



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Childhood Low Cholesterol - Day 01							
Breakfast							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.49	24.42	1.23	111.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				7.29	43.72	1.73	206.50
Lunch							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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
6	5.0	1 cherry	Tomatoes, red, ripe, raw, year round average	0.75	3.31	0.17	15.30
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				39.08	54.51	4.06	399.94
Snack 2							
16	3.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.40	16.31	2.23	90.30
5	3.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	3.00	13.50	0.38	67.50
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
<i>Totals for Snack 2</i>				6.18	31.59	6.72	205.64
Dinner							
6	1.0	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
17	0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	3.73	18.58	0.38	86.80
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Dinner</i>				22.43	28.42	11.40	286.99
Snack 3							
7	5.0	1 grape	Grapes, american type (slip skin), raw	0.08	2.06	0.04	8.04
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.19	20.73	1.13	100.92
Totals For 1200 Calories Childhood Low Cholesterol - Day 01				78.17	178.97	25.04	1199.99

1200 Calories Childhood Low Cholesterol - Day 02

Breakfast

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
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
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>				12.27	38.57	2.50	218.70

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	0.3	1 cup, cubes	Avocados, raw, all commercial varieties	0.75	3.20	5.50	60.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	1 cup, sliced	Peppers, sweet, red, raw	0.91	5.55	0.28	28.52
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
<i>Totals for Lunch</i>				27.58	63.02	10.78	440.27

Snack 2

5	0.3	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	7.01	1.53	0.57	40.68
7	0.3	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.27	3.73	0.04	14.64
<i>Totals for Snack 2</i>				7.28	5.26	0.61	55.32

Dinner

5	0.3	1 cup, shredded	Cheese, mozzarella, low moisture, part-skim	6.94	1.80	5.57	85.03
16	1.0	1 muffin	English muffins, mixed-grain (includes granola)	6.01	30.56	1.19	155.10
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.3	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.91	5.18	0.95	32.77
<i>Totals for Dinner</i>				15.59	42.38	15.83	366.74

Snack 3

16	4.0	1 small	Cookies, vanilla wafers, lower fat	0.60	8.83	1.82	52.92
4	5.0	1 peanut	Peanuts, all types, dry-roasted, without salt	1.22	1.06	2.48	29.35
0	0.5	0.5 cup (4 fl oz)	Sherbet, orange	0.41	11.25	0.74	53.28
<i>Totals for Snack 3</i>				2.23	21.14	5.04	135.55
Totals For 1200 Calories Childhood Low Cholesterol - Day 02				64.95	170.37	34.76	1216.58

1200 Calories Childhood Low Cholesterol - Day 03

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
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	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Breakfast</i>				15.87	31.24	4.32	226.17

Lunch

16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
21	0.5	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	2.00	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	1.0	2 tablespoon	Peanut butter, smooth style, without salt	7.11	7.14	16.44	191.36
7	0.3	each	Pear -medium w/peel	0.17	6.28	0.00	24.50
<i>Totals for Lunch</i>				19.51	41.83	18.13	393.30

Snack 2

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
4	5.0	1 peanut	Peanuts, all types, dry-roasted, without salt	1.22	1.06	2.48	29.35
<i>Totals for Snack 2</i>				1.82	14.41	2.78	81.85

Dinner

4	0.5	1 cup	Beans, baked, canned, no salt added	6.07	25.92	0.51	132.83
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
<i>Totals for Dinner</i>				38.02	51.47	9.28	439.87

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 1200 Calories Childhood Low Cholesterol - Day 03				78.33	157.62	35.60	1234.07
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1200 Calories Childhood Low Cholesterol - Day 04

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				12.23	39.28	4.34	239.22

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 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	0.5	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.09	0.15	0.08	1.50
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
6	5.0	1 cherry	Tomatoes, red, ripe, raw, year round average	0.75	3.31	0.17	15.30
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				33.93	37.32	3.32	308.94

