



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Child Healthy Habits(9-13 years) - Day 01							
Breakfast							
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	2.24	23.28	0.47	95.58
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.3	1 cup, diced	Melons, cantaloupe, raw	0.33	3.18	0.07	13.26
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				17.26	38.92	6.24	272.34
Lunch							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
5	0.5	1 oz	Cheese, low fat, cheddar or colby	3.45	0.27	0.99	24.52
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
9	16.0	each	Grapes - American	0.32	6.56	0.16	32.00
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				17.18	35.71	13.25	320.26
Snack 2							
16	2.0	1 cracker, square	Crackers, whole-wheat, low salt	0.70	5.49	1.38	35.44
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
Totals for Snack 2				2.38	7.00	5.82	84.56
Dinner							
6	1.0	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
0	0.3	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.91	5.18	0.95	32.77
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
11	2.0	each	Turkey Meatballs	10.00	5.32	4.60	100.00
Totals for Dinner				30.43	79.11	14.97	551.04
Snack 3							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
Totals for Snack 3				4.83	61.09	8.47	333.36
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 01				72.08	221.83	48.75	1561.56

1600 Calories Child Healthy Habits(9-13 years) - Day 02

Breakfast

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
<i>Totals for Breakfast</i>				11.19	43.68	4.86	254.14

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
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
0	5.0	each	Pretzels - Featherweight, low salt	0.75	5.75	0.25	30.00
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				35.62	67.90	4.45	451.68

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
<i>Totals for Snack 2</i>				5.24	42.53	1.72	196.26

Dinner

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	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
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, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	1.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	21.00	180.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
<i>Totals for Dinner</i>				35.06	47.84	23.78	540.81

Snack 3

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
<i>Totals for Snack 3</i>				6.68	27.48	7.44	193.32

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 02				93.79	229.43	42.25	1636.21
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1600 Calories Child Healthy Habits(9-13 years) - Day 03

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				11.87	38.97	2.33	216.74

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	0.5	1 inner leaf	Lettuce, cos or romaine, raw	0.06	0.16	0.02	0.85
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				27.74	36.39	9.28	329.69

Snack 2

16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
<i>Totals for Snack 2</i>				7.01	47.37	4.29	255.66

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	23.21	0.00	5.41	147.90
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
6	1.0	1 cup	Peas, green, cooked, boiled, drained, without salt	8.58	25.01	0.35	134.40
6	1.0	10 strips	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.38	12.77	2.74	79.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Dinner</i>				38.25	70.83	25.31	659.57

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	12.0	each	Pretzels - Featherweight, low salt	1.80	13.80	0.60	72.00
<i>Totals for Snack 3</i>				8.68	26.97	3.09	175.15

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 03				93.55	220.53	44.30	1636.81
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1600 Calories Child Healthy Habits(9-13 years) - Day 04

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	4.48	46.55	0.94	191.16
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				14.19	71.18	1.64	330.20

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
6	1.0	1 cup, sliced	Peppers, sweet, green, raw	0.79	4.27	0.16	18.40
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
14	0.3	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	1.37	1.71	3.53	41.25
<i>Totals for Lunch</i>				22.17	58.67	14.29	440.21

Snack 2

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
<i>Totals for Snack 2</i>				14.28	8.41	1.25	102.45

Dinner

4	0.3	1 cup	Beans, baked, canned, no salt added	3.04	12.96	0.25	66.41
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	each	Corn - sweet, ear, boiled & drained	2.60	19.30	1.00	83.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
21	0.3	tablespoon	Mayonnaise - low fat	0.00	1.00	0.25	6.25
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	2.0	ounce(s)	Turkey, ground, extra lean	13.00	0.00	0.75	56.00
<i>Totals for Dinner</i>				31.10	54.89	9.35	408.64

Snack 3

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	2.0	0.5 cup	Ice creams, vanilla	5.04	33.98	15.84	298.08
<i>Totals for Snack 3</i>				5.64	47.33	16.14	350.58

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 04				87.38	240.48	42.67	1632.08
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1600 Calories Child Healthy Habits(9-13 years) - Day 05

Breakfast

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
<i>Totals for Breakfast</i>				11.19	43.68	4.86	254.14

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	medium	Peach - medium, approx 4 oz.	0.30	4.85	0.05	18.50
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				23.89	54.84	12.17	403.40

Snack 2

14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
<i>Totals for Snack 2</i>				9.29	33.54	10.10	253.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	1.0	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Dinner</i>				32.27	40.62	9.22	355.67

Snack 3

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
<i>Totals for Snack 3</i>				4.83	61.09	8.47	333.36

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 05				81.47	233.77	44.82	1600.07
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1600 Calories Child Healthy Habits(9-13 years) - Day 06

Breakfast

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				21.05	48.83	9.13	358.14

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	10.0	each	Pretzels - Featherweight, low salt	1.50	11.50	0.50	60.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Lunch</i>				24.86	70.13	18.30	535.51

Snack 2

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	0.5	1 tablespoon	Cheese, cream, low fat	0.59	0.61	1.15	15.08
<i>Totals for Snack 2</i>				2.59	8.61	1.15	55.08

Dinner

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	0.5	1 slice (1 oz)	Cheese, mozzarella, low moisture, part-skim	3.44	0.89	2.76	42.14
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
1	1.0	ounce(s)	Turkey, ground, extra lean	6.50	0.00	0.38	28.00
<i>Totals for Dinner</i>				27.67	67.10	11.46	472.55

Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
<i>Totals for Snack 3</i>				2.08	22.78	4.61	128.84

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 06				78.25	217.45	44.65	1550.12
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1600 Calories Child Healthy Habits(9-13 years) - Day 07

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	4.48	46.55	0.94	191.16
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
<i>Totals for Breakfast</i>				13.98	75.85	1.64	346.16

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
9	7.0	each	Grapes - American	0.14	2.87	0.07	14.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
6	12.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.80	7.94	0.41	36.72
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				45.34	55.95	12.81	516.62

Snack 2

5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
7	0.5	medium	Peach - medium, approx 4 oz.	0.30	4.85	0.05	18.50
<i>Totals for Snack 2</i>				14.31	7.90	1.18	99.86

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
16	0.5	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	1.57	9.20	0.85	47.88
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, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
<i>Totals for Dinner</i>				24.19	57.42	22.24	524.20

Snack 3

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
<i>Totals for Snack 3</i>				5.41	26.18	4.45	158.58

Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 07				103.23	223.30	42.32	1645.42
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