



Female Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-----|--------------------|---|--------------|---------------|--------------|----------------|
| 1300 Calories Stable Blood Sugar - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 15 | 1.0 | 1/2 cup | Cereal, oats, old fashioned, dry | 5.00 | 27.00 | 3.00 | 150.00 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 1 | 2.0 | each | Egg Whites - scrambled/boiled | 7.00 | 0.60 | 0.00 | 34.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| <i>Totals for Breakfast</i> | | | | 22.10 | 58.42 | 3.93 | 345.30 |
| Snack 1 | | | | | | | |
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 5 | 0.5 | cup | Non-fat yogurt-artificially sweetened | 5.30 | 9.65 | 0.20 | 60.50 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| <i>Totals for Snack 1</i> | | | | 6.76 | 21.81 | 2.55 | 129.38 |
| Lunch | | | | | | | |
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 4 | 2.0 | ounce(s) | Garbanzo - boiled | 5.00 | 15.55 | 1.45 | 92.00 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 20 | 2.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.26 | 5.22 | 46.76 |
| 3 | 1.0 | medium | Salad - med. garden w/tomato, onion | 1.95 | 14.25 | 0.60 | 74.00 |
| <i>Totals for Lunch</i> | | | | 15.08 | 35.44 | 14.63 | 328.73 |
| Snack 2 | | | | | | | |
| 9 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| <i>Totals for Snack 2</i> | | | | 0.30 | 21.00 | 0.50 | 81.00 |
| Dinner | | | | | | | |
| 6 | 0.5 | 1 cup flowerets | Broccoli, flower clusters, raw | 1.06 | 1.86 | 0.12 | 9.94 |
| 1 | 3.0 | ounce(s) | Chicken Breast / White Meat | 19.50 | 0.00 | 1.20 | 93.00 |
| 6 | 1.0 | 0.5 cup pieces | Mushrooms, white, raw | 1.08 | 1.14 | 0.12 | 7.70 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 2.0 | tablespoon | Onion - chopped | 0.20 | 1.80 | 0.00 | 8.00 |
| 6 | 0.5 | cup | Peas - snap, Green Giant, Harvet Fresh | 2.00 | 8.00 | 0.00 | 30.00 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 21 | 1.0 | tablespoon | Soy sauce, Organic, Lite | 0.00 | 1.30 | 0.00 | 11.00 |
| <i>Totals for Dinner</i> | | | | 26.36 | 36.49 | 9.32 | 332.87 |
| Snack 3 | | | | | | | |
| 14 | 8.0 | 1 almond | Nuts, almonds | 2.03 | 2.07 | 4.79 | 55.58 |
| 5 | 6.0 | ounce(s) | Soy Milk, fat-free w/ calcium | 4.50 | 6.00 | 0.00 | 45.00 |
| <i>Totals for Snack 3</i> | | | | 6.53 | 8.07 | 4.79 | 100.58 |
| Totals For 1300 Calories Stable Blood Sugar - Day 01 | | | | 77.13 | 181.23 | 35.72 | 1317.86 |

Breakfast

| | | | | | | | |
|----------------------|-----|---------------------------|--|-------|-------|------|--------|
| 15 | 1.0 | 0.75 cup (1 NLEA serving) | Cereals ready-to-eat, POST Bran Flakes | 2.97 | 24.15 | 0.63 | 98.40 |
| 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 |
| Totals for Breakfast | | | | 11.88 | 41.89 | 1.26 | 208.72 |

