



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Mature Women - Day 01</b>							
<b>Breakfast</b>							
15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
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
<b>Totals for Breakfast</b>				<b>17.06</b>	<b>63.77</b>	<b>3.67</b>	<b>271.52</b>
<b>Snack 1</b>							
2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
<b>Totals for Snack 1</b>				<b>8.00</b>	<b>25.00</b>	<b>6.25</b>	<b>190.00</b>
<b>Lunch</b>							
6	0.3	1 cup, diced	Celery, raw	0.21	0.89	0.05	4.80
12	1.0	3 oz	Fish, tuna, light, canned in water, drained solids	16.52	0.00	0.82	73.10
7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
<b>Totals for Lunch</b>				<b>22.05</b>	<b>43.65</b>	<b>7.45</b>	<b>311.57</b>
<b>Snack 2</b>							
16	6.0	1 cracker	Crackers, whole-wheat, low salt	2.11	16.46	4.13	106.32
5	1.0	ounce(s)	KRAFT 2% Milk Colby Cheese, Reduced Fat	7.00	0.00	6.00	80.00
<b>Totals for Snack 2</b>				<b>9.11</b>	<b>16.46</b>	<b>10.13</b>	<b>186.32</b>
<b>Dinner</b>							
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	0.5	cup	LA CHOY Snow Pea Pods, Frozen	1.22	4.66	0.01	20.70
4	1.0	1 slice	MORI-NU, Tofu, silken, extra firm	6.22	1.68	1.60	46.20
6	0.3	1 cup	Mushrooms, canned, drained solids	0.73	1.99	0.11	9.75
6	0.3	1 cup	Onions, cooked, boiled, drained, without salt	0.71	5.33	0.10	23.10
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	3.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	3.90	0.00	33.00
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
<b>Totals for Dinner</b>				<b>31.52</b>	<b>48.56</b>	<b>3.94</b>	<b>368.98</b>
<b>Totals For 1300 Calories Mature Women - Day 01</b>				<b>87.74</b>	<b>197.44</b>	<b>31.44</b>	<b>1328.39</b>

1300 Calories Mature Women - Day 02

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
Totals for Breakfast				13.40	42.85	2.70	233.50

Snack 1

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
Totals for Snack 1				4.00	33.00	2.00	160.00

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)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
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	12.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.00	16.00	0.00	72.00
Totals for Lunch				13.41	53.25	6.51	323.30

Snack 2

19	5.0	each	MORNINGSTAR FARMS Chicken Nuggets	16.25	21.25	5.00	200.00
Totals for Snack 2				16.25	21.25	5.00	200.00

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	1.0	1 tablespoon	Cheese, parmesan, shredded	1.89	0.17	1.37	20.75
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
Totals for Dinner				33.37	40.15	13.15	402.25
Totals For 1300 Calories Mature Women - Day 02				80.43	190.50	29.36	1319.05

Breakfast

2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
21	2.0	tablespoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
Totals for Breakfast				13.00	63.45	5.00	366.00

Snack 1

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.20	38.60	0.00	188.00

Lunch

6	0.5	1 cup, grated	Carrots, raw	0.51	5.27	0.13	22.55
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	3.0	tablespoon	Italian - fat free, KRAFT Free	0.00	3.00	0.00	18.00
19	3.0	each	MORNINGSTAR FARMS Breakfast Strips	2.73	3.18	6.63	83.40
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals for Lunch				14.84	18.69	19.47	304.65

Snack 2

0	8.0	ounce(s)	Silk Vanilla Soy Milk	6.00	10.00	3.52	100.00
7	2.0	1 cup, halves	Strawberries, raw	2.04	23.35	0.91	97.28
Totals for Snack 2				8.04	33.35	4.43	197.28

Dinner

0	0.5	1 cup	Babyfood, vegetables, green beans, strained	1.44	7.55	0.20	32.40
21	2.0	tablespoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
14	1.0	1 tablespoon	Nuts, almonds, blanched	1.95	1.70	4.78	53.69
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
Totals for Dinner				26.69	40.45	8.10	342.64
Totals For 1300 Calories Mature Women - Day 03				70.77	194.54	37.00	1398.57

