



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Kosher - Day 01							
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	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
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				15.32	58.73	4.17	322.20
Snack 1							
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<i>Totals for Snack 1</i>				28.77	14.31	2.51	197.15
Lunch							
0	1.0	each	BR9 - Breakfast Blintzes	23.00	34.00	3.00	257.00
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.60	12.02	107.76
<i>Totals for Lunch</i>				25.39	49.49	17.42	459.01
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 2</i>				4.30	28.50	6.50	176.00
Dinner							
19	5.0	ounce(s)	Brisket - flat half, fat trimmed off	44.60	0.00	8.75	270.00
6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
<i>Totals for Dinner</i>				52.08	44.78	10.71	486.94
Snack 3							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.11	18.67	1.09	92.88
Totals For 1700 Calories Kosher - Day 01				128.97	214.48	42.40	1734.18

1700 Calories Kosher - Day 02

Breakfast

5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
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
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
<i>Totals for Breakfast</i>				30.11	45.09	4.95	341.27

Snack 1

5	2.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	10.98	42.04	3.19	237.30
<i>Totals for Snack 1</i>				10.98	42.04	3.19	237.30

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
<i>Totals for Lunch</i>				51.03	47.27	4.73	430.72

Snack 2

14	1.0	1 oz (23 whole kernels)	Nuts, almonds	6.00	6.11	14.16	164.15
<i>Totals for Snack 2</i>				6.00	6.11	14.16	164.15

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
<i>Totals for Dinner</i>				41.24	48.70	12.82	471.04

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 3</i>				1.10	17.40	0.30	69.00

Totals For 1700 Calories Kosher - Day 02				140.46	206.61	40.15	1713.48
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1700 Calories Kosher - Day 03

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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	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>				15.40	68.51	4.20	357.92

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	peanut butter reduced fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 1</i>				4.30	28.50	6.50	176.00

Lunch

16	1.0	1 bagel (3" dia)	Bagels, oat bran	6.10	30.38	0.68	145.35
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
12	5.0	1 oz	Fish, salmon, chinook, smoked, (lox), regular	25.91	0.00	6.12	165.85
<i>Totals for Lunch</i>				34.01	38.38	6.80	351.20

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				28.00	6.20	2.30	164.00

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.60	12.02	107.76
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
<i>Totals for Dinner</i>				41.44	89.25	16.86	675.71

Snack 3

7	1.5	1 cup, cubes	Melons, cantaloupe, raw	2.02	19.58	0.46	81.60
<i>Totals for Snack 3</i>				2.02	19.58	0.46	81.60

Totals For 1700 Calories Kosher - Day 03				125.17	250.42	37.12	1806.43
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1700 Calories Kosher - Day 04**Breakfast**

16	1.0	1 bagel (3" dia)	Bagels, oat bran	6.10	30.38	0.68	145.35
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				16.70	55.17	3.83	310.14

Snack 1

5	2.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	10.98	42.04	3.19	237.30
<i>Totals for Snack 1</i>				10.98	42.04	3.19	237.30

Lunch

6	12.0	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
12	2.0	3 oz	Fish, tuna, light, canned in water, drained solids	33.05	0.00	1.63	146.20
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
<i>Totals for Lunch</i>				36.72	44.78	4.98	367.68

Snack 2

7	2.0	1 cup, cubes	Melons, cantaloupe, raw	2.69	26.11	0.61	108.80
<i>Totals for Snack 2</i>				2.69	26.11	0.61	108.80

Dinner

0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
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
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
<i>Totals for Dinner</i>				20.80	57.90	17.92	454.84

Snack 3

14	1.0	1 oz (23 whole kernels)	Nuts, almonds	6.00	6.11	14.16	164.15
<i>Totals for Snack 3</i>				6.00	6.11	14.16	164.15

Totals For 1700 Calories Kosher - Day 04				93.89	232.11	44.69	1642.91
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1700 Calories Kosher - Day 05

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
<i>Totals for Breakfast</i>				21.15	52.71	9.07	365.80

Snack 1

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
<i>Totals for Snack 1</i>				5.49	21.02	1.59	118.65

Lunch

0	2.0	each	BR9 - Breakfast Blintzes	46.00	68.00	6.00	514.00
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
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
<i>Totals for Lunch</i>				48.39	83.29	16.42	680.09

Snack 2

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 2</i>				0.60	9.70	0.10	37.00

Dinner

12	4.0	1 piece	Fish, gefiltefish, commercial, sweet recipe	15.24	12.45	2.91	141.12
3	6.0	ounce(s)	Green beans - string boiled & drained	3.15	13.35	0.45	60.00
0	1.0	1 tablespoon	Horseradish, prepared	0.18	1.69	0.10	7.20
6	1.0	1 pancake	Potato pancakes	4.62	21.14	11.22	203.68
<i>Totals for Dinner</i>				23.19	48.63	14.68	412.00

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.11	18.67	1.09	92.88

Totals For 1700 Calories Kosher - Day 05				101.93	234.02	42.95	1706.42
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1700 Calories Kosher - Day 06**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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	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>				15.40	68.51	4.20	357.92

Snack 1

7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Snack 1</i>				0.60	11.90	0.10	46.00

Lunch

6	12.0	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
12	2.0	3 oz	Fish, tuna, light, canned in water, drained solids	33.05	0.00	1.63	146.20
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
<i>Totals for Lunch</i>				45.12	56.68	5.38	453.68

Snack 2

16	1.0	1 bagel (3" dia)	Bagels, oat bran	6.10	30.38	0.68	145.35
12	3.0	1 oz	Fish, salmon, chinook, smoked, (lox), regular	15.55	0.00	3.67	99.51
<i>Totals for Snack 2</i>				21.65	30.38	4.35	244.86

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
19	5.0	ounce(s)	Brisket - flat half, fat trimmed off	44.60	0.00	8.75	270.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
<i>Totals for Dinner</i>				52.00	35.00	11.97	456.50

Snack 3

5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	5.49	21.02	1.59	118.65
<i>Totals for Snack 3</i>				5.49	21.02	1.59	118.65

Totals For 1700 Calories Kosher - Day 06				140.26	223.49	27.59	1677.61
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1700 Calories Kosher - Day 07**Breakfast**

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
<i>Totals for Breakfast</i>				21.15	52.71	9.07	365.80

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.8	1 cup, slices	Peaches, raw	1.16	12.16	0.32	49.73
<i>Totals for Snack 1</i>				15.16	15.26	1.47	131.73

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				40.43	43.29	2.10	349.12

Snack 2

16	1.0	1 matzo	Crackers, matzo, egg and onion	2.80	21.59	1.09	109.48
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
<i>Totals for Snack 2</i>				2.80	21.59	3.59	131.98

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
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	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
<i>Totals for Dinner</i>				42.54	65.87	12.81	554.89

Snack 3

14	1.0	1 oz (23 whole kernels)	Nuts, almonds	6.00	6.11	14.16	164.15
<i>Totals For 1700 Calories Kosher - Day 07</i>				128.08	204.83	43.20	1697.67