Snack 1

| | | | | | | | |
|--------------------|-----|---------------|-------------------------|------|------|------|-------|
| 8 | 0.3 | cup | Cottage Cheese - 1% fat | 7.00 | 1.55 | 0.57 | 41.00 |
| 7 | 0.5 | 1 cup, slices | Peaches, raw | 0.77 | 8.11 | 0.21 | 33.15 |
| Totals for Snack 1 | | | | 7.77 | 9.66 | 0.78 | 74.15 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|---------------------------------|-------|-------|------|--------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 6 | 5.0 | 1 large | Carrots, baby, raw | 0.48 | 6.18 | 0.10 | 26.25 |
| 3 | 2.0 | each | Celery - raw stalk trimmed | 1.00 | 4.00 | 0.00 | 20.00 |
| 21 | 1.0 | tablespoon | Mayonnaise - low fat | 0.00 | 4.00 | 1.00 | 25.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 21 | 0.5 | tablespoon | Relish - pickle | 0.05 | 2.65 | 0.05 | 10.00 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 |
| 8 | 3.0 | ounce(s) | Tuna Solid White -Water Sm. can | 22.50 | 1.50 | 1.50 | 105.00 |
| Totals for Lunch | | | | 27.94 | 39.28 | 3.67 | 287.17 |

Snack 2

| | | | | | | | |
|--------------------|-----|------|-----------------------------------|------|-------|------|--------|
| 5 | 1.0 | 1 oz | Cheese, low fat, cheddar or colby | 6.90 | 0.54 | 1.98 | 49.05 |
| 3 | 2.0 | each | Wasa Crackers, light rye | 2.00 | 14.00 | 0.00 | 60.00 |
| Totals for Snack 2 | | | | 8.90 | 14.54 | 1.98 | 109.05 |

Dinner

| | | | | | | | |
|-------------------|-----|--------------|---|-------|-------|-------|--------|
| 18 | 1.0 | 3 oz | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 23.65 | 0.00 | 7.07 | 164.90 |
| 5 | 1.0 | 1 tablespoon | Cheese, parmesan, grated | 1.42 | 0.70 | 1.39 | 21.00 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 20 | 1.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.13 | 2.61 | 23.38 |
| 23 | 1.0 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 14.00 | 130.00 |
| 17 | 0.5 | cup | Spaghetti - whole wheat, cooked, Health Valley | 4.50 | 20.00 | 0.50 | 85.00 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 6 | 0.5 | cup | Zucchini, Frozen, Boiled, Drained | 1.30 | 4.01 | 0.15 | 19.15 |
| Totals for Dinner | | | | 35.08 | 37.91 | 26.21 | 506.43 |

Snack 3

| | | | | | | | |
|--|-----|------------------------------|---------------------------------------|-------|--------|-------|---------|
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| 5 | 0.5 | cup | Non-fat yogurt-artificially sweetened | 5.30 | 9.65 | 0.20 | 60.50 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| Totals for Snack 3 | | | | 7.08 | 22.23 | 2.71 | 133.56 |
| Totals For 1300 Calories Stable Blood Sugar - Day 02 | | | | 98.65 | 165.51 | 36.61 | 1319.08 |

1300 Calories Stable Blood Sugar - Day 03

Breakfast

| | | | | | | | |
|----------------------|-----|--------------------------|--|-------|-------|------|--------|
| 16 | 1.0 | 1 slice (5" x 4" x 3/8") | Bread, pumpernickel, toasted | 2.76 | 15.14 | 0.99 | 79.75 |
| 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 |
| 14 | 0.5 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 1.68 | 1.51 | 4.44 | 49.12 |
| Totals for Breakfast | | | | 13.44 | 40.45 | 5.93 | 260.87 |

Snack 1

| | | | | | | | |
|--------------------|-----|--|------------------------|------|------|------|--------|
| 14 | 0.5 | 1 cup, in shell, edible yield (7 nuts) | Nuts, walnuts, english | 2.13 | 1.92 | 9.13 | 91.56 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| Totals for Snack 1 | | | | 2.33 | 7.07 | 9.16 | 111.00 |

