



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1900 Calories Vegetarian/Low Fat - Day 01							
Breakfast							
9	1.0	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
15	1.0	cup	Common Sence Oat Bran, Kelloggs	4.00	22.00	1.00	100.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
0	8.0	ounce(s)	Grapefruit juice - Minute Maid	1.33	22.67	0.00	96.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<i>Totals for Breakfast</i>				19.83	77.87	12.75	483.00
Snack 1							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
<i>Totals for Snack 1</i>				1.20	26.70	0.60	105.00
Lunch							
16	2.0	each	Bun - hamburger	7.40	43.20	4.40	246.00
16	5.0	1 cracker	Crackers, whole-wheat	2.43	16.00	3.25	98.21
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
0	1.0	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
<i>Totals for Lunch</i>				20.41	93.20	11.96	559.36
Snack 2							
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
<i>Totals for Snack 2</i>				5.60	17.70	8.75	165.00
Dinner							
4	0.5	1 cup	Chili with beans, canned	7.31	15.24	7.03	143.36
16	1.0	slice	Combread - Easy, Aunt Jemima	3.50	32.70	6.30	196.00
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
17	1.0	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				18.27	94.58	14.20	549.92
Totals For 1900 Calories Vegetarian/Low Fat - Day 01				65.31	310.05	48.26	1862.28

1900 Calories Vegetarian/Low Fat - Day 02

Breakfast

16	1.0	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	1.0	1 wedge (1/8 of 5-1/4" dia melon)	Melons, honeydew, raw	0.68	11.36	0.18	45.00
6	1.0	1 tablespoon chopped	Onions, raw	0.11	0.93	0.01	4.00
6	0.5	1 cup, chopped	Peppers, sweet, green, raw	0.64	3.46	0.13	14.90
14	1.0	1 tablespoon	Seeds, sesame seeds, whole, dried	1.60	2.11	4.47	51.57
0	1.0	6 fl oz	Tea, herb, other than chamomile, brewed	0.00	0.36	0.00	1.78
0	1.0	ounce(s)	Tofu - soybean curd cake	2.30	0.50	1.40	22.00
<i>Totals for Breakfast</i>				10.33	54.72	8.19	229.25

Snack 1

16	5.0	1 cracker	Crackers, whole-wheat	2.43	16.00	3.25	98.21
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
7	1.0	medium	Pear - medium, Dole	1.00	25.00	1.00	100.00
<i>Totals for Snack 1</i>				11.43	48.00	20.55	388.21

Lunch

6	1.0	each	Carrot - raw, medium	0.01	1.20	0.10	6.00
6	1.0	1/2 cup	Kale, chopped, sauteed	1.00	3.00	0.50	17.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
<i>Totals for Lunch</i>				13.27	72.05	6.51	383.83

Snack 2

16	1.0	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
21	3.0	tea spoon	Jelly - any flavor, All Fruit, Polaner	0.00	12.00	0.00	42.00
<i>Totals for Snack 2</i>				9.00	57.00	0.00	282.00

Dinner

4	3.0	ounce(s)	Black beans - boiled	6.75	20.16	0.45	114.00
5	0.5	1 cup, shredded	Cheese, low fat, cheddar or colby	13.76	1.08	3.96	97.75
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Dinner</i>				28.31	97.60	8.48	578.31

Snack 3

15	1.0	cup	Common Sence Oat Bran, Kelloggs	4.00	22.00	1.00	100.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				12.00	33.70	3.60	202.00

Totals For 1900 Calories Vegetarian/Low Fat - Day 02				84.34	363.07	47.33	2063.60
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1900 Calories Vegetarian/Low Fat - Day 03

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
16	1.0	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	13.30	86.99	3.29	414.80
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				<i>22.75</i>	<i>112.45</i>	<i>6.29</i>	<i>577.21</i>

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
<i>Totals for Snack 1</i>				<i>10.70</i>	<i>38.60</i>	<i>17.20</i>	<i>329.00</i>

