



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Carb American - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Breakfast</i>				22.78	31.46	11.69	321.96
Snack 1							
7	1.5	1 cup	Grapes, american type (slip skin), raw	0.87	23.67	0.48	92.46
<i>Totals for Snack 1</i>				0.87	23.67	0.48	92.46
Lunch							
5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	1.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.48	6.82	14.12	165.00
<i>Totals for Lunch</i>				58.11	39.57	29.93	651.90
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							
18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22.35	0.00	5.78	147.90
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
21	1.0	tablespoon	Catsup - tomato	0.20	4.10	0.10	16.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
<i>Totals for Dinner</i>				36.18	35.76	13.35	409.32
Snack 3							
0	0.5	1 serving 2 tablespoon	Chocolate syrup	0.41	12.69	0.22	54.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				8.81	24.59	0.62	140.41
Totals For 1700 Calories Low Carb American - Day 01				134.25	168.55	56.07	1706.05

1700 Calories Low Carb American - Day 02

Breakfast

5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
0	0.5	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	11.41	0.65	2.30	68.85
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
<i>Totals for Breakfast</i>				48.86	41.32	13.02	473.55

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

6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	1.5	3 oz	Fish, tuna, white, canned in water, drained solids	30.12	0.00	3.79	163.20
21	3.0	tablespoon	Mayonnaise - low fat	0.00	12.00	3.00	75.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				33.02	34.10	8.89	352.20

Snack 2

7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Snack 2</i>				1.53	17.51	0.68	72.96

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	1.0	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	4.50	39.78
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
<i>Totals for Dinner</i>				33.15	30.50	17.40	409.18

Snack 3

0	5.0	ounce(s)	ice cream, strawberry, Healthy Choice	1.25	29.65	2.50	150.00
14	1.0	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	5.94	5.96	14.90	169.53
<i>Totals for Snack 3</i>				7.19	35.61	17.40	319.53

Totals For 1700 Calories Low Carb American - Day 02				131.25	172.54	57.39	1717.42
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1700 Calories Low Carb American - Day 03**Breakfast**

7	1.5	1 cup	Blueberries, raw	1.64	32.17	0.73	126.54
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
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
22	1.0	tea spoon	Sugar - brown	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				14.71	66.60	3.13	331.54

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

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
14	2.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	10.96	13.65	28.24	329.99
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
<i>Totals for Lunch</i>				43.22	44.13	33.73	639.51

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Snack 2</i>				29.53	23.71	2.98	236.96

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
<i>Totals for Dinner</i>				39.62	34.34	5.62	336.12

Snack 3

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
<i>Totals for Snack 3</i>				13.81	1.08	3.97	98.09
Totals For 1700 Calories Low Carb American - Day 03				148.39	183.36	49.43	1732.22

1700 Calories Low Carb American - Day 04**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	3.0	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.91	232.50
7	1.5	1 cup, cubes	Melons, cantaloupe, raw	2.02	19.58	0.46	81.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				29.56	34.09	16.77	408.10

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.5	tablespoon	Peanut butter - creamy. Peter Pan	10.75	7.12	20.50	237.50
<i>Totals for Snack 1</i>				11.05	28.12	21.00	318.50

Lunch

6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	1.5	3 oz	Fish, tuna, white, canned in water, drained solids	30.12	0.00	3.79	163.20
21	3.0	tablespoon	Mayonnaise - low fat	0.00	12.00	3.00	75.00
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
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				42.52	63.40	9.59	507.20

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 2</i>				14.00	3.10	1.15	82.00

Dinner

6	1.0	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
3	2.0	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Dinner</i>				38.73	30.71	3.83	318.40

Snack 3

5	1.5	1 oz	Cheese, low fat, cheddar or colby	10.35	0.81	2.98	73.57
<i>Totals for Snack 3</i>				10.35	0.81	2.98	73.57

Totals For 1700 Calories Low Carb American - Day 04				146.21	160.23	55.32	1707.77
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1700 Calories Low Carb American - Day 05**Breakfast**

5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
0	0.8	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	17.11	0.98	3.44	103.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
<i>Totals for Breakfast</i>				58.06	41.95	14.16	524.98

Snack 1

0	8.0	fluid ounce(s)	Vegetable juice - V8	1.33	10.67	0.00	48.00
<i>Totals for Snack 1</i>				1.33	10.67	0.00	48.00

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
16	6.0	1 cracker	Crackers, whole-wheat	2.92	19.20	3.90	117.85
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Lunch</i>				14.74	47.58	16.31	376.03

Snack 2

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 2</i>				0.58	15.78	0.32	61.64

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	8.56	14.77	0.33	77.28
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
<i>Totals for Dinner</i>				48.98	39.27	6.13	392.88

Snack 3

0	5.0	ounce(s)	ice cream, strawberry, Healthy Choice	1.25	29.65	2.50	150.00
14	1.0	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	5.94	5.96	14.90	169.53
<i>Totals for Snack 3</i>				7.19	35.61	17.40	319.53
Totals For 1700 Calories Low Carb American - Day 05				130.88	190.86	54.32	1723.06

1700 Calories Low Carb American - Day 06

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
22	1.0	tea spoon	Sugar - brown	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				18.37	61.83	3.09	332.36

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	8.0	fluid ounce(s)	Vegetable juice - V8	1.33	10.67	0.00	48.00
<i>Totals for Snack 1</i>				15.33	13.77	1.15	130.00

Lunch

5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	1.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.48	6.82	14.12	165.00
<i>Totals for Lunch</i>				51.61	39.57	29.53	620.90

Snack 2

7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Snack 2</i>				1.53	17.51	0.68	72.96

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22.35	0.00	5.78	147.90
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
21	1.0	tablespoon	Catsup - tomato	0.20	4.10	0.10	16.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
<i>Totals for Dinner</i>				38.01	45.36	13.58	454.44

Snack 3

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
<i>Totals for Snack 3</i>				13.81	1.08	3.97	98.09

Totals For 1700 Calories Low Carb American - Day 06				138.66	179.12	52.00	1708.75
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1700 Calories Low Carb American - Day 07**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				22.45	37.75	11.21	341.00

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

6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
16	6.0	1 cracker	Crackers, whole-wheat	2.92	19.20	3.90	117.85
4	0.8	1 cup	Hummus, commercial	14.58	26.37	17.71	306.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Lunch</i>				28.90	73.47	23.01	590.12

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 2</i>				8.90	26.70	16.90	271.00

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
23	0.5	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	2.25	19.89
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
<i>Totals for Dinner</i>				24.75	18.60	14.75	303.29

Snack 3

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
<i>Totals For 1700 Calories Low Carb American - Day 07</i>				113.50	174.67	67.59	1718.41