Lunch

| | | | | | | | |
|------------------|-----|-----------------|--|-------|-------|------|--------|
| 4 | 0.3 | 1 cup | Beans, black, mature seeds, cooked, boiled, without salt | 3.81 | 10.20 | 0.23 | 56.76 |
| 3 | 3.0 | each | Celery - raw stalk trimmed | 1.50 | 6.00 | 0.00 | 30.00 |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 1 | 2.0 | ounce(s) | Chicken Breast / White Meat | 13.00 | 0.00 | 0.80 | 62.00 |
| 0 | 3.0 | 1 tablespoon | Sauce, salsa, ready-to-serve | 0.74 | 3.23 | 0.08 | 13.92 |
| 0 | 0.5 | 1 cup (8 fl oz) | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 3.09 | 11.10 | 1.61 | 68.20 |
| 6 | 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 |
| 3 | 1.0 | each | Tortilla 99% fat free, whole wheat, flour | 2.00 | 12.00 | 0.00 | 60.00 |
| Totals for Lunch | | | | 31.40 | 45.16 | 4.85 | 349.25 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------------------|-------------------------|------|-------|------|--------|
| 8 | 0.3 | cup | Cottage Cheese - 1% fat | 7.00 | 1.55 | 0.57 | 41.00 |
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| Totals for Snack 2 | | | | 9.01 | 20.39 | 2.98 | 136.70 |

Dinner

| | | | | | | | |
|-------------------|-----|----------------|---|-------|-------|------|--------|
| 3 | 4.0 | ounce(s) | Green beans - string boiled & drained | 2.10 | 8.90 | 0.30 | 40.00 |
| 6 | 0.5 | 0.5 cup pieces | Mushrooms, white, raw | 0.54 | 0.57 | 0.06 | 3.85 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 0.3 | 1 cup, chopped | Onions, spring or scallions (includes tops and bulb), raw | 0.46 | 1.84 | 0.05 | 8.00 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 1 | 3.0 | ounce(s) | Turkey, ground, extra lean | 19.50 | 0.00 | 1.13 | 84.00 |
| Totals for Dinner | | | | 25.12 | 33.70 | 9.42 | 309.08 |

Snack 3

| | | | | | | | |
|--|-----|-------|--------------------------|-------|--------|-------|---------|
| 4 | 0.3 | 1 cup | Hummus, home prepared | 2.99 | 12.37 | 5.28 | 108.86 |
| 3 | 2.0 | each | Wasa Crackers, light rye | 2.00 | 14.00 | 0.00 | 60.00 |
| Totals for Snack 3 | | | | 4.99 | 26.37 | 5.28 | 168.86 |
| Totals For 1300 Calories Stable Blood Sugar - Day 03 | | | | 86.29 | 173.14 | 37.62 | 1335.76 |

1300 Calories Stable Blood Sugar - Day 04

Breakfast

| | | | | | | | |
|----------------------|-----|-----------|----------------------------------|-------|-------|------|--------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 15 | 1.0 | 1/2 cup | Cereal, oats, old fashioned, dry | 5.00 | 27.00 | 3.00 | 150.00 |
| 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 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| Totals for Breakfast | | | | 20.39 | 52.88 | 9.04 | 364.68 |

Snack 1

| | | | | | | | |
|--------------------|------|--------------------|---------------------------------------|------|-------|------|--------|
| 7 | 10.0 | each | Cherries, sweet, medium | 0.80 | 11.30 | 0.70 | 50.00 |
| 5 | 0.5 | cup | Non-fat yogurt-artificially sweetened | 5.30 | 9.65 | 0.20 | 60.50 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| Totals for Snack 1 | | | | 7.01 | 22.39 | 3.01 | 137.20 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|-------------------------------------|-------|-------|------|--------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 5 | 1.0 | 1 oz | Cheese, mozzarella, part skim milk | 6.88 | 0.79 | 4.51 | 72.01 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 6 | 0.5 | 0.5 cup pieces | Mushrooms, white, raw | 0.54 | 0.57 | 0.06 | 3.85 |
| 20 | 1.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.13 | 2.61 | 23.38 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 6 | 0.3 | 1 cup, chopped | Peppers, sweet, red, raw | 0.37 | 2.25 | 0.11 | 11.55 |
| 6 | 0.3 | 1 cup | Tomato sauce, canned, no salt added | 0.74 | 3.25 | 0.18 | 14.70 |
| Totals for Lunch | | | | 15.22 | 34.38 | 8.49 | 258.61 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------|-------------------|------|-------|------|-------|
| 14 | 6.0 | 1 almond | Nuts, almonds | 1.52 | 1.55 | 3.59 | 41.69 |
| 7 | 0.5 | 50 raisins | Raisins, seedless | 0.40 | 10.29 | 0.06 | 38.87 |
| Totals for Snack 2 | | | | 1.92 | 11.84 | 3.65 | 80.56 |

