



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Vegan - Day 01							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				10.37	35.00	5.89	232.06
Snack 1							
16	3.0	1 cracker	Crackers, whole-wheat, low salt	1.06	8.23	2.06	53.16
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Snack 1</i>				10.78	25.81	13.87	257.34
Lunch							
16	2.0	each	Bun - hamburger	7.40	43.20	4.40	246.00
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
21	0.5	tablespoon	Catsup - tomato	0.10	2.05	0.05	8.00
0	5.0	ounce(s)	GARDENBURGER, Veggie Medley	12.00	34.00	1.40	200.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.37	0.58	0.33	6.00
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.11	0.16	14.40
<i>Totals for Lunch</i>				21.98	92.81	7.57	524.13
Snack 2							
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				5.02	44.67	2.46	208.64
Dinner							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
21	4.0	tablespoon	LA CHOY Light Soy Sauce	5.88	8.56	0.08	58.40
6	0.5	cup	LA CHOY Snow Pea Pods, Frozen	1.22	4.66	0.01	20.70
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				29.88	56.68	4.79	369.09
Snack 3							
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
<i>Totals for Snack 3</i>				9.87	12.94	5.03	128.86
Totals For 1700 Calories Vegan - Day 01				87.90	267.91	39.61	1720.12

1700 Calories Vegan - Day 02

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	4.71	47.15	1.66	193.98
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				13.20	69.59	6.00	354.16

Snack 1

2	1.0	each	Bagel/Lenders	10.00	40.00	1.50	210.00
7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
0	2.5	tablespoon	Tofutti Better Than Cream Cheese	1.25	1.25	10.00	100.00
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
<i>Totals for Snack 1</i>				14.65	76.86	12.29	462.72

Lunch

5	2.5	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	16.88	2.81	11.25	196.88
4	0.5	cup	OLD EL PASO Vegetarian Refried Beans	1.25	17.00	1.00	100.00
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
2	2.0	each	Tortilla - corn, soft, 7" diam.	2.00	18.00	2.00	90.00
<i>Totals for Lunch</i>				24.24	48.33	14.87	457.71

Snack 2

19	3.0	each	MORNINGSTAR FARMS Chicken Nuggets	9.75	12.75	3.00	120.00
<i>Totals for Snack 2</i>				9.75	12.75	3.00	120.00

Dinner

21	3.0	tablespoon	BBQ - Healthy Choice	0.09	17.10	0.06	75.00
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	0.5	1 cup, chopped	Onions, raw	0.88	7.47	0.08	32.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	0.5	1 teaspoon	Spices, garlic powder	0.26	1.13	0.01	5.13
<i>Totals for Dinner</i>				18.76	53.66	10.94	368.53

Snack 3

21	1.0	tablespoon	Peanut Wonder -low fat peanut butter	1.50	5.50	1.75	50.00
0	1.0	1 cake	Snacks, rice cakes, brown rice, multigrain	0.77	7.21	0.32	34.83
<i>Totals for Snack 3</i>				2.27	12.71	2.07	84.83

Totals For 1700 Calories Vegan - Day 02				82.87	273.90	49.17	1847.95
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1700 Calories Vegan - Day 03**Breakfast**

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				21.02	29.43	9.72	268.10

Snack 1

4	2.0	each	Silk Cultured Soy Yogurt	8.00	66.00	4.00	320.00
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
Totals for Snack 1				10.53	82.10	8.95	437.75

Lunch

0	2.0	tea spoon	EDEN FOOD Organic Garlic Sesame Shake	0.00	0.00	2.00	40.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	6.0	ounce(s)	Portabella Mushrooms	6.01	7.98	0.00	61.02
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
Totals for Lunch				18.39	50.34	14.89	419.28

Snack 2

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
Totals for Snack 2				8.00	25.00	6.25	190.00

Dinner

19	1.0	each	MORNINGSTAR FARMS Chicken Patties	7.26	14.90	9.84	177.00
5	1.0	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	6.75	1.13	4.50	78.75
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				23.91	47.61	15.93	426.70

Totals For 1700 Calories Vegan - Day 03				81.85	234.48	55.74	1741.83
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1700 Calories Vegan - Day 04

Breakfast

0	6.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	18.67	0.00	84.00
15	2.0	biscuit	Shredded Wheat, Nabisco	4.00	38.00	2.00	160.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				11.00	64.67	6.00	344.00

Snack 1

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	20.0	ounce(s)	Silk Vanilla Soy Milk	15.00	25.00	8.80	250.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 1</i>				16.62	50.02	9.56	351.14

