oat bran | 3.99 | 27.53 | 4.22 | 153.90 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| <i>Totals for Breakfast</i> | | | | 13.59 | 66.13 | 10.22 | 389.90 |

Snack 1

| | | | | | | | |
|---------------------------|-----|------------|------------------------------------|-------------|--------------|-------------|---------------|
| 21 | 1.0 | tablespoon | Peanut Butter | 4.00 | 3.50 | 8.15 | 95.00 |
| 9 | 2.0 | each | Rice cake - apple cinnamon, Quaker | 2.00 | 18.00 | 0.00 | 80.00 |
| <i>Totals for Snack 1</i> | | | | 6.00 | 21.50 | 8.15 | 175.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|----------------|-------------------------------|--------------|--------------|-------------|---------------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 16 | 4.0 | 1 toast | Crackers, melba toast, wheat | 2.58 | 15.28 | 0.46 | 74.80 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| 0 | 6.0 | fluid ounce(s) | Vegetable juice - V8, no salt | 1.00 | 8.00 | 0.00 | 36.00 |
| <i>Totals for Lunch</i> | | | | 19.13 | 42.60 | 2.04 | 259.10 |

Snack 2

| | | | | | | | |
|---------------------------|------|--------------------|-------------------------------|-------------|--------------|-------------|---------------|
| 9 | 20.0 | each | Grapes - American | 0.40 | 8.20 | 0.20 | 40.00 |
| 14 | 4.0 | 1 almond | Nuts, almonds | 1.02 | 1.03 | 2.40 | 27.79 |
| 5 | 1.0 | 1 container (6 oz) | Yogurt, fruit variety, nonfat | 7.48 | 32.30 | 0.34 | 161.50 |
| <i>Totals for Snack 2</i> | | | | 8.90 | 41.53 | 2.94 | 229.29 |

Dinner

| | | | | | | | |
|--------------------------|-----|----------------------|---|--------------|--------------|-------------|---------------|
| 6 | 1.0 | 1 cup flowerets | Broccoli, flower clusters, raw | 2.12 | 3.72 | 0.25 | 19.88 |
| 1 | 3.0 | ounce(s) | Chicken Breast / White Meat | 19.50 | 0.00 | 1.20 | 93.00 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 1.0 | 1 tablespoon chopped | Onions, spring or scallions (includes tops and bulb), raw | 0.11 | 0.44 | 0.01 | 1.92 |
| 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 |
| 4 | 2.0 | 1 tablespoon | Soy sauce made from soy and wheat (shoyu), low sodium | 2.57 | 1.59 | 0.09 | 16.19 |
| 6 | 1.0 | 0.5 cup slices | Waterchestnuts, chinese, canned, solids and liquids | 0.62 | 8.61 | 0.04 | 35.00 |
| <i>Totals for Dinner</i> | | | | 28.18 | 41.24 | 9.69 | 362.32 |

Snack 3

| | | | | | | | |
|---------------------------|-----|-------|-----------------------------|-------------|--------------|-------------|--------------|
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| <i>Totals for Snack 3</i> | | | | 3.11 | 18.67 | 1.09 | 92.88 |

| | | | | | | | |
|---|--|--|--|--------------|---------------|--------------|----------------|
| Totals For 1500 Calories Template, North Beach Phase II - Day 07 | | | | 78.91 | 231.67 | 34.13 | 1508.49 |
|---|--|--|--|--------------|---------------|--------------|----------------|