Dinner

| | | | | | | | |
|-------------------|-----|-----------|--|-------|-------|------|--------|
| 6 | 1.0 | 0.5 cup | Asparagus, cooked, boiled, drained | 2.16 | 3.70 | 0.20 | 19.80 |
| 12 | 1.0 | 3 oz | Fish, salmon, pink, cooked, dry heat | 20.89 | 0.00 | 4.49 | 130.05 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 20 | 1.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.13 | 2.61 | 23.38 |
| 6 | 0.5 | 1 cup | Sweet potato, cooked, baked in skin, flesh, without salt | 2.01 | 20.71 | 0.15 | 90.00 |
| Totals for Dinner | | | | 28.51 | 33.43 | 7.64 | 307.23 |

Snack 3

| | | | | | | | |
|--|-----|--------------|--|-------|--------|-------|---------|
| 9 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 14 | 0.5 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 1.68 | 1.51 | 4.44 | 49.12 |
| 5 | 6.0 | ounce(s) | Soy Milk, fat-free w/ calcium | 4.50 | 6.00 | 0.00 | 45.00 |
| Totals for Snack 3 | | | | 6.48 | 28.51 | 4.94 | 175.12 |
| Totals For 1300 Calories Stable Blood Sugar - Day 04 | | | | 79.53 | 183.43 | 36.77 | 1323.40 |

Breakfast

| | | | | | | | |
|----------------------|-----|--------------------------|--|-------|-------|------|--------|
| 16 | 1.0 | 1 slice (5" x 4" x 3/8") | Bread, pumpernickel, toasted | 2.76 | 15.14 | 0.99 | 79.75 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 14 | 0.5 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 1.68 | 1.51 | 4.44 | 49.12 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| Totals for Breakfast | | | | 13.86 | 40.22 | 6.29 | 263.51 |

Snack 1

| | | | | | | | |
|--------------------|-----|---------------|-------------------------|------|-------|------|--------|
| 8 | 0.3 | cup | Cottage Cheese - 1% fat | 7.00 | 1.55 | 0.57 | 41.00 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| Totals for Snack 1 | | | | 8.55 | 17.77 | 1.00 | 107.30 |

Lunch

| | | | | | | | |
|------------------|-----|-----------------|---|-------|-------|-------|--------|
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 6 | 0.5 | 1 cup flowerets | Broccoli, flower clusters, raw | 1.06 | 1.86 | 0.12 | 9.94 |
| 4 | 2.0 | ounce(s) | Garbanzo - boiled | 5.00 | 15.55 | 1.45 | 92.00 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 20 | 2.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.26 | 5.22 | 46.76 |
| 3 | 1.0 | medium | Salad - med. garden w/tomato, onion | 1.95 | 14.25 | 0.60 | 74.00 |
| 8 | 2.0 | ounce(s) | Tuna Solid White -Water Sm. can | 15.00 | 1.00 | 1.00 | 70.00 |
| Totals for Lunch | | | | 23.86 | 36.36 | 13.77 | 352.80 |

Snack 2

| | | | | | | | |
|--------------------|-----|------|-----------------------------------|------|-------|------|--------|
| 5 | 1.0 | 1 oz | Cheese, low fat, cheddar or colby | 6.90 | 0.54 | 1.98 | 49.05 |
| 3 | 2.0 | each | Wasa Crackers, light rye | 2.00 | 14.00 | 0.00 | 60.00 |
| Totals for Snack 2 | | | | 8.90 | 14.54 | 1.98 | 109.05 |