Snack 2

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	3.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	3.00	13.50	0.38	67.50
<i>Totals for Snack 2</i>				3.27	18.86	0.50	88.59

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
<i>Totals for Dinner</i>				15.91	42.46	21.63	420.77

Snack 3

16	3.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.40	16.31	2.23	90.30
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
<i>Totals for Snack 3</i>				3.18	18.09	6.34	138.14

Totals For 1200 Calories Childhood Low Cholesterol - Day 04				68.52	156.01	36.13	1195.66
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1200 Calories Childhood Low Cholesterol - Day 05

Breakfast

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
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
<i>Totals for Breakfast</i>				15.65	38.00	2.27	232.50

Lunch

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
5	0.5	1 oz	Cheese, low fat, cheddar or colby	3.45	0.27	0.99	24.52
0	1.0	1/2 cup	Egg Salad	6.60	3.20	11.70	145.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				21.15	42.93	15.70	391.42

Snack 2

16	5.0	1 small	Cookies, vanilla wafers, lower fat	0.75	11.04	2.28	66.15
7	8.0	1 grape	Grapes, american type (slip skin), raw	0.12	3.29	0.07	12.86
5	4.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	4.00	18.00	0.50	90.00
<i>Totals for Snack 2</i>				4.87	32.33	2.85	169.01

Dinner

6	1.0	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
17	0.3	1 cup elbow shaped	Macaroni, whole-wheat, cooked	1.87	9.29	0.19	43.40
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
0	0.3	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.91	5.18	0.95	32.77
11	3.0	each	Turkey Meatballs	15.00	7.98	6.90	150.00
<i>Totals for Dinner</i>				20.14	32.30	11.89	299.92

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 1200 Calories Childhood Low Cholesterol - Day 05				64.92	164.23	33.80	1185.73
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1200 Calories Childhood Low Cholesterol - Day 06

Breakfast

16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
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
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Breakfast</i>				14.62	55.23	4.45	314.49

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	0.3	1 cup, cubes	Avocados, raw, all commercial varieties	0.75	3.20	5.50	60.00
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
<i>Totals for Lunch</i>				22.87	50.92	9.80	363.25

Snack 2

5	0.3	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	7.01	1.53	0.57	40.68
7	0.3	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.27	3.73	0.04	14.64
<i>Totals for Snack 2</i>				7.28	5.26	0.61	55.32

Dinner

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
6	1.0	0.5 cup, chopped	Peppers, sweet, red, cooked, boiled, drained, without salt	0.63	4.56	0.14	19.04
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	1.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
<i>Totals for Dinner</i>				20.69	37.30	9.30	307.87

Snack 3

16	6.0	1 small	Cookies, vanilla wafers, lower fat	0.90	13.25	2.74	79.38
0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
<i>Totals for Snack 3</i>				1.71	35.75	4.22	185.94

Totals For 1200 Calories Childhood Low Cholesterol - Day 06				67.17	184.46	28.38	1226.87
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1200 Calories Childhood Low Cholesterol - Day 07**Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.25	12.21	0.61	55.50
16	0.5	1 muffin	English muffins, mixed-grain (includes granola)	3.00	15.28	0.59	77.55
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Breakfast</i>				13.25	52.74	4.90	298.22

Lunch

16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
21	0.5	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	2.00	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
<i>Totals for Lunch</i>				16.13	44.53	9.91	322.12

Snack 2

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	1.0	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	28.02	6.10	2.26	162.72
<i>Totals for Snack 2</i>				28.57	16.82	2.50	204.90

Dinner

6	0.3	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	1.33	0.86	0.19	8.10
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				12.34	35.07	10.59	283.94

Snack 3

16	3.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.40	16.31	2.23	90.30
<i>Totals for Snack 3</i>				1.40	16.31	2.23	90.30
Totals For 1200 Calories Childhood Low Cholesterol - Day 07				71.69	165.47	30.13	1199.48