



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories] Wheat Sensitivity - Day 01							
Breakfast - Top cereal w/ sliced banana & milk.							
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Breakfast</i>				16.60	81.35	0.60	399.00
Snack 1							
1	12.0	each	Almonds, unsalted	0.00	0.00	6.00	60.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	6.00	110.00
Lunch - Toss salad ingredients with oil and vinegar.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Lunch</i>				52.98	11.00	18.92	437.24
Snack 2							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				3.36	4.56	7.68	94.32
Dinner - Boil or grill shrimp. Top potato w/spread.							
2	1.0	each	Baked potato, small	3.00	29.00	0.00	130.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	9.0	ounce(s)	Shrimp - boiled or steamed	53.28	0.00	2.70	252.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Dinner</i>				60.00	40.20	6.34	466.60
Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
<i>Totals for Snack 3</i>				0.45	25.70	0.60	98.00
Totals For 1600 Calories] Wheat Sensitivity - Day 01				133.89	176.31	40.14	1605.16

1600 Calories] Wheat Sensitivity - Day 02

Breakfast - Prepare oats per package directions using milk.

14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
<i>Totals for Breakfast</i>				22.50	66.00	10.50	420.00

Snack 1 - Spread almond butter on apple.

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.96	21.99	3.47	114.33

Lunch - Toss salad ingredients together.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				38.79	21.35	19.33	400.18

Snack 2 - Slice pepper, dip in hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				3.40	13.60	3.20	90.00

Dinner - Broil fish w/oil. Serve w/beets&veg.

6	1.5	cup	Cauliflower	3.00	7.50	0.00	37.50
1	8.0	ounce(s)	Flounder - broiled	54.64	0.00	0.00	264.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.5	cup	Roasted beets	1.50	16.50	0.00	75.00
3	1.0	each	Sweet potato, baked with peel, small	1.00	12.00	0.00	50.00
<i>Totals for Dinner</i>				60.14	36.00	4.50	466.50

Snack 3 - Top cereal with milk.

15	0.5	cup	Rice Chex	1.00	13.50	0.00	60.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				5.00	21.50	0.00	100.00

Totals For 1600 Calories] Wheat Sensitivity - Day 02				130.79	180.44	41.00	1591.01
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1600 Calories] Wheat Sensitivity - Day 03

Breakfast - Saute eggs, cheese & veg in spread.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
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
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				49.08	39.39	7.78	409.15

Snack 1

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
<i>Totals for Snack 1</i>				0.66	5.94	5.00	89.60

Lunch - Top rice w/chopped chicken and remaining ing.

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.7	cup	Brown rice, cooked	3.30	29.70	1.32	145.20
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				35.32	48.37	8.65	403.35

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	8.0	ounce(s)	Ground chicken breast, raw	48.00	0.00	2.00	200.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.95	5.20	0.13	28.60
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	2.0	ounce(s)	Mozzarella cheese, part skim	13.58	1.56	8.92	142.24
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				68.72	39.75	12.47	513.31

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32

Totals For 1600 Calories] Wheat Sensitivity - Day 03				157.84	163.11	41.58	1607.73
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1600 Calories] Wheat Sensitivity - Day 04

Breakfast - Enjoy luna bar w berries & soy milk.

7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
0	1.0	each	luna bar	10.00	26.00	4.50	180.00
4	1.5	1 cup	SILK Plain, soymilk	10.50	11.99	6.01	149.45
<i>Totals for Breakfast</i>				21.57	59.00	10.99	412.10

Snack 1

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
<i>Totals for Snack 1</i>				9.33	5.52	5.07	110.80

Lunch - Spinach, broccoli, salmon cobb salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
<i>Totals for Lunch</i>				41.28	13.87	19.97	411.29

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Saute beef w/ veg and soy. Serve over beef.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	6.0	ounce(s)	Extra lean beef	37.50	3.00	4.50	195.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
21	2.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	10.00
<i>Totals for Dinner</i>				48.60	55.76	6.21	446.06

Snack 3 - Mix prepared popcorn with raisin.

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 3</i>				1.34	21.34	2.00	116.00

Totals For 1600 Calories] Wheat Sensitivity - Day 04				123.12	182.49	44.24	1596.25
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1600 Calories] Wheat Sensitivity - Day 05

Breakfast - Top cereal w milk & sliced banana.

15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Breakfast</i>				15.50	76.00	0.00	345.00

Snack 1

7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
<i>Totals for Snack 1</i>				6.25	7.75	4.00	85.00

Lunch - Toss ingredients and place on rice. Serve w/greens

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.5	cup	Sliced avocado	1.35	5.40	9.45	103.50
<i>Totals for Lunch</i>				51.50	34.30	15.01	470.58

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
<i>Totals for Snack 2</i>				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.3	cup	Fresh mushrooms	2.70	2.85	0.30	19.25
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	3.5	tea spoon	Olive oil	0.00	0.00	15.75	140.00
1	6.0	ounce(s)	Tilapia	36.00	0.00	0.00	150.00
<i>Totals for Dinner</i>				43.10	30.23	17.29	445.05

Snack 3 - Top yogurt w sliced banana & nuts.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 3</i>				9.50	16.00	2.25	130.00

Totals For 1600 Calories] Wheat Sensitivity - Day 05				135.75	172.86	43.17	1594.43
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1600 Calories] Wheat Sensitivity - Day 06

Breakfast - Scramble eggs 1/2 spread. Remain spread on bread.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	5.0	large	Egg white	20.00	0.00	0.00	75.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
16	2.0	slice	Udi's Millet-Chia Bread	6.00	24.00	4.50	150.00
<i>Totals for Breakfast</i>				43.58	43.40	17.22	481.24

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
<i>Totals for Lunch</i>				45.00	20.39	7.22	304.40

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Roast halibut. Cook lentils w/ onions&carrots.

6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	0.8	cup	Cooked lentils	13.50	30.00	0.75	172.50
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	6.0	ounce(s)	Halibut, raw	24.00	0.00	24.00	300.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				38.92	43.99	25.05	532.73

Snack 3 - Mixed berry salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				1.54	22.51	0.74	101.33

Totals For 1600 Calories] Wheat Sensitivity - Day 06				130.34	178.29	50.73	1600.70
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1600 Calories] Wheat Sensitivity - Day 07

Breakfast - Top yogurt with melon, seeds and raisins.

7	1.3	cup	Fresh cantaloupe	1.64	15.91	0.38	66.30
1	10.0	ounce(s)	Greek yogurt, plain, non fat	20.00	10.00	0.00	150.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
7	3.0	tablespoon	Raisins	0.00	24.00	0.00	105.00
<i>Totals for Breakfast</i>				25.64	51.91	7.38	401.30

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	4.00	90.00

Lunch - Gluten free avocado turkey wrap.

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
16	1.0	each	Udi's Small Tortilla	3.00	15.00	2.00	90.00
<i>Totals for Lunch</i>				47.50	27.50	13.50	422.50

Snack 2 - Slice pepper dip into hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.5	tablespoon	Hummus	2.50	5.00	3.75	62.50
<i>Totals for Snack 2</i>				3.90	14.60	3.95	102.50

Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.5	tablespoon	Grated parmesan cheese	2.88	0.30	2.14	32.32
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
17	1.3	cup	Rice pasta, cooked	0.00	13.75	0.00	62.50
<i>Totals for Dinner</i>				53.52	38.83	12.64	484.89

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				0.70	25.10	0.00	98.00

Totals For 1600 Calories] Wheat Sensitivity - Day 07				131.76	171.44	41.47	1599.19
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