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
6	4.0	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	1.10	4.75	0.27	25.60
4	0.5	cup	HEALTH VALLEY Fat Free Honey Baked Beans	7.00	25.00	0.00	110.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
19	2.0	each	MORNINGSTAR FARMS Deli Franks	19.26	5.92	13.08	218.00
<i>Totals for Lunch</i>				28.16	44.07	14.15	397.60

Snack 2

7	0.8	1 cup	Grapes, american type (slip skin), raw	0.43	11.83	0.24	46.23
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
<i>Totals for Snack 2</i>				4.43	44.83	2.24	206.23

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
21	2.0	tablespoon	LA CHOY Light Soy Sauce	2.94	4.28	0.04	29.20
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
4	1.0	1 cup	Tempeh	30.78	15.59	17.93	320.38
<i>Totals for Dinner</i>				41.86	43.76	18.87	476.36
Totals For 1700 Calories Vegan - Day 04				102.07	247.35	50.82	1775.33

1700 Calories Vegan - Day 05

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
0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				10.32	44.82	5.83	277.74

Snack 1

7	1.3	1 cup, halves	Apricots, dried, sulfured, stewed, with added sugar	3.95	98.75	0.51	381.38
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
<i>Totals for Snack 1</i>				5.62	112.08	0.51	441.38

Lunch

20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
14	0.1	1 cup	Seeds, sunflower seed kernels, dried	3.64	3.50	9.01	102.20
0	1.3	cup	Silk Plain Soy Milk	8.75	10.00	5.00	125.00
0	1.0	each	Tomato Soup, Condensed, Canned	5.00	40.32	4.67	207.40
<i>Totals for Lunch</i>				18.69	64.32	19.08	489.60

Snack 2

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.5	tablespoon	Natural Touch Soy Butter	4.50	7.50	8.25	127.50
<i>Totals for Snack 2</i>				9.50	27.50	9.00	232.50

Dinner

19	3.0	ounce(s)	GARDENBURGER Zesty Bean	8.40	22.80	3.00	144.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
6	1.5	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	2.54	6.19	0.55	32.76
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	12.0	tablespoon	Onion - chopped	1.20	10.80	0.00	48.00
<i>Totals for Dinner</i>				14.24	48.69	10.85	324.76
Totals For 1700 Calories Vegan - Day 05				58.37	297.41	45.27	1765.98

1700 Calories Vegan - Day 06**Breakfast**

15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2.35	23.57	0.83	96.99
0	6.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	18.67	0.00	84.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				9.35	50.24	4.83	280.99

Snack 1

16	4.0	1 cracker	Crackers, whole-wheat, low salt	1.41	10.98	2.75	70.88
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Snack 1</i>				11.13	28.56	14.56	275.06

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	2.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean	0.09	4.80	5.76	69.60
<i>Totals for Lunch</i>				24.39	45.80	7.46	333.60

Snack 2

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				5.02	44.67	2.46	208.64

Dinner

7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
4	1.3	cup	Natural Touch Vegetarian Chili	22.50	26.25	1.25	212.50
5	1.0	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	6.75	1.13	4.50	78.75
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
21	2.0	tablespoon	TOFUTTI Sour Supreme	1.00	1.00	5.00	50.00
<i>Totals for Dinner</i>				32.63	47.58	15.78	473.04

Snack 3

21	3.0	tablespoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
0	2.0	1 cake	Snacks, rice cakes, brown rice, multigrain	1.53	14.42	0.63	69.66
<i>Totals for Snack 3</i>				6.03	30.92	5.88	219.66

Totals For 1700 Calories Vegan - Day 06				88.55	247.77	50.97	1790.99
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1700 Calories Vegan - Day 07**Breakfast**

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				14.02	46.33	5.72	280.10

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
Totals for Snack 1				11.73	59.21	6.56	327.96

Lunch

16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
19	1.0	cup	Natural Touch Tuno (soy based)	21.02	6.01	6.01	180.18
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.01	2.23	6.73	67.96
6	1.0	1 medium whole (2-3/5" dia)	Tomatoes, red, ripe, raw, year round average	1.08	4.78	0.25	22.14
Totals for Lunch				23.97	32.04	16.53	378.88

Snack 2

19	5.0	each	MORNINGSTAR FARMS Chicken Nuggets	16.25	21.25	5.00	200.00
Totals for Snack 2				16.25	21.25	5.00	200.00

Dinner

21	3.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.50	9.00	0.00	45.00
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
23	0.3	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
Totals for Dinner				25.53	63.69	7.79	395.23

Snack 3

4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
Totals For 1700 Calories Vegan - Day 07				101.37	235.46	46.63	1711.03