



Male Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-----|------------------------------|--|---------------|---------------|--------------|----------------|
| 1700 Calories Low Carb Mexican - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 1 | 3.0 | each | Egg Whites - scrambled/boiled | 10.50 | 0.90 | 0.00 | 51.00 |
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 6 | 1.0 | ounce(s) | Pepper - jalapeno', diced, Ortega | 0.00 | 3.00 | 0.00 | 10.00 |
| 6 | 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 0.60 | 4.60 | 0.10 | 19.00 |
| 21 | 1.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 2.00 |
| <i>Totals for Breakfast</i> | | | | 24.94 | 39.32 | 1.10 | 269.36 |
| Snack 1 | | | | | | | |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 1</i> | | | | 8.52 | 25.17 | 0.46 | 138.64 |
| Lunch | | | | | | | |
| 5 | 2.0 | ounce(s) | KRAFT 2% Cheddar Cheese, Reduced Fat | 14.00 | 1.00 | 12.00 | 180.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 4 | 0.8 | 1 cup | Refried beans, canned, traditional style (includes USDA commodity) | 8.89 | 24.19 | 3.59 | 160.65 |
| 21 | 2.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 4.00 |
| 2 | 1.0 | each | Tortilla - corn, soft, 7" diam. | 1.00 | 9.00 | 1.00 | 45.00 |
| <i>Totals for Lunch</i> | | | | 32.39 | 46.99 | 16.99 | 479.65 |
| Snack 2 | | | | | | | |
| 0 | 3.0 | ounce(s) | guacamole | 1.50 | 6.00 | 11.25 | 127.50 |
| 0 | 1.0 | 1 oz | Snacks, tortilla chips, plain, white corn, salted | 2.01 | 19.22 | 5.86 | 133.81 |
| <i>Totals for Snack 2</i> | | | | 3.51 | 25.22 | 17.11 | 261.31 |
| Dinner | | | | | | | |
| 6 | 0.5 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 2.85 | 4.92 | 0.11 | 25.76 |
| 1 | 4.0 | ounce(s) | Chicken Breast / White Meat | 26.00 | 0.00 | 1.60 | 124.00 |
| 5 | 1.0 | ounce(s) | KRAFT 2% Cheddar Cheese, Reduced Fat | 7.00 | 0.50 | 6.00 | 90.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.0 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.36 | 3.15 | 6.84 | 76.80 |
| 21 | 3.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 6.00 |
| <i>Totals for Dinner</i> | | | | 37.51 | 18.07 | 14.95 | 371.56 |
| Snack 3 | | | | | | | |
| 8 | 0.8 | cup | Cottage Cheese - 1% fat | 21.00 | 4.65 | 1.72 | 123.00 |
| <i>Totals for Snack 3</i> | | | | 21.00 | 4.65 | 1.72 | 123.00 |
| Totals For 1700 Calories Low Carb Mexican - Day 01 | | | | 127.87 | 159.42 | 52.33 | 1643.52 |

1700 Calories Low Carb Mexican - Day 02

Breakfast

| | | | | | | | |
|-----------------------------|-----|----------|-----------------------------------|--------------|--------------|--------------|---------------|
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 5 | 2.0 | 1 large | Egg, whole, cooked, hard-boiled | 12.58 | 1.12 | 10.61 | 155.00 |
| 7 | 1.0 | each | Grapefruit - pink or red 4" diam. | 1.20 | 23.80 | 0.20 | 92.00 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| <i>Totals for Breakfast</i> | | | | 26.65 | 43.70 | 11.41 | 384.00 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----------|--------------------------------|--------------|--------------|--------------|---------------|
| 5 | 2.0 | 1 oz | Cheese, mexican, queso asadero | 12.81 | 1.63 | 16.02 | 201.85 |
| 16 | 6.0 | 1 cracker | Crackers, whole-wheat | 2.92 | 19.20 | 3.90 | 117.85 |
| <i>Totals for Snack 1</i> | | | | 15.73 | 20.83 | 19.92 | 319.70 |

Lunch

| | | | | | | | |
|-------------------------|------|--------------|--|--------------|--------------|--------------|---------------|
| 6 | 10.0 | medium | Carrots - baby, raw | 1.00 | 8.00 | 1.00 | 40.00 |
| 5 | 1.0 | 1 oz | Cheese, mozzarella, part skim milk | 6.88 | 0.79 | 4.51 | 72.01 |
| 6 | 1.0 | cup | Cucumber - raw, slices | 0.80 | 2.80 | 0.00 | 14.00 |
| 3 | 1.0 | medium | Salad - med. garden w/tomato, onion | 1.95 | 14.25 | 0.60 | 74.00 |
| 23 | 1.0 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.36 | 3.15 | 6.84 | 76.80 |
| 14 | 0.5 | 1 oz | Seeds, sunflower seed kernels, dry roasted, without salt | 2.74 | 3.41 | 7.06 | 82.50 |
| 0 | 1.5 | 1 cup | Soup, gazpacho, canned, ready-to-serve | 10.61 | 6.59 | 0.37 | 69.54 |
| <i>Totals for Lunch</i> | | | | 24.34 | 38.99 | 20.38 | 428.85 |

