



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Gluten Free - Day 01							
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>				12.60	74.60	2.50	356.00
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>				4.30	28.50	6.50	176.00
Lunch							
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>				34.75	31.05	9.27	413.00
Snack 2							
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>				5.00	19.00	0.00	100.00
Dinner							
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>				41.50	78.04	11.32	575.86
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>				2.68	10.68	4.00	92.00
Totals For 1700 Calories Gluten Free - Day 01				100.83	241.87	33.59	1712.86

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
Totals for Breakfast				11.15	54.21	1.07	265.52

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
Totals for Snack 1				28.60	15.90	2.40	201.00

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
Totals for Lunch				52.70	111.72	28.23	708.00

Snack 2

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
Totals for Snack 2				1.31	12.73	0.30	53.04

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
Totals for Dinner				30.86	37.67	12.29	381.29

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 3				2.00	18.00	0.00	80.00
Totals For 1700 Calories Gluten Free - Day 02				126.62	250.23	44.29	1688.85

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>				16.09	46.78	14.20	312.89

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>				1.31	12.73	0.30	53.04

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>				45.90	58.14	7.70	483.52

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>				2.97	13.68	6.05	111.34

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>				43.15	89.70	13.99	658.50

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>				2.68	10.68	4.00	92.00
Totals For 1700 Calories Gluten Free - Day 03				112.10	231.71	46.24	1711.29

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
Totals for Breakfast				15.93	57.91	9.08	363.96

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
Totals for Snack 1				6.27	20.29	3.00	134.74

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
Totals for Lunch				37.33	83.91	13.38	493.60

Snack 2

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 2				2.00	18.00	0.00	80.00

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
Totals for Dinner				47.47	63.50	19.36	623.07

Snack 3

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
Totals for Snack 3				0.40	8.20	0.00	40.00

Totals For 1700 Calories Gluten Free - Day 04				109.40	251.81	44.82	1735.37
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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
Totals for Breakfast				13.97	85.64	4.66	436.44

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
Totals for Snack 1				14.60	12.80	1.25	119.00

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
Totals for Lunch				34.12	50.11	23.59	474.10

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
Totals for Snack 2				6.52	20.55	3.59	141.69

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
Totals for Dinner				40.69	28.26	12.81	389.90

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
Totals for Snack 3				2.00	19.00	7.00	148.00
Totals For 1700 Calories Gluten Free - Day 05				111.90	216.36	52.90	1709.13

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
Totals for Breakfast				12.60	74.60	2.50	356.00

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
Totals for Snack 1				6.10	40.45	0.49	184.36

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
Totals for Lunch				9.28	57.75	18.97	431.71

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
Totals for Snack 2				8.29	21.56	10.30	214.17

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
Totals for Dinner				43.44	51.64	7.54	443.73

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals for Snack 3				2.01	8.01	3.00	69.00
Totals For 1700 Calories Gluten Free - Day 06				81.72	254.01	42.80	1698.97

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>				<i>10.60</i>	<i>57.70</i>	<i>7.60</i>	<i>268.00</i>

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>				<i>4.30</i>	<i>28.50</i>	<i>6.50</i>	<i>176.00</i>

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>				<i>28.60</i>	<i>59.30</i>	<i>19.54</i>	<i>418.10</i>

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>				<i>16.00</i>	<i>54.00</i>	<i>1.00</i>	<i>280.00</i>

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>				<i>53.27</i>	<i>46.30</i>	<i>8.59</i>	<i>486.00</i>

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>				<i>114.77</i>	<i>263.80</i>	<i>43.23</i>	<i>1708.10</i>