Dinner

| | | | | | | | |
|-------------------|-----|----------------|---|-------|-------|------|--------|
| 18 | 0.8 | 3 oz | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 17.74 | 0.00 | 5.30 | 123.68 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 20 | 1.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.13 | 2.61 | 23.38 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 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 |
| 0 | 3.0 | 1 tablespoon | Sauce, salsa, ready-to-serve | 0.74 | 3.23 | 0.08 | 13.92 |
| 3 | 1.0 | each | Tortilla 99% fat free, whole wheat, flour | 2.00 | 12.00 | 0.00 | 60.00 |
| Totals for Dinner | | | | 26.03 | 40.83 | 8.84 | 346.19 |

Snack 3

| | | | | | | | |
|--|------|--------------------|---------------------------------------|-------|--------|-------|---------|
| 7 | 10.0 | each | Cherries, sweet, medium | 0.80 | 11.30 | 0.70 | 50.00 |
| 5 | 0.5 | cup | Non-fat yogurt-artificially sweetened | 5.30 | 9.65 | 0.20 | 60.50 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| Totals for Snack 3 | | | | 7.01 | 22.39 | 3.01 | 137.20 |
| Totals For 1300 Calories Stable Blood Sugar - Day 05 | | | | 88.21 | 172.11 | 34.89 | 1316.05 |

1300 Calories Stable Blood Sugar - Day 06

Breakfast

| | | | | | | | |
|----------------------|-----|---------------------------|--|-------|-------|------|--------|
| 15 | 1.0 | 0.75 cup (1 NLEA serving) | Cereals ready-to-eat, POST Bran Flakes | 2.97 | 24.15 | 0.63 | 98.40 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| Totals for Breakfast | | | | 12.92 | 52.27 | 1.46 | 250.70 |

Snack 1

| | | | | | | | |
|--------------------|-----|------------------------------|-------------------------|-------|-------|------|--------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| Totals for Snack 1 | | | | 14.87 | 14.24 | 1.55 | 128.36 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|--|-------|-------|------|--------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 8 | 3.0 | each | Egg - boiled white only | 10.50 | 0.90 | 0.00 | 51.00 |
| 6 | 1.0 | 1 leaf | Lettuce, green leaf, raw | 0.14 | 0.29 | 0.02 | 1.50 |
| 21 | 1.0 | tablespoon | Mayonnaise - low fat | 0.00 | 4.00 | 1.00 | 25.00 |
| 21 | 0.5 | tablespoon | Relish - pickle | 0.05 | 2.65 | 0.05 | 10.00 |
| 0 | 0.8 | 1 cup (8 fl oz) | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 4.63 | 16.65 | 2.42 | 102.30 |
| Totals for Lunch | | | | 18.46 | 42.09 | 4.32 | 274.92 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------------------|---------------------------------------|------|-------|------|-------|
| 5 | 0.5 | cup | Non-fat yogurt-artificially sweetened | 5.30 | 9.65 | 0.20 | 60.50 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| Totals for Snack 2 | | | | 6.21 | 11.09 | 2.31 | 87.20 |

Dinner

| | | | | | | | |
|-------------------|-----|--------------|--|-------|-------|------|--------|
| 6 | 1.0 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70 | 9.84 | 0.22 | 51.52 |
| 12 | 1.0 | 3 oz | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 19.16 | 0.00 | 1.37 | 94.35 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 20 | 2.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.26 | 5.22 | 46.76 |
| 6 | 1.0 | 1 cup, cubes | Squash, winter, butternut, cooked, baked, without salt | 1.84 | 21.50 | 0.18 | 82.00 |
| Totals for Dinner | | | | 30.15 | 40.49 | 7.18 | 318.63 |

Snack 3

| | | | | | | | |
|--|-----|--|------------------------|-------|--------|-------|---------|
| 14 | 1.0 | 1 cup, in shell, edible yield (7 nuts) | Nuts, walnuts, english | 4.26 | 3.84 | 18.26 | 183.12 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| Totals for Snack 3 | | | | 4.46 | 8.99 | 18.29 | 202.56 |
| Totals For 1300 Calories Stable Blood Sugar - Day 06 | | | | 87.07 | 169.17 | 35.11 | 1262.37 |