Lunch

5	0.5	1 cup, diced	Cheese, low fat, cheddar or colby	16.07	1.26	4.62	114.18
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
<i>Totals for Lunch</i>				<i>27.77</i>	<i>54.15</i>	<i>10.71</i>	<i>397.03</i>

Snack 2

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 2</i>				<i>1.32</i>	<i>34.05</i>	<i>0.20</i>	<i>128.57</i>

Dinner

16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	1.0	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
<i>Totals for Dinner</i>				<i>16.22</i>	<i>56.47</i>	<i>7.19</i>	<i>358.19</i>

Snack 3

5	6.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.75	33.00	2.25	174.00
<i>Totals for Snack 3</i>				<i>6.75</i>	<i>33.00</i>	<i>2.25</i>	<i>174.00</i>

Totals For 1900 Calories Vegetarian/Low Fat - Day 03				85.51	328.72	43.84	1964.00
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1900 Calories Vegetarian/Low Fat - Day 04

Breakfast

16	1.0	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
15	1.0	cup	Shredded Wheat n' Bran Nabisco	3.00	23.00	0.00	90.00
<i>Totals for Breakfast</i>				21.40	104.20	2.80	530.00

Snack 1

0	1.0	1/2 cup	soy nuts- genisoy	22.00	20.00	10.00	240.00
<i>Totals for Snack 1</i>				22.00	20.00	10.00	240.00

Lunch

6	0.5	1 cup, shredded	Cabbage, chinese (pak-choi), raw	0.53	0.76	0.07	4.55
6	0.5	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	0.5	1 cup, chopped	Peas, edible-podded, raw	1.37	3.70	0.10	20.58
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
0	5.0	ounce(s)	Tofu - soybean curd cake	11.50	2.50	7.00	110.00
<i>Totals for Lunch</i>				19.54	75.17	9.20	449.93

Snack 2

21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
<i>Totals for Snack 2</i>				9.60	21.20	16.90	260.00

Dinner

0	1.0	cup	black bean and veg soup-health valley	11.00	24.00	0.00	110.00
16	0.3	1 cup	Croutons, plain	0.89	5.51	0.49	30.53
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
<i>Totals for Dinner</i>				16.39	92.45	6.13	453.41

Snack 3

15	0.5	cup	Common Sense Oat Bran & Raisins, Kelloggs	2.67	19.33	0.67	86.50
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				6.67	25.18	1.97	137.50

Totals For 1900 Calories Vegetarian/Low Fat - Day 04				95.60	338.20	47.00	2070.84
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1900 Calories Vegetarian/Low Fat - Day 05

Breakfast

9	1.0	each	Bread - slice rye 7 grain	2.50	18.00	1.00	90.00
0	1.0	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
21	1.0	tea spoon	Jelly - any flavor, All Fruit, Polaner	0.00	4.00	0.00	14.00
2	3.0	each	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	6.00	33.00	2.40	180.00
<i>Totals for Breakfast</i>				<i>9.73</i>	<i>78.92</i>	<i>3.60</i>	<i>377.00</i>

Snack 1

0	1.0	1/2 cup	soy nuts- genisoy	22.00	20.00	10.00	240.00
<i>Totals for Snack 1</i>				<i>22.00</i>	<i>20.00</i>	<i>10.00</i>	<i>240.00</i>

Lunch

16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
0	1.0	each	Tofu burger - frozen. 2.5 oz, Natural Touch	10.00	3.00	4.00	90.00
<i>Totals for Lunch</i>				<i>14.83</i>	<i>64.30</i>	<i>6.66</i>	<i>372.65</i>

Snack 2

21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
<i>Totals for Snack 2</i>				<i>9.60</i>	<i>21.20</i>	<i>16.90</i>	<i>260.00</i>

Dinner

16	0.5	1 cup	Croutons, plain	1.78	11.03	0.99	61.05
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	2.0	slice	Pizza, cheese and veggies	16.00	46.00	6.42	306.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
<i>Totals for Dinner</i>				<i>19.73</i>	<i>84.76</i>	<i>12.12</i>	<i>518.01</i>

