



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories High (am) to Low (pm) Glycemic - Day 01							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1.25 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	2.14	26.20	0.43	116.25
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.34	91.31	3.63	435.62
Snack 1							
16	1.0	1 oz	Cookies, vanilla wafers, lower fat	1.42	20.87	4.31	125.02
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				1.82	31.87	4.37	166.26
Lunch							
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
6	3.0	each	Celery - raw stalk, trimmed	1.50	6.00	0.00	30.00
16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				30.96	54.99	14.93	478.51
Snack 2							
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 2				11.10	27.90	0.79	157.00
Dinner							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
Totals for Dinner				47.34	13.39	7.50	302.78
Snack 3							
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
Totals for Snack 3				6.90	6.03	14.08	166.41
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 01				111.46	225.49	45.30	1706.58

Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	1.0	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	6.50	0.00	25.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	2.0	each	Waffle - EGGO, frozen, Homestyle	6.00	32.00	10.00	240.00
Totals for Breakfast				10.30	87.51	10.80	470.37

Snack 1

7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				3.73	40.99	0.79	175.09

Lunch

6	0.3	1 cup	Alfalfa seeds, sprouted, raw	0.33	0.17	0.06	1.90
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
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	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
Totals for Lunch				25.40	30.92	8.10	301.20

Snack 2

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
Totals for Snack 2				14.69	12.46	5.70	163.50

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
Totals for Dinner				18.45	40.89	13.19	333.00

Snack 3

7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals for Snack 3				29.63	30.86	2.61	261.02
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 02				102.20	243.63	41.19	1704.18

1700 Calories High (am) to Low (pm) Glycemic - Day 03

Breakfast

16	0.5	each	Bagel - Cinnamon Raisin, Earth Grains	4.50	24.00	0.00	127.50
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
7	1.0	cup	Watermellon - fresh, diced	1.00	11.50	0.70	51.00
Totals for Breakfast				9.00	63.21	3.20	320.87

Snack 1

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				1.34	6.05	2.00	48.37

Lunch

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
5	1.0	2 tablespoon	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.40	2.02	3.72	47.12
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				14.21	38.07	9.13	287.42

Snack 2

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Snack 2				10.80	52.51	0.70	242.87

Dinner

23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
1	5.0	ounce(s)	Salmon - broiled	31.35	0.00	17.50	290.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	1.0	1 teaspoon	Spices, garlic powder	0.51	2.25	0.02	10.26
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
Totals for Dinner				50.41	31.44	41.47	683.26

Snack 3

4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				8.97	26.93	4.71	179.86
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 03				94.73	218.21	61.21	1762.65

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1.25 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1.07	13.10	0.22	58.13
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
Totals for Breakfast				12.07	64.35	0.92	306.63

Snack 1

16	1.0	1 oz	Cookies, vanilla wafers, lower fat	1.42	20.87	4.31	125.02
7	1.0	0.5 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.49	14.30	0.09	55.35
Totals for Snack 1				1.91	35.17	4.40	180.37

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	5.74	9.43	1.64	75.84
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Lunch				52.14	30.76	8.60	412.86

Snack 2

7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
Totals for Snack 2				1.20	23.80	0.20	92.00

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
19	5.0	ounce(s)	Pork - broiled, chopped, trimmed,center loin	42.80	0.00	11.50	285.00
21	1.0	tablespoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	5.00	0.00	30.00
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
Totals for Dinner				52.58	43.98	16.19	517.48

Snack 3

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 3				11.42	35.38	0.76	184.27
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 04				131.32	233.44	31.07	1693.61

Breakfast

16	0.5	each	Bagel - Cinnamon Raisin, Earth Grains	4.50	24.00	0.00	127.50
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				8.87	62.85	2.90	316.23

Snack 1

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				2.00	18.71	0.00	82.37

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
12	1.0	1 cup	Fish, tuna salad	32.88	19.29	18.98	383.35
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				44.15	63.49	23.64	639.59

Snack 2

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
Totals for Snack 2				14.69	12.46	5.70	163.50

Dinner

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	1 cup, sliced	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.82	3.88	0.28	18.00
Totals for Dinner				45.94	20.15	7.10	308.70

Snack 3

7	0.8	1 cup, without pits	Cherries, sweet, raw	1.22	18.49	0.23	72.77
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 3				11.82	37.79	0.62	193.77

Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 05				127.47	215.45	39.96	1704.16
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1700 Calories High (am) to Low (pm) Glycemic - Day 06

Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	1.0	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	6.50	0.00	25.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	1.0	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
Totals for Breakfast				7.30	71.51	5.80	350.37

Snack 1

0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				1.40	22.50	0.56	101.24

Lunch

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	5.22	32.63	1.47	147.00
Totals for Lunch				30.65	64.71	6.41	424.59

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				4.60	24.56	8.70	178.37

Dinner

18	1.8	3 oz	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	40.34	0.00	18.91	342.13
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				47.76	24.75	23.51	483.83

Snack 3

7	0.8	1 cup, slices	Peaches, raw	1.16	12.16	0.32	49.73
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
Totals for Snack 3				9.11	27.42	4.57	180.95
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 06				100.82	235.45	49.55	1719.35

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1.25 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	2.14	26.20	0.43	116.25
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				11.14	52.16	1.13	257.12

Snack 1

7	1.0	0.5 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.49	14.30	0.09	55.35
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				2.49	33.01	0.09	137.72

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
5	1.0	1 slice (1 oz)	Cheese, swiss	7.54	1.51	7.78	106.40
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
Totals for Lunch				26.10	34.24	23.41	446.10

Snack 2

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				2.40	41.32	0.30	159.24

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
1	4.0	ounce(s)	Turkey, ground, extra lean	26.00	0.00	1.50	112.00
Totals for Dinner				40.45	67.89	9.69	466.00

Snack 3

4	1.3	1 oz	Peanuts, all types, dry-roasted, without salt	8.63	7.53	17.60	208.02
Totals for Snack 3				8.63	7.53	17.60	208.02
Totals For 1700 Calories High (am) to Low (pm) Glycemic - Day 07				91.21	236.15	52.22	1674.20