



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Vegan - Day 01</b>							
<b>Breakfast</b>							
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
<b>Totals for Breakfast</b>				<b>10.37</b>	<b>35.00</b>	<b>5.89</b>	<b>232.06</b>
<b>Snack 1</b>							
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
<b>Totals for Snack 1</b>				<b>10.78</b>	<b>25.81</b>	<b>13.87</b>	<b>257.34</b>
<b>Lunch</b>							
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
<b>Totals for Lunch</b>				<b>21.98</b>	<b>92.81</b>	<b>7.57</b>	<b>524.13</b>
<b>Snack 2</b>							
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
<b>Totals for Snack 2</b>				<b>5.02</b>	<b>44.67</b>	<b>2.46</b>	<b>208.64</b>
<b>Dinner</b>							
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
<b>Totals for Dinner</b>				<b>29.88</b>	<b>56.68</b>	<b>4.79</b>	<b>369.09</b>
<b>Snack 3</b>							
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
<b>Totals for Snack 3</b>				<b>9.87</b>	<b>12.94</b>	<b>5.03</b>	<b>128.86</b>
<b>Totals For 1700 Calories Vegan - Day 01</b>				<b>87.90</b>	<b>267.91</b>	<b>39.61</b>	<b>1720.12</b>

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				2.27	12.71	2.07	84.83
Totals For 1700 Calories Vegan - Day 02				82.87	273.90	49.17	1847.95

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

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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>				<i>10.32</i>	<i>44.82</i>	<i>5.83</i>	<i>277.74</i>

### 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>				<i>5.62</i>	<i>112.08</i>	<i>0.51</i>	<i>441.38</i>

### 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>				<i>18.69</i>	<i>64.32</i>	<i>19.08</i>	<i>489.60</i>

### 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>				<i>9.50</i>	<i>27.50</i>	<i>9.00</i>	<i>232.50</i>

### 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>				<i>14.24</i>	<i>48.69</i>	<i>10.85</i>	<i>324.76</i>
<i>Totals For 1700 Calories Vegan - Day 05</i>				<i>58.37</i>	<i>297.41</i>	<i>45.27</i>	<i>1765.98</i>

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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