Snack 3

5	6.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.75	33.00	2.25	174.00
<i>Totals for Snack 3</i>				<i>6.75</i>	<i>33.00</i>	<i>2.25</i>	<i>174.00</i>
Totals For 1900 Calories Vegetarian/Low Fat - Day 05				82.64	302.18	51.53	1941.66

1900 Calories Vegetarian/Low Fat - Day 06

Breakfast

16	1.0	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	1.0	1 wedge (1/8 of 5-1/4" dia melon)	Melons, honeydew, raw	0.68	11.36	0.18	45.00
6	1.0	1 tablespoon chopped	Onions, raw	0.11	0.93	0.01	4.00
6	0.5	1 cup, chopped	Peppers, sweet, green, raw	0.64	3.46	0.13	14.90
14	1.0	1 tablespoon	Seeds, sesame seeds, whole, dried	1.60	2.11	4.47	51.57
0	1.0	6 fl oz	Tea, herb, other than chamomile, brewed	0.00	0.36	0.00	1.78
1	3.0	ounce(s)	Tofu, soybean curd cake, scrambled	7.50	1.71	4.41	70.50
<i>Totals for Breakfast</i>				15.53	55.93	11.20	277.75

Snack 1

16	5.0	1 cracker	Crackers, whole-wheat	2.43	16.00	3.25	98.21
7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<i>Totals for Snack 1</i>				7.01	35.28	11.72	254.85

Lunch

6	1.0	each	Carrot - raw, medium	0.01	1.20	0.10	6.00
6	1.0	1/2 cup	Kale, chopped, sauteed	1.00	3.00	0.50	17.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
<i>Totals for Lunch</i>				13.27	72.05	6.51	383.83

Snack 2

16	1.0	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
21	3.0	tea spoon	Jelly - any flavor, All Fruit, Polaner	0.00	12.00	0.00	42.00
<i>Totals for Snack 2</i>				9.00	57.00	0.00	282.00

Dinner

4	3.0	ounce(s)	Black beans - boiled	6.75	20.16	0.45	114.00
5	0.5	1 cup, shredded	Cheese, low fat, cheddar or colby	13.76	1.08	3.96	97.75
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Dinner</i>				28.31	97.60	8.48	578.31

Snack 3

15	1.0	cup	Common Sence Oat Bran, Kelloggs	4.00	22.00	1.00	100.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				12.00	33.70	3.60	202.00

Totals For 1900 Calories Vegetarian/Low Fat - Day 06				85.12	351.56	41.51	1978.74
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1900 Calories Vegetarian/Low Fat - Day 07

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
16	1.0	1 cup, poured from box	Pancakes, buckwheat, dry mix, incomplete	13.30	86.99	3.29	414.80
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				<i>22.75</i>	<i>112.45</i>	<i>6.29</i>	<i>577.21</i>

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
<i>Totals for Snack 1</i>				<i>10.18</i>	<i>36.98</i>	<i>17.22</i>	<i>321.64</i>

Lunch

5	0.5	1 cup, diced	Cheese, low fat, cheddar or colby	16.07	1.26	4.62	114.18
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
<i>Totals for Lunch</i>				<i>27.77</i>	<i>54.15</i>	<i>10.71</i>	<i>397.03</i>

Snack 2

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 2</i>				<i>1.32</i>	<i>34.05</i>	<i>0.20</i>	<i>128.57</i>

Dinner

16	0.3	1 cup	Croutons, plain	0.89	5.51	0.49	30.53
0	1.0	1 cup (8 fl oz)	Lemonade, powder, prepared with water	0.00	9.48	0.11	36.96
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	1.0	slice	Pizza, cheese and veggies	8.00	23.00	3.21	153.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
<i>Totals for Dinner</i>				<i>10.84</i>	<i>56.24</i>	<i>8.41</i>	<i>334.49</i>

Snack 3

5	6.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.75	33.00	2.25	174.00
<i>Totals for Snack 3</i>				<i>6.75</i>	<i>33.00</i>	<i>2.25</i>	<i>174.00</i>

Totals For 1900 Calories Vegetarian/Low Fat - Day 07				79.61	326.87	45.08	1932.94
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