



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Organic Low Carb - Day 01							
Breakfast							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				12.55	42.72	2.24	232.18
Snack 1							
5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
<i>Totals for Snack 1</i>				9.00	19.00	5.50	160.00
Lunch							
6	6.0	medium	baby carrots, organic	0.36	4.92	0.60	24.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
11	4.0	ounce(s)	Turkey Breast slices, Organic Prairie	28.00	0.00	1.00	100.00
<i>Totals for Lunch</i>				41.72	21.48	13.18	337.00
Snack 2							
14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 2</i>				7.05	26.00	4.05	158.90
Dinner							
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
12	5.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	36.03	0.00	11.52	257.83
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				38.33	17.50	15.92	381.83
Snack 3							
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 3</i>				1.31	12.73	0.30	53.04
Totals For 1300 Calories Organic Low Carb - Day 01				109.96	139.43	41.19	1322.95

1300 Calories Organic Low Carb - Day 02

Breakfast

16	1.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	4.00	7.00	0.50	45.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Breakfast				16.87	34.14	8.90	276.36

Snack 1

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				12.00	25.00	6.50	200.00

Lunch

20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
12	2.0	ounce(s)	Shrimp, Organic, boiled or steamed	11.84	0.00	0.60	56.00
0	1.0	cup	soup, Amy's Oganic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals for Lunch				15.79	29.25	6.20	245.00

Snack 2

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

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	1.0	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				44.80	31.50	14.90	454.00

Snack 3

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
Totals for Snack 3				13.00	4.00	2.50	100.00
Totals For 1300 Calories Organic Low Carb - Day 02				103.06	133.59	39.10	1312.36

Breakfast

15	1.0	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				11.60	46.90	2.10	236.00

Snack 1

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
Totals for Snack 1				0.30	6.15	0.00	30.00

Lunch

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
21	2.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.00	3.00	0.00	15.00
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
Totals for Lunch				47.50	22.00	21.60	439.00

Snack 2

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 2				7.05	26.00	4.05	158.90

Dinner

21	1.0	tablespoon	BBQ sauce, organic	0.00	4.50	0.50	22.50
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
0	4.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	28.00	0.00	7.00	180.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				31.63	36.00	14.57	413.17

Snack 3

7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 3				0.51	5.84	0.23	24.32
Totals For 1300 Calories Organic Low Carb - Day 03				98.59	142.89	42.55	1301.39

1300 Calories Organic Low Carb - Day 04

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				12.55	42.72	2.24	232.18

Snack 1

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				6.60	34.70	1.60	167.00

Lunch

5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
20	3.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	3.00	6.00	67.50
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
Totals for Lunch				21.95	22.25	15.10	331.50

Snack 2

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	6.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.75	7.50	2.25	48.75
Totals for Snack 2				8.75	8.50	7.25	128.75

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
13	5.0	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	39.87	0.00	6.82	232.33
Totals for Dinner				43.87	16.00	6.82	317.33

Snack 3

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 3				5.50	9.00	8.00	135.00
Totals For 1300 Calories Organic Low Carb - Day 04				99.22	133.17	41.01	1311.76

Breakfast

15	1.0	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				12.31	47.73	2.30	243.04

Snack 1

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				7.05	26.00	4.05	158.90

Lunch

6	6.0	medium	baby carrots, organic	0.36	4.92	0.60	24.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
11	5.0	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00
Totals for Lunch				45.72	18.48	14.43	322.00

Snack 2

16	4.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.50	5.00	1.50	32.50
0	1.0	cup	soup, Amy's Oganic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals for Snack 2				2.50	18.00	2.50	102.50

Dinner

18	5.0	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	39.42	0.00	11.78	274.83
6	1.0	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1.00	5.00	0.00	25.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
21	4.0	tablespoon	Soy sauce, Organic, Lite	0.00	5.20	0.00	44.00
Totals for Dinner				41.72	21.70	16.18	437.83

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals for Snack 3				0.40	8.20	0.20	40.00
Totals For 1300 Calories Organic Low Carb - Day 05				109.70	140.11	39.66	1304.27

Breakfast

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				14.60	24.90	5.10	196.00

Snack 1

5	1.5	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	19.50	6.00	3.75	150.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 1				20.10	15.70	3.85	187.00

Lunch

6	10.0	medium	baby carrots, organic	0.60	8.20	1.00	40.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
0	3.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
Totals for Lunch				34.96	24.76	17.83	388.00

Snack 2

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 2				5.50	9.00	8.00	135.00

Dinner

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
Totals for Dinner				29.33	35.00	5.27	315.67

Snack 3

0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
Totals for Snack 3				1.00	18.00	0.50	80.00
Totals For 1300 Calories Organic Low Carb - Day 06				105.49	127.36	40.55	1301.67

1300 Calories Organic Low Carb - Day 07

Breakfast

15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				12.51	37.84	2.23	214.32

Snack 1

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				7.05	26.00	4.05	158.90

Lunch

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
5	1.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
21	3.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
Totals for Lunch				41.50	24.50	12.60	346.50

Snack 2

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	8.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
Totals for Snack 2				9.00	11.00	8.00	145.00

Dinner

6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
12	4.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	28.83	0.00	9.21	206.27
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				33.13	29.50	13.61	390.27

Snack 3

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
Totals For 1300 Calories Organic Low Carb - Day 07				104.06	139.98	40.89	1301.35