



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1900 Calories Template, North Beach Phase I - Day 01</b>							
<b>Breakfast</b>							
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
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	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<b>Totals for Breakfast</b>				<b>33.46</b>	<b>67.30</b>	<b>10.15</b>	<b>475.81</b>
<b>Snack 1</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<b>Totals for Snack 1</b>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Lunch</b>							
5	0.5	1 cup, shredded	Cheese, low fat, cheddar or colby	13.76	1.08	3.96	97.75
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
4	0.3	1 cup	Soybeans, mature cooked, boiled, without salt	7.16	4.27	3.86	74.39
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	8.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.20	5.29	0.27	24.48
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<b>Totals for Lunch</b>				<b>55.31</b>	<b>23.25</b>	<b>16.20</b>	<b>439.92</b>
<b>Snack 2</b>							
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
7	1.5	1 cup, slices	Peaches, raw	2.32	24.33	0.64	99.45
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<b>Totals for Snack 2</b>				<b>9.59</b>	<b>37.62</b>	<b>3.64</b>	<b>212.19</b>
<b>Dinner</b>							
12	2.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	1.0	tablespoon	Parmesean Cheese, Low Sodium	2.08	0.19	1.50	22.80
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<b>Totals for Dinner</b>				<b>54.85</b>	<b>45.54</b>	<b>23.53</b>	<b>608.95</b>
<b>Snack 3</b>							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<b>Totals for Snack 3</b>				<b>3.11</b>	<b>18.67</b>	<b>1.09</b>	<b>92.88</b>
<b>Totals For 1900 Calories Template, North Beach Phase I - Day 01</b>				<b>156.62</b>	<b>213.38</b>	<b>55.11</b>	<b>1910.75</b>

Breakfast

15	1.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	4.45	36.23	0.94	147.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
7	1.5	1 cup, slices	Peaches, raw	2.32	24.33	0.64	99.45
Totals for Breakfast				17.20	74.53	6.77	388.63

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 1				1.10	17.40	0.30	69.00

Lunch

4	0.8	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	10.90	33.73	3.19	201.72
6	3.0	1 inner leaf	Lettuce, cos or romaine, raw	0.37	0.99	0.09	5.10
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
23	2.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.80	16.03	143.68
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				17.69	54.49	27.10	503.80

Snack 2

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	6.0	1 cracker	Crackers, whole-wheat	2.92	19.20	3.90	117.85
Totals for Snack 2				9.74	19.73	5.86	166.29

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
0	0.5	tablespoon	Garlic powder	0.70	3.05	0.05	14.00
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4	0.8	1 cup	Soybeans, mature cooked, boiled, without salt	21.47	12.81	11.57	223.17
Totals for Dinner				80.04	29.34	22.70	620.17

Snack 3

7	20.0	1 cherry	Cherries, sweet, raw	1.74	26.26	0.33	103.32
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
Totals for Snack 3				7.74	38.26	0.33	181.32
Totals For 1900 Calories Template, North Beach Phase I - Day 02				133.51	233.75	63.06	1929.21

1900 Calories Template, North Beach Phase I - Day 03

Breakfast

15	1.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	8.32	40.96	4.77	238.68
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Breakfast				19.29	71.89	9.65	442.14

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
6	12.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.80	7.94	0.41	36.72
Totals for Snack 1				29.80	14.14	2.71	200.72

Lunch

6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	1 cup	Soup, tomato, canned, condensed, reduced sodium	3.93	32.72	1.37	158.60
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Lunch				29.99	68.53	12.90	494.60

Snack 2

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
Totals for Snack 2				11.13	43.99	7.56	272.33

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
18	2.0	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	47.29	0.00	14.14	329.80
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	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				54.70	14.61	22.42	476.75

Snack 3

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
Totals for Snack 3				6.80	23.30	0.70	128.00
Totals For 1900 Calories Template, North Beach Phase I - Day 03				151.71	236.46	55.94	2014.54

Breakfast

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
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
6	0.5	0.5 cup pieces	Mushrooms, white, raw	0.54	0.57	0.06	3.85
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
6	0.3	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
Totals for Breakfast				35.62	68.65	8.14	473.10

