



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Gluten Free - Day 01</b>							
<b>Breakfast</b>							
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	3.00	36.00	1.50	165.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>12.60</b>	<b>74.60</b>	<b>2.50</b>	<b>356.00</b>
<b>Snack 1</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 1</i>				<b>4.30</b>	<b>28.50</b>	<b>6.50</b>	<b>176.00</b>
<b>Lunch</b>							
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
5	1.0	ounce(s)	Kraft, cheese, mozzarella natural shredded part-skim	6.00	1.00	5.00	80.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
1	5.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	25.00	0.00	1.67	150.00
<i>Totals for Lunch</i>				<b>34.75</b>	<b>31.05</b>	<b>9.27</b>	<b>413.00</b>
<b>Snack 2</b>							
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 2</i>				<b>5.00</b>	<b>19.00</b>	<b>0.00</b>	<b>100.00</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
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	9.00	2.00	50.00
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Dinner</i>				<b>41.50</b>	<b>78.04</b>	<b>11.32</b>	<b>575.86</b>
<b>Snack 3</b>							
0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>
<b>Totals For 1700 Calories Gluten Free - Day 01</b>				<b>100.83</b>	<b>241.87</b>	<b>33.59</b>	<b>1712.86</b>

1700 Calories Gluten Free - Day 02

**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>11.15</b>	<b>54.21</b>	<b>1.07</b>	<b>265.52</b>

**Snack 1**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				<b>28.60</b>	<b>15.90</b>	<b>2.40</b>	<b>201.00</b>

**Lunch**

2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
6	10.0	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
16	2.0	each	Mission Corn Tortilla- 6 in	4.00	44.00	15.00	110.00
6	4.0	tablespoon	Onion - chopped	0.40	3.60	0.00	16.00
21	6.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	12.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Lunch</i>				<b>52.70</b>	<b>111.72</b>	<b>28.23</b>	<b>708.00</b>

**Snack 2**

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 2</i>				<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>

**Dinner**

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
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>				<b>30.86</b>	<b>37.67</b>	<b>12.29</b>	<b>381.29</b>

**Snack 3**

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				<b>2.00</b>	<b>18.00</b>	<b>0.00</b>	<b>80.00</b>

<b>Totals For 1700 Calories Gluten Free - Day 02</b>				<b>126.62</b>	<b>250.23</b>	<b>44.29</b>	<b>1688.85</b>
--	--	--	--	---------------	---------------	--------------	----------------

1700 Calories Gluten Free - Day 03

**Breakfast**

5	1.0	1 large	Egg, whole, cooked, scrambled	6.09	0.98	6.70	90.89
16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
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
<i>Totals for Breakfast</i>				<b>16.09</b>	<b>46.78</b>	<b>14.20</b>	<b>312.89</b>

**Snack 1**

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 1</i>				<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>

**Lunch**

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
<i>Totals for Lunch</i>				<b>45.90</b>	<b>58.14</b>	<b>7.70</b>	<b>483.52</b>

**Snack 2**

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				<b>2.97</b>	<b>13.68</b>	<b>6.05</b>	<b>111.34</b>

**Dinner**

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
17	3.0	ounce(s)	Lundberg Organic Brown Rice Pasta	6.00	66.00	3.00	315.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
<i>Totals for Dinner</i>				<b>43.15</b>	<b>89.70</b>	<b>13.99</b>	<b>658.50</b>

**Snack 3**

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>

<b>Totals For 1700 Calories Gluten Free - Day 03</b>				<b>112.10</b>	<b>231.71</b>	<b>46.24</b>	<b>1711.29</b>
--	--	--	--	---------------	---------------	--------------	----------------

1700 Calories Gluten Free - Day 04

**Breakfast**

2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Breakfast</i>				<b>15.93</b>	<b>57.91</b>	<b>9.08</b>	<b>363.96</b>

**Snack 1**

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				<b>6.27</b>	<b>20.29</b>	<b>3.00</b>	<b>134.74</b>

**Lunch**

20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
0	2.0	cup	soup, Campbell's Select Savory Lentil	16.00	54.00	1.00	280.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	4.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	18.00	2.00	0.00	90.00
<i>Totals for Lunch</i>				<b>37.33</b>	<b>83.91</b>	<b>13.38</b>	<b>493.60</b>

**Snack 2**

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 2</i>				<b>2.00</b>	<b>18.00</b>	<b>0.00</b>	<b>80.00</b>

**Dinner**

12	2.0	3 oz	Fish, swordfish, cooked, dry heat	39.87	0.00	13.48	292.40
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
9	6.0	ounce(s)	Potato - white medium	4.20	41.10	0.18	180.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Dinner</i>				<b>47.47</b>	<b>63.50</b>	<b>19.36</b>	<b>623.07</b>

