



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Weight Loss R2 - Day 01							
Breakfast - Make oatmeal using milk. make eggs in pan.							
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
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
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				23.50	57.40	2.60	334.00
Snack 1							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
<i>Totals for Snack 1</i>				0.60	13.35	0.30	52.50
Lunch - make salad with oil and crouton. top with chicken							
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
16	0.3	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
20	2.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				23.38	29.15	5.63	269.50
Snack 2 - mix tuna,mayo, and relish. eat with crackers.							
9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
<i>Totals for Snack 2</i>				23.60	22.80	3.60	201.00
Dinner - make salad with oil. make broc,rice,fish separate.							
6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				36.70	41.17	6.01	366.76
Snack 3							
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 3</i>				7.50	13.50	0.00	90.00
Totals For 1300 Calories Weight Loss R2 - Day 01				115.28	177.37	18.14	1313.76

1300 Calories Weight Loss R2 - Day 02

Breakfast - combine cereal, milk, and chopped banana

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				12.39	45.75	2.58	243.78

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch - make salad with croutons,oil,boil egg

16	0.3	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	3.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				10.27	31.61	10.63	270.00

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				28.00	6.20	2.30	164.00

Dinner - salad w/oil.add sour cream to potato

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				30.60	40.83	12.50	394.20

Snack 3

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 3</i>				7.50	13.50	0.00	90.00

Totals For 1300 Calories Weight Loss R2 - Day 02				89.06	158.89	28.51	1242.98
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1300 Calories Weight Loss R2 - Day 03

Breakfast - Make oatmeal using milk. make eggs in pan

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
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
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				23.50	57.40	2.60	334.00

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 - add all ingredients for sandwich. Applesauce sep

7	0.5	1 cup	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.21	13.75	0.12	51.24
16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Lunch</i>				37.72	47.79	5.93	388.22

Snack 2 - mix fruit with cottage cheese

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
<i>Totals for Snack 2</i>				14.54	10.55	1.22	111.28

Dinner - top chicken with salsa and cheese.

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<i>Totals for Dinner</i>				32.80	30.77	6.91	318.76

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00

Totals For 1300 Calories Weight Loss R2 - Day 03				118.07	168.02	19.66	1311.26
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1300 Calories Weight Loss R2 - Day 04

Breakfast - combine cereal and milk, add chopped banana to yog

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
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>				19.89	59.25	2.58	333.78

Snack 1

7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 1</i>				0.20	4.10	0.00	20.00

Lunch - mix tuna, relish, and mayo and top crackers.

6	6.0	1 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
9	6.0	each	Cracker/Nabisco - Low Saltines	1.20	12.00	2.40	72.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
0	1.0	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
<i>Totals for Lunch</i>				33.68	39.24	6.58	329.00

Snack 2 - mix fruit with cottage cheese

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
<i>Totals for Snack 2</i>				14.54	10.55	1.22	111.28

Dinner - salad w/ asparagus and oil. Potato and fish sep

3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
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>				26.53	27.63	8.60	295.70

Snack 3 - top crackers with peanut butter

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 3</i>				5.93	29.00	8.83	213.00

Totals For 1300 Calories Weight Loss R2 - Day 04				100.77	169.77	27.81	1302.76
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1300 Calories Weight Loss R2 - Day 05

Breakfast - spread peanut b on bagel. Peel orange.

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Breakfast</i>				18.00	59.30	6.70	370.00

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 - combine all ingredients for sandwich. Soup separat

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
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
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	1.0	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
<i>Totals for Lunch</i>				47.73	39.67	7.97	424.68

Snack 2

7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 2</i>				0.20	4.10	0.00	20.00

Dinner - chicken with bbq, mix chives sour cream and potato

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	0.5	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.01	4.35	0.11	18.90
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
<i>Totals for Dinner</i>				30.02	38.22	6.41	323.70

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				2.68	10.68	4.00	92.00

Totals For 1300 Calories Weight Loss R2 - Day 05				106.13	165.47	25.08	1320.38
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1300 Calories Weight Loss R2 - Day 06

Breakfast - Make oatmeal using milk. make eggs in pan.

1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
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
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				33.50	59.40	2.60	384.00

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<i>Totals for Snack 1</i>				0.15	10.50	0.25	40.50

Lunch - make salad with croutons,oil,boil egg

16	0.3	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	2.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				10.17	29.71	9.73	254.00

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 - salad w/oil.add salsa to fish.potato &asaparg sep

3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
<i>Totals for Dinner</i>				38.24	35.75	12.06	415.05

Snack 3

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
<i>Totals for Snack 3</i>				1.93	21.50	2.83	118.00

Totals For 1300 Calories Weight Loss R2 - Day 06				91.49	170.36	27.47	1301.55
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1300 Calories Weight Loss R2 - Day 07

Breakfast - spread peanut b on bagel. Peel orange.

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Breakfast</i>				18.00	59.30	6.70	370.00

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				1.10	17.40	0.30	69.00

Lunch - chicken w/ salsa,veggies w/ soup

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	0.5	ounce(s)	Chicken Breast / White Meat	3.25	0.00	0.20	15.50
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	1.0	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
<i>Totals for Lunch</i>				10.20	34.47	2.40	197.26

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 - salad and oil. mix pasta cheese,sauce,chicken

17	0.8	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
5	0.5	1 tablespoon	Cheese, parmesan, grated	0.71	0.35	0.70	10.50
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
20	2.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
<i>Totals for Dinner</i>				44.61	59.90	11.85	539.00

Snack 3

0	2.5	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.68	6.68	2.50	57.50
<i>Totals For 1300 Calories Weight Loss R2 - Day 07</i>				83.09	191.25	23.75	1322.76