



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Template, Mediterranean - Day 01							
Breakfast							
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
Totals for Breakfast				15.32	42.53	12.24	328.94
Snack 1							
10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
5	0.5	1 oz	Cheese, goat, soft type	2.63	0.00	2.99	37.42
Totals for Snack 1				2.78	10.50	3.24	77.92
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
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
0	0.3	tablespoon	Lemon juice -	0.03	0.43	0.00	1.33
4	0.3	1 cup	Lentils, mature seeds, cooked, boiled, without salt	4.46	9.96	0.19	57.42
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
7	4.0	1 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
6	3.0	1 can (11.5 oz), prepared	Spinach, raw	2.57	3.27	0.35	20.70
Totals for Lunch				16.05	51.94	15.91	390.73
Snack 2							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 2				15.93	31.17	6.18	236.08
Dinner							
17	0.5	1 cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	3.0	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				22.55	27.98	8.41	279.64
Snack 3							
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
Totals for Snack 3				0.87	11.14	0.40	46.36

Totals for Snack 3	0.87	11.14	0.40	46.36
Totals For 1300 Calories Template, Mediterranean - Day 01	73.50	175.26	46.38	1359.67

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
7	1.0	0.5 large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
Totals for Breakfast				15.52	39.85	5.66	263.12

Snack 1

14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 1				14.59	24.69	3.16	182.20

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	0.3	1 cup, crumbled	Cheese, feta	5.33	1.53	7.98	99.00
7	4.0	1 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
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	2.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	10.00	0.00	0.67	60.00
Totals for Lunch				19.65	24.93	17.19	334.46

Snack 2

7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Snack 2				3.14	13.70	7.12	121.37

Dinner

4	0.5	1 cup	Beans, white, mature seeds, cooked, boiled, without salt	8.71	22.46	0.31	124.41
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.8	1 cup	Spaghetti, whole-wheat, cooked	5.60	27.87	0.57	130.20
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
Totals for Dinner				18.25	59.70	9.69	381.98

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals for Snack 3				0.40	8.20	0.20	40.00
Totals For 1300 Calories Template, Mediterranean - Day 02				71.55	171.07	43.02	1323.13

1300 Calories Template, Mediterranean - Day 03

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				22.00	55.25	1.70	278.50

Snack 1

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
Totals for Snack 1				2.15	12.25	4.32	88.00

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
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
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
Totals for Lunch				15.85	34.46	13.62	309.52

Snack 2

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
Totals for Snack 2				2.90	13.21	5.19	101.94

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
5	0.5	1 oz	Cheese, feta	2.01	0.58	3.02	37.42
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
Totals for Dinner				29.44	20.61	16.95	348.40

Snack 3

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 3				14.66	29.88	3.18	201.34
Totals For 1300 Calories Template, Mediterranean - Day 03				87.00	165.66	44.96	1327.70

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
Totals for Breakfast				15.39	47.72	12.26	348.08

Snack 1

5	1.0	1 oz	Cheese, goat, soft type	5.25	0.00	5.98	74.84
16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
Totals for Snack 1				6.54	7.64	6.21	112.24

Lunch

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
4	0.3	1 cup	Lentils, mature seeds, cooked, boiled, without salt	4.46	9.96	0.19	57.42
6	0.5	0.5 cup pieces	Mushrooms, white, raw	0.54	0.57	0.06	3.85
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
1	2.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	10.00	0.00	0.67	60.00
Totals for Lunch				23.48	41.56	8.81	333.66

Snack 2

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 2				14.85	26.50	3.34	191.14

Dinner

5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
Totals for Dinner				17.35	27.41	10.18	273.56

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
Totals for Snack 3				1.67	9.49	3.20	74.74
Totals For 1300 Calories Template, Mediterranean - Day 04				79.28	160.32	44.00	1333.42

1300 Calories Template, Mediterranean - Day 05

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
7	1.0	0.5 large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
Totals for Breakfast				15.52	39.85	5.66	263.12

Snack 1

14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 1				14.59	24.69	3.16	182.20

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
0	1.0	1 cup (8 fl oz)	Soup, minestrone, canned, prepared with equal volume water	4.27	11.23	2.51	81.94
Totals for Lunch				17.13	46.41	15.15	371.24

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 2				1.10	17.40	0.30	69.00

Dinner

4	0.5	1 cup	Beans, white, mature seeds, cooked, boiled, without salt	8.71	22.46	0.31	124.41
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
17	0.5	1 cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				26.05	49.47	8.64	377.33

Snack 3

14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Snack 3				2.74	3.41	7.06	82.50
Totals For 1300 Calories Template, Mediterranean - Day 05				77.13	181.23	39.97	1345.39

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.8	cup	Kashi GoLEAN Cereal	9.75	22.50	0.75	105.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				18.75	47.75	1.45	243.50

Snack 1

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
Totals for Snack 1				2.15	12.25	4.32	88.00

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
Totals for Lunch				16.61	35.67	17.74	357.44

Snack 2

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
Totals for Snack 2				2.94	12.88	6.05	108.35

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
12	1.0	3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	19.16	0.00	1.37	94.35
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
Totals for Dinner				24.68	30.54	9.85	309.14

Snack 3

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 3				14.85	26.50	3.34	191.14
Totals For 1300 Calories Template, Mediterranean - Day 06				79.98	165.59	42.75	1297.57

1300 Calories Template, Mediterranean - Day 07

Breakfast

15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
Totals for Breakfast				15.32	42.53	12.24	328.94

Snack 1

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
Totals for Snack 1				0.87	11.14	0.40	46.36

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
Totals for Lunch				14.67	41.50	18.34	367.30

Snack 2

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 2				14.66	29.88	3.18	201.34

Dinner

5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	3.0	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				24.25	27.00	10.02	290.20

Snack 3

5	1.0	1 oz	Cheese, goat, soft type	5.25	0.00	5.98	74.84
16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
Totals For 1300 Calories Template, Mediterranean - Day 07				76.31	159.69	50.39	1346.38