Snack 1

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
Totals for Snack 1				2.54	2.59	5.99	69.48

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.96	4.11	7.06	77.09
16	4.0	1 cracker	Crackers, whole-wheat	1.95	12.80	2.60	78.57
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
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
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Lunch				53.23	44.02	20.35	530.94

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals for Snack 2				4.30	24.50	8.65	176.00

Dinner

6	1.0	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.82	8.64	0.23	34.65
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
13	1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	33.37	0.00	4.48	182.33
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
0	0.3	1 cup	Sauce, barbecue, low sodium	0.57	28.44	0.44	119.97
Totals for Dinner				40.30	76.04	9.37	549.29

Snack 3

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
Totals for Snack 3				7.10	33.45	0.49	162.36
Totals For 1900 Calories Template, North Beach Phase I - Day 04				143.09	249.25	52.99	1961.17

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
16	1.5	1 muffin	English muffins, whole-wheat, toasted	8.78	40.35	2.10	202.22
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
5	8.0	ounce(s)	Yogurt, no fat, sugar-free, plain	8.00	16.00	0.00	104.00
Totals for Breakfast				23.88	83.05	14.81	533.08

Snack 1

8	1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
6	12.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.80	7.94	0.41	36.72
Totals for Snack 1				43.80	17.24	3.86	282.72

Lunch

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
7	12.0	1 cherry	Cherries, sweet, raw	1.04	15.75	0.20	61.99
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	3.0	1 inner leaf	Lettuce, cos or romaine, raw	0.37	0.99	0.09	5.10
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
4	0.8	1 cup	Soybeans, mature cooked, boiled, without salt	21.47	12.81	11.57	223.17
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals for Lunch				36.63	45.93	27.05	535.00

Snack 2

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 2				0.70	25.10	0.00	98.00

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
Totals for Dinner				23.61	29.42	11.49	301.52

Snack 3

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	15.0	1 peanut	Peanuts, all types, dry-roasted, without salt	3.65	3.19	7.45	88.05
Totals for Snack 3				12.05	15.09	7.85	174.05
Totals For 1900 Calories Template, North Beach Phase I - Day 05				140.67	215.83	65.06	1924.37

Breakfast

15	1.5	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	4.45	36.23	0.94	147.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Breakfast				14.40	64.35	1.77	299.90

Snack 1

0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
5	8.0	ounce(s)	Yogurt, no fat, sugar-free, plain	8.00	16.00	0.00	104.00
Totals for Snack 1				9.53	33.51	0.68	176.96

Lunch

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
5	0.5	1 cup, chopped	Egg, whole, cooked, hard-boiled	8.55	0.76	7.21	105.40
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	2.0	1 cup	Soup, tomato, canned, condensed, reduced sodium	7.86	65.44	2.73	317.20
Totals for Lunch				44.73	79.62	13.32	624.60

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
Totals for Snack 2				6.30	26.25	12.72	223.50

Dinner

12	2.0	3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	38.32	0.00	2.74	188.70
0	0.5	tablespoon	Garlic powder	0.70	3.05	0.05	14.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				49.83	52.41	18.14	563.59

Snack 3

0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				4.14	24.89	1.45	123.84
Totals For 1900 Calories Template, North Beach Phase I - Day 06				128.93	281.03	48.08	2012.39

Breakfast

15	1.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	8.32	40.96	4.77	238.68
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
Totals for Breakfast				24.21	77.22	10.67	494.18

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
Totals for Snack 1				8.62	35.00	4.08	204.05

Lunch

7	1.0	1 cup, sliced	Avocados, raw, all commercial varieties	2.92	12.45	21.40	233.60
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
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
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Lunch				51.13	26.84	27.39	513.40

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
Totals for Snack 2				8.00	26.39	6.73	187.21

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.5	0.5 cup	Sauce, salsa, ready-to-serve	1.00	4.37	0.11	18.85
Totals for Dinner				48.85	39.20	12.11	450.92

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00
Totals For 1900 Calories Template, North Beach Phase I - Day 07				141.51	229.75	60.98	1947.76