



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb FastFood - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
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
<i>Totals for Breakfast</i>				16.27	25.33	0.50	174.00
Snack 1							
14	0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				10.50	16.50	7.50	175.00
Lunch							
0	8.0	ounce(s)	Wendy's Chili -Small	17.00	23.00	6.00	220.00
0	1.0	pack	Wendy's reduced-fat Creamy Ranch Drsg	1.00	6.00	8.00	100.00
0	1.0	each	Wendy's Side Salad	1.00	8.00	0.00	35.00
<i>Totals for Lunch</i>				19.00	37.00	14.00	355.00
Snack 2							
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				1.02	11.67	0.46	48.64
Dinner							
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	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
<i>Totals for Dinner</i>				52.50	44.82	8.09	469.80
Snack 3							
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				14.00	3.10	1.15	82.00
Totals For 1300 Calories Low Carb FastFood - Day 01				113.29	138.42	31.70	1304.44

1300 Calories Low Carb FastFood - Day 02

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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
<i>Totals for Breakfast</i>				13.62	41.15	2.64	231.18

Snack 1

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.30	19.90	0.80	122.00

Lunch

0	1.0	each	Subway Turkey Breast Wrap	24.00	18.00	6.00	190.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				24.00	18.00	6.00	190.00

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 2</i>				17.30	38.60	17.30	357.00

Dinner

0	1.0	each	Burger King TenderGrill Garden Salad w/ light Ital. Drsg.	32.00	16.00	19.00	350.00
0	16.0	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.53	0.00	0.00
<i>Totals for Dinner</i>				32.00	16.53	19.00	350.00

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 Low Carb FastFood - Day 02				97.23	142.19	48.74	1319.18

1300 Calories Low Carb FastFood - Day 03**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
3	2.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	3.00	24.00	1.00	110.00
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
<i>Totals for Breakfast</i>				12.18	42.67	1.63	228.32

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
<i>Totals for Snack 1</i>				6.29	0.56	5.30	77.50

Lunch

0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Spring Mix Salad with House Vinaig.	10.00	22.00	28.00	380.00
<i>Totals for Lunch</i>				10.00	22.00	28.00	380.00

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 2</i>				1.10	17.40	0.30	69.00

Dinner

6	1.0	4 spears (1/2" base)	Asparagus, cooked, boiled, drained	1.44	2.47	0.13	13.20
12	1.5	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	28.18	0.00	15.75	262.65
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tablespoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	5.00	0.00	30.00
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
<i>Totals for Dinner</i>				40.02	38.17	16.38	470.85

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				14.00	3.10	1.15	82.00

Totals For 1300 Calories Low Carb FastFood - Day 03				83.59	123.90	52.76	1307.67
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1300 Calories Low Carb FastFood - Day 04

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
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
<i>Totals for Breakfast</i>				16.27	25.33	0.50	174.00

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
<i>Totals for Snack 1</i>				14.79	17.56	1.19	137.00

Lunch

0	1.0	each	Subway Tuna Wrap	27.00	16.00	32.00	440.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				27.00	16.00	32.00	440.00

Snack 2

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
<i>Totals for Snack 2</i>				0.80	6.40	0.80	32.00

Dinner

0	1.0	each	McDonalds Cal. Cobb Salad w/ grilled chicken	35.00	12.00	11.00	280.00
0	1.0	each	McDonalds Fruit & Yogurt Parfait	4.00	31.00	2.00	160.00
0	1.0	pack	McDonalds Newman's Own Low-fat Balsamic Vinaigrette Drsg	0.00	4.00	3.00	40.00
<i>Totals for Dinner</i>				39.00	47.00	16.00	480.00

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00

Totals For 1300 Calories Low Carb FastFood - Day 04				99.20	117.63	52.49	1309.00
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1300 Calories Low Carb FastFood - Day 05

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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
<i>Totals for Breakfast</i>				13.62	41.15	2.64	231.18

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
<i>Totals for Snack 1</i>				4.60	23.85	8.70	176.00

Lunch

0	2.0	each	Taco Bell Fresco Style Taco Supreme	14.00	30.00	14.00	300.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				14.00	30.00	14.00	300.00

Snack 2

4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				9.59	16.54	7.60	179.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
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
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
<i>Totals for Dinner</i>				49.62	22.34	3.62	321.12

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				14.00	3.10	1.15	82.00

Totals For 1300 Calories Low Carb FastFood - Day 05				105.43	136.98	37.71	1289.30
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1300 Calories Low Carb FastFood - Day 06

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
3	2.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	3.00	24.00	1.00	110.00
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
<i>Totals for Breakfast</i>				12.18	42.67	1.63	228.32

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
<i>Totals for Snack 1</i>				14.79	17.56	1.19	137.00

Lunch

0	1.0	each	Subway Turkey Breast Wrap	24.00	18.00	6.00	190.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				24.00	18.00	6.00	190.00

Snack 2

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 2</i>				15.49	18.86	6.50	195.50

Dinner

0	1.0	each	McDonalds Caesar Salad with Grilled Chicken	30.00	12.00	6.00	220.00
0	1.0	pack	McDonalds Newman's Own Creamy Caesar Drsg	2.00	4.00	18.00	190.00
<i>Totals for Dinner</i>				32.00	16.00	24.00	410.00

Snack 3

0	1.0	each	McDonalds Fruit & Yogurt Parfait	4.00	31.00	2.00	160.00
<i>Totals for Snack 3</i>				4.00	31.00	2.00	160.00

Totals For 1300 Calories Low Carb FastFood - Day 06				102.46	144.09	41.32	1320.82
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1300 Calories Low Carb FastFood - Day 07**Breakfast**

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	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
<i>Totals for Breakfast</i>				19.77	25.63	0.50	191.00

Snack 1

14	0.5	ounce(s)	Almonds - Planters Dry Roasted	3.00	3.00	7.50	85.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				10.50	16.50	7.50	175.00

Lunch

0	8.0	ounce(s)	Wendy's Chili -Small	17.00	23.00	6.00	220.00
0	1.0	pack	Wendy's reduced-fat Creamy Ranch Drsg	1.00	6.00	8.00	100.00
0	1.0	each	Wendy's Side Salad	1.00	8.00	0.00	35.00
<i>Totals for Lunch</i>				19.00	37.00	14.00	355.00

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 2</i>				14.51	8.94	1.38	106.32

Dinner

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
<i>Totals for Dinner</i>				44.11	52.97	4.68	433.60

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00

Totals For 1300 Calories Low Carb FastFood - Day 07				109.23	146.38	30.06	1306.92
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