



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Extreme Fat Loss - Day 01							
Breakfast							
15	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				55.90	47.85	9.50	482.75
Snack 1							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				27.95	21.45	1.69	217.00
Lunch							
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				36.25	20.25	0.80	242.00
Snack 2							
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				46.00	6.00	5.00	260.00
Dinner							
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				46.38	25.06	9.98	384.43
Totals For 1600 Calories Extreme Fat Loss - Day 01				212.48	120.61	26.97	1586.18

1600 Calories Extreme Fat Loss - Day 02

Breakfast

15	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				55.90	47.85	9.50	482.75

Snack 1

10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.03	21.45	14.09	325.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				41.25	20.25	2.40	276.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

6	1.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.74	2.45	0.12	11.55
10	0.3	1 cup	Sweetpotato, cooked, baked in skin, without salt	1.00	10.35	0.08	45.00
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				44.32	15.52	1.20	260.63
Totals For 1600 Calories Extreme Fat Loss - Day 02				214.50	111.07	32.19	1604.38

Breakfast

0	2.5	scoop	Protein Powder	57.50	7.50	6.25	325.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				57.50	7.50	6.25	325.00

Snack 1

17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				29.27	33.58	1.92	276.34

Lunch

10	5.0	ounce(s)	Potato/White - Baked	3.25	35.75	0.15	155.00
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				47.70	42.83	9.98	463.51

Snack 2

0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				34.50	4.50	3.75	195.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	1.0	cup	Rice/White Steamed - Cooked	4.50	40.50	0.00	180.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				30.50	40.50	1.60	304.00
Totals For 1600 Calories Extreme Fat Loss - Day 03				199.47	128.91	23.50	1563.85

Breakfast

1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
15	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				30.70	57.30	6.00	382.00

Snack 1

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				46.00	6.00	5.00	260.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	cup	Rice/White Steamed - Cooked	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				41.25	20.25	2.40	276.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	5.0	ounce(s)	Swordfish - cooked dry heat	36.00	0.00	7.30	220.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				50.80	35.49	10.74	436.75
Totals For 1600 Calories Extreme Fat Loss - Day 04				214.75	125.04	29.14	1614.75

Breakfast

15	1.0	cup	Oatmeal -Quick, measured uncooked	13.20	55.80	6.00	297.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				59.20	61.80	11.00	557.00

Snack 1

23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				46.00	6.00	8.50	290.00

Lunch

10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				35.13	10.13	0.80	197.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

6	1.0	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				28.38	25.06	6.02	273.78
Totals For 1600 Calories Extreme Fat Loss - Day 05				214.71	108.99	31.32	1577.78

Breakfast

15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				52.60	33.90	8.00	408.50

Snack 1

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				34.45	21.45	2.09	248.00

Lunch

10	0.8	cup	Rice - white cook steamed	3.38	30.38	0.00	135.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				37.38	30.38	0.80	287.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
6	1.5	1 cup	Spinach, raw	1.29	1.63	0.18	10.35
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	2.0	1 tablespoon	Vinegar, balsamic	0.16	5.45	0.00	28.16
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Dinner				46.46	27.79	9.98	398.51
Totals For 1600 Calories Extreme Fat Loss - Day 06				216.89	119.52	25.87	1602.01

Breakfast

15	0.8	cup	Oatmeal -Quick, measured uncooked	9.90	41.85	4.50	222.75
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Breakfast				55.90	47.85	9.50	482.75

Snack 1

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 1				27.95	21.45	1.69	217.00

Lunch

10	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Lunch				36.25	20.25	0.80	242.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 2				46.00	6.00	5.00	260.00

Dinner

6	1.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.74	2.45	0.12	11.55
1	5.0	ounce(s)	Sirloin Top - fat trimmed off	43.00	0.00	9.65	270.00
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
Totals for Snack 3				45.83	25.88	9.92	385.63
Totals For 1600 Calories Extreme Fat Loss - Day 07				211.93	121.43	26.91	1587.38