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				15.71	73.12	3.28	311.90

Snack 1

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
Totals for Snack 1				8.00	25.00	6.25	190.00

Lunch

20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
Totals for Lunch				23.90	45.20	6.50	338.00

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Pear - medium, Dole	1.00	25.00	1.00	100.00
Totals for Snack 2				15.00	28.10	2.15	182.00

Dinner

0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
6	0.5	1 cup, chopped	Onions, raw	0.88	7.47	0.08	32.00
21	3.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	9.00	80.01
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
6	1.0	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.02	10.01	0.40	41.85
Totals for Dinner				17.21	47.73	15.70	372.80
Totals For 1300 Calories Mature Women - Day 04				79.82	219.15	33.88	1394.70

1300 Calories Mature Women - Day 05

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
16	0.5	1 muffin	English muffins, mixed-grain, toasted (includes granola)	3.02	15.34	0.58	77.78
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
Totals for Breakfast				18.82	23.36	4.90	213.29

Snack 1

7	1.8	cup	Watermelon - fresh, diced	1.75	20.13	1.22	89.25
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				9.25	33.63	1.22	179.25

Lunch

0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
4	0.3	cup	LA CHOY Bean Sprouts	0.33	0.31	0.02	3.47
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
Totals for Lunch				27.77	28.50	9.64	312.30

Snack 2

7	1.3	1 cup	Blueberries, raw	1.37	26.81	0.61	105.45
0	8.0	ounce(s)	Silk Vanilla Soy Milk	6.00	10.00	3.52	100.00
Totals for Snack 2				7.37	36.81	4.13	205.45

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	4.0	ounce(s)	Flounder - broiled	27.32	0.00	0.00	132.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals for Dinner				41.55	63.11	5.97	491.47
Totals For 1300 Calories Mature Women - Day 05				104.76	185.41	25.86	1401.76

1300 Calories Mature Women - Day 06

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				11.90	53.22	2.90	264.50

Snack 1

16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
5	1.0	ounce(s)	KRAFT 2% Milk Colby Cheese, Reduced Fat	7.00	0.00	6.00	80.00
Totals for Snack 1				8.76	13.72	9.44	168.60

Lunch

2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
6	0.3	1 cup, diced	Celery, raw	0.21	0.89	0.05	4.80
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
Totals for Lunch				39.01	44.00	13.22	458.50

Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 2				22.55	20.87	2.15	189.30

Dinner

6	0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	0.3	ounce(s)	Parmesan, grated, KRAFT	3.00	0.25	2.25	32.50
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
Totals for Dinner				36.01	33.40	5.18	303.86
Totals For 1300 Calories Mature Women - Day 06				118.23	165.21	32.89	1384.76

1300 Calories Mature Women - Day 07

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
16	0.5	1 muffin	English muffins, mixed-grain, toasted (includes granola)	3.02	15.34	0.58	77.78
7	0.5	1 cup, balls	Melons, honeydew, raw	0.48	8.04	0.12	31.86
Totals for Breakfast				18.56	24.18	4.85	215.06

Snack 1

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
Totals for Snack 1				4.00	33.00	2.00	160.00

Lunch

7	1.3	1 cup	Grapes, american type (slip skin), raw	0.72	19.72	0.40	77.05
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Three Bean Chili w/Rice	8.00	32.00	6.00	210.00
Totals for Lunch				10.02	62.22	6.80	342.05

Snack 2

19	5.0	each	MORNINGSTAR FARMS Chicken Nuggets	16.25	21.25	5.00	200.00
Totals for Snack 2				16.25	21.25	5.00	200.00

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.76	1.57	9.03	144.02
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	0.5	1 cup	Tomato products, canned, sauce, with onions	1.91	12.18	0.23	51.45
Totals For 1300 Calories Mature Women - Day 07				74.51	196.72	29.82	1328.15