



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Lactose Intolerant - Day 01							
Breakfast							
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				9.44	52.79	6.93	296.73
Snack 1							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				5.30	40.00	0.50	181.00
Lunch							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Lunch</i>				37.30	34.74	6.59	345.92
Snack 2							
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				2.70	23.88	3.56	136.60
Dinner							
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
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>				28.16	42.96	6.22	321.40
Snack 3							
0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00
Totals For 1300 Calories Lactose Intolerant - Day 01				84.24	199.71	25.80	1327.65

Breakfast

16	0.5	1 bagel (4" dia)	Bagels, oat bran	4.76	23.72	0.53	113.48
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				7.31	60.44	6.77	319.00

Snack 1

5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 1				5.00	19.00	0.00	100.00

Lunch

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				32.77	40.25	8.79	361.80

Snack 2

7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 2				1.24	13.92	0.00	64.00

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals for Dinner				29.76	41.29	10.59	371.53

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	10 chips	Snacks, tortilla chips, light (baked with less oil)	1.39	11.74	2.43	74.40
Totals for Snack 3				1.39	11.74	2.43	82.40
Totals For 1300 Calories Lactose Intolerant - Day 02				77.47	186.64	28.58	1298.73

Breakfast

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
0	0.3	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	5.70	0.33	1.15	34.43
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
Totals for Breakfast				34.74	37.21	11.85	389.88

Snack 1

7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				0.50	8.60	0.40	36.00

Lunch

4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
14	0.3	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	1.37	1.71	3.53	41.25
Totals for Lunch				10.06	44.47	9.76	290.69

Snack 2

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 2				6.27	20.29	3.00	134.74

Dinner

18	1.0	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	23.82	0.00	11.05	201.45
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
Totals for Dinner				29.76	28.92	11.53	336.47

Snack 3

9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				2.02	20.67	0.46	88.64
Totals For 1300 Calories Lactose Intolerant - Day 03				83.35	160.16	37.00	1276.42

1300 Calories Lactose Intolerant - Day 04

Breakfast

15	1.0	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.49	24.42	1.23	111.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
Totals for Breakfast				10.09	44.32	5.33	257.00

Snack 1

7	1.0	1 fruit without skin, large	Kiwifruit, green, raw	1.04	13.34	0.47	55.51
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 1				6.04	32.34	0.47	155.51

Lunch

6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.5	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	5.93	16.12	2.39	107.10
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
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
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				16.14	30.48	9.37	265.20

Snack 2

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
Totals for Snack 2				2.70	23.88	3.56	136.60

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	1 cup	Beans, snap, yellow, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals for Dinner				42.34	53.44	7.93	433.79

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1300 Calories Lactose Intolerant - Day 04				78.65	189.80	28.66	1294.10

Breakfast

16	0.5	1 bagel (4" dia)	Bagels, oat bran	4.76	23.72	0.53	113.48
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				7.87	68.91	4.06	326.97

Snack 1

1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 1				5.00	16.50	6.00	135.00

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				34.21	49.25	9.42	403.92

Snack 2

7	1.0	1 fruit without skin, large	Kiwifruit, green, raw	1.04	13.34	0.47	55.51
Totals for Snack 2				1.04	13.34	0.47	55.51

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
Totals for Dinner				26.55	40.39	4.68	306.05

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	10 chips	Snacks, tortilla chips, light (baked with less oil)	1.39	11.74	2.43	74.40
Totals for Snack 3				1.39	11.74	2.43	82.40
Totals For 1300 Calories Lactose Intolerant - Day 05				76.06	200.13	27.06	1309.85

1300 Calories Lactose Intolerant - Day 06

Breakfast

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.3	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	5.70	0.33	1.15	34.43
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
5	0.5	ounce(s)	Soy Cheese	3.90	0.35	2.85	42.50
Totals for Breakfast				27.20	22.58	8.10	272.93

Snack 1

9	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
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
Totals for Snack 1				11.30	36.50	10.50	276.00

Lunch

16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	6.28	19.85	1.93	121.38
Totals for Lunch				9.57	53.49	2.16	268.78

Snack 2

7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 2				0.50	8.60	0.40	36.00

Dinner

12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
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
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
Totals for Dinner				29.47	39.69	17.26	411.70

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1300 Calories Lactose Intolerant - Day 06				79.38	166.20	40.42	1311.41

1300 Calories Lactose Intolerant - Day 07

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.25	12.21	0.61	55.50
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<i>10.16</i>	<i>46.29</i>	<i>5.21</i>	<i>261.04</i>

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				<i>6.02</i>	<i>20.03</i>	<i>2.40</i>	<i>127.79</i>

Lunch

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
2	4.0	ounce(s)	Potato/White - Baked	2.60	28.60	0.12	124.00
21	5.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	10.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
<i>Totals for Lunch</i>				<i>13.25</i>	<i>34.22</i>	<i>5.93</i>	<i>244.76</i>

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
<i>Totals for Snack 2</i>				<i>8.29</i>	<i>26.56</i>	<i>5.30</i>	<i>187.50</i>

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	0.5	1 cup	Beans, snap, yellow, cooked, boiled, drained, without salt	1.18	4.93	0.18	21.88
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
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
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>				<i>26.73</i>	<i>43.14</i>	<i>6.21</i>	<i>327.43</i>

Snack 3

1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
<i>Totals for Snack 3</i>				<i>5.00</i>	<i>16.50</i>	<i>6.00</i>	<i>135.00</i>
<i>Totals For 1300 Calories Lactose Intolerant - Day 07</i>				<i>69.45</i>	<i>186.74</i>	<i>31.05</i>	<i>1283.52</i>