Snack 2

| | | | | | | | |
|---------------------------|-----|----------|--------------------------------------|-------------|--------------|-------------|--------------|
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 2</i> | | | | 7.50 | 13.50 | 0.00 | 90.00 |

Dinner

| | | | | | | | |
|--------------------------|-----|---------|--|--------------|--------------|-------------|---------------|
| 6 | 1.0 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70 | 9.84 | 0.22 | 51.52 |
| 0 | 1.5 | each | MAIN01 - Fish With Cucumber Sauce | 31.50 | 1.50 | 4.50 | 183.00 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 6 | 1.0 | 1 small | Sweet potato, cooked, baked in skin, flesh, without salt | 1.21 | 12.43 | 0.09 | 54.00 |
| <i>Totals for Dinner</i> | | | | 51.01 | 41.62 | 5.41 | 417.52 |

Snack 3

| | | | | | | | |
|---------------------------|-----|------|-----------------|-------------|--------------|-------------|--------------|
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| <i>Totals for Snack 3</i> | | | | 1.10 | 17.40 | 0.30 | 69.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 02 | | | | 126.33 | 176.04 | 57.42 | 1709.07 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1700 Calories Low Carb Mexican - Day 03**Breakfast**

| | | | | | | | |
|-----------------------------|-----|----------|---|--------------|--------------|-------------|---------------|
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 15 | 1.0 | pack | Oatmeal - instant pkt.,plain Quaker Extra | 4.40 | 17.60 | 2.00 | 95.00 |
| <i>Totals for Breakfast</i> | | | | 14.17 | 51.88 | 2.89 | 273.36 |

Snack 1

| | | | | | | | |
|---------------------------|-----|-----|-------------------------|--------------|-------------|-------------|---------------|
| 8 | 1.5 | cup | Cottage Cheese - 1% fat | 42.00 | 9.30 | 3.45 | 246.00 |
| <i>Totals for Snack 1</i> | | | | 42.00 | 9.30 | 3.45 | 246.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------|-----------------------------|--------------|--------------|--------------|---------------|
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 21 | 2.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 4.00 |
| 0 | 2.0 | each | Taco - beef regular | 20.00 | 22.00 | 22.00 | 366.00 |
| <i>Totals for Lunch</i> | | | | 28.40 | 33.90 | 22.40 | 456.00 |

Snack 2

| | | | | | | | |
|---------------------------|-----|------------------------------|-----------------------|-------------|--------------|-------------|--------------|
| 7 | 2.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 1.73 | 22.28 | 0.79 | 92.72 |
| <i>Totals for Snack 2</i> | | | | 1.73 | 22.28 | 0.79 | 92.72 |

Dinner

| | | | | | | | |
|--------------------------|-----|------|--------------------------|--------------|--------------|-------------|---------------|
| 0 | 1.0 | each | MAIN14 - Chicken Fajitas | 24.00 | 33.00 | 7.00 | 297.00 |
| <i>Totals for Dinner</i> | | | | 24.00 | 33.00 | 7.00 | 297.00 |

Snack 3

| | | | | | | | |
|---------------------------|-----|----------|---|-------------|--------------|--------------|---------------|
| 0 | 3.0 | ounce(s) | guacamole | 1.50 | 6.00 | 11.25 | 127.50 |
| 0 | 1.5 | 1 oz | Snacks, tortilla chips, plain, white corn, salted | 3.02 | 28.82 | 8.79 | 200.72 |
| <i>Totals for Snack 3</i> | | | | 4.52 | 34.82 | 20.04 | 328.22 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 03 | | | | 114.82 | 185.18 | 56.57 | 1693.30 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1700 Calories Low Carb Mexican - Day 04**Breakfast**

| | | | | | | | |
|-----------------------------|-----|------------------------------|---|--------------|--------------|-------------|---------------|
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 1 | 3.0 | each | Egg Whites - scrambled/boiled | 10.50 | 0.90 | 0.00 | 51.00 |
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 6 | 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 0.60 | 4.60 | 0.10 | 19.00 |
| 21 | 3.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 6.00 |
| <i>Totals for Breakfast</i> | | | | 24.94 | 36.32 | 1.10 | 263.36 |

Snack 1

| | | | | | | | |
|---------------------