**Snack 3**

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
<i>Totals for Snack 3</i>				<b>0.40</b>	<b>8.20</b>	<b>0.00</b>	<b>40.00</b>

<b>Totals For 1700 Calories Gluten Free - Day 04</b>				<b>109.40</b>	<b>251.81</b>	<b>44.82</b>	<b>1735.37</b>
--	--	--	--	---------------	---------------	--------------	----------------

1700 Calories Gluten Free - Day 05

**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.5	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	2.47	31.29	0.27	142.74
2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
<i>Totals for Breakfast</i>				<b>13.97</b>	<b>85.64</b>	<b>4.66</b>	<b>436.44</b>

**Snack 1**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				<b>14.60</b>	<b>12.80</b>	<b>1.25</b>	<b>119.00</b>

**Lunch**

6	12.0	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
20	3.0	tablespoon	Hellman's Light Mayo	0.00	3.00	13.50	135.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	2.0	tablespoon	Relish - pickle	0.20	10.60	0.20	40.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	6.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	30.00	0.00	2.00	180.00
<i>Totals for Lunch</i>				<b>34.12</b>	<b>50.11</b>	<b>23.59</b>	<b>474.10</b>

**Snack 2**

14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 2</i>				<b>6.52</b>	<b>20.55</b>	<b>3.59</b>	<b>141.69</b>

**Dinner**

18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	35.47	0.00	10.61	247.35
6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
6	1.0	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.02	10.01	0.40	41.85
<i>Totals for Dinner</i>				<b>40.69</b>	<b>28.26</b>	<b>12.81</b>	<b>389.90</b>

**Snack 3**

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
<i>Totals for Snack 3</i>				<b>2.00</b>	<b>19.00</b>	<b>7.00</b>	<b>148.00</b>

<b>Totals For 1700 Calories Gluten Free - Day 05</b>				<b>111.90</b>	<b>216.36</b>	<b>52.90</b>	<b>1709.13</b>
--	--	--	--	---------------	---------------	--------------	----------------

**1700 Calories Gluten Free - Day 06****Breakfast**

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	3.00	36.00	1.50	165.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>12.60</b>	<b>74.60</b>	<b>2.50</b>	<b>356.00</b>

**Snack 1**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				<b>6.10</b>	<b>40.45</b>	<b>0.49</b>	<b>184.36</b>

**Lunch**

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	4.50	1.00	25.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
<i>Totals for Lunch</i>				<b>9.28</b>	<b>57.75</b>	<b>18.97</b>	<b>431.71</b>

**Snack 2**

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Snack 2</i>				<b>8.29</b>	<b>21.56</b>	<b>10.30</b>	<b>214.17</b>

**Dinner**

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
17	2.0	ounce(s)	Lundberg Organic Brown Rice Pasta	4.00	44.00	2.00	210.00
13	1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	33.37	0.00	4.48	182.33
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Dinner</i>				<b>43.44</b>	<b>51.64</b>	<b>7.54</b>	<b>443.73</b>

**Snack 3**

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				<b>2.01</b>	<b>8.01</b>	<b>3.00</b>	<b>69.00</b>

<b>Totals For 1700 Calories Gluten Free - Day 06</b>				<b>81.72</b>	<b>254.01</b>	<b>42.80</b>	<b>1698.97</b>
--	--	--	--	--------------	---------------	--------------	----------------

**1700 Calories Gluten Free - Day 07****Breakfast**

16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>10.60</b>	<b>57.70</b>	<b>7.60</b>	<b>268.00</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 1</i>				<b>4.30</b>	<b>28.50</b>	<b>6.50</b>	<b>176.00</b>

**Lunch**

6	12.0	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
1	5.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	22.50	2.50	0.00	112.50
<i>Totals for Lunch</i>				<b>28.60</b>	<b>59.30</b>	<b>19.54</b>	<b>418.10</b>

**Snack 2**

0	2.0	cup	soup, Campbell's Select Savory Lentil	16.00	54.00	1.00	280.00
<i>Totals for Snack 2</i>				<b>16.00</b>	<b>54.00</b>	<b>1.00</b>	<b>280.00</b>

**Dinner**

2	0.8	cup	Brown Rice - cooked	3.68	37.28	0.90	174.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
<i>Totals for Dinner</i>				<b>53.27</b>	<b>46.30</b>	<b>8.59</b>	<b>486.00</b>

**Snack 3**

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals For 1700 Calories Gluten Free - Day 07</i>				<b>114.77</b>	<b>263.80</b>	<b>43.23</b>	<b>1708.10</b>