1300 Calories Stable Blood Sugar - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|------------|-----------------------------------|--------------|--------------|-------------|---------------|
| 15 | 1.0 | 1/2 cup | Cereal, oats, old fashioned, dry | 5.00 | 27.00 | 3.00 | 150.00 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 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 |
| 7 | 0.3 | 50 raisins | Raisins, seedless | 0.20 | 5.15 | 0.03 | 19.44 |
| <i>Totals for Breakfast</i> | | | | 14.35 | 58.65 | 3.63 | 310.44 |

Snack 1

| | | | | | | | |
|---------------------------|-----|--------------------|---------------------------------------|--------------|--------------|-------------|---------------|
| 5 | 1.0 | cup | Non-fat yogurt-artificially sweetened | 10.60 | 19.30 | 0.39 | 121.00 |
| 14 | 2.0 | 1 teaspoon, ground | Seeds, flaxseed | 0.91 | 1.44 | 2.11 | 26.70 |
| <i>Totals for Snack 1</i> | | | | 11.51 | 20.74 | 2.50 | 147.70 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------------------|--|--------------|--------------|-------------|---------------|
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 6 | 2.0 | 1 leaf | Lettuce, green leaf, raw | 0.27 | 0.57 | 0.03 | 3.00 |
| 0 | 1.0 | 1 teaspoon or 1 packet | Mustard, prepared, yellow | 0.19 | 0.29 | 0.17 | 3.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 0 | 1.0 | 1 cup | Soup, black bean, canned, prepared with equal volume water | 5.98 | 19.04 | 1.63 | 113.62 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 1 | 3.0 | ounce(s) | Turkey, ground, extra lean | 19.50 | 0.00 | 1.13 | 84.00 |
| <i>Totals for Lunch</i> | | | | 33.68 | 25.52 | 5.24 | 275.49 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-------|--------------------------|-------------|--------------|-------------|---------------|
| 4 | 0.3 | 1 cup | Hummus, home prepared | 2.99 | 12.37 | 5.28 | 108.86 |
| 3 | 2.0 | each | Wasa Crackers, light rye | 2.00 | 14.00 | 0.00 | 60.00 |
| <i>Totals for Snack 2</i> | | | | 4.99 | 26.37 | 5.28 | 168.86 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|--|--------------|--------------|-------------|---------------|
| 5 | 0.5 | 1 oz | Cheese, mozzarella, part skim milk | 3.44 | 0.39 | 2.26 | 36.00 |
| 1 | 3.0 | ounce(s) | Chicken Breast / White Meat | 19.50 | 0.00 | 1.20 | 93.00 |
| 0 | 0.5 | tablespoon | Garlic powder | 0.70 | 3.05 | 0.05 | 14.00 |
| 3 | 4.0 | ounce(s) | Green beans - string boiled & drained | 2.10 | 8.90 | 0.30 | 40.00 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 20 | 1.0 | tea spoon | Oil & Vinegar Salad Dressing | 0.00 | 0.13 | 2.61 | 23.38 |
| 6 | 0.5 | 1 cup | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 0.51 | 5.01 | 0.20 | 20.93 |
| 6 | 0.3 | 1 cup | Tomato sauce, canned, no salt added | 0.74 | 3.25 | 0.18 | 14.70 |
| <i>Totals for Dinner</i> | | | | 30.44 | 29.62 | 6.99 | 286.01 |

Snack 3

| | | | | | | | |
|---|-----|--------------|--|--------------|---------------|--------------|----------------|
| 9 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 14 | 0.5 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 1.68 | 1.51 | 4.44 | 49.12 |
| <i>Totals For 1300 Calories Stable Blood Sugar - Day 07</i> | | | | 96.95 | 183.41 | 28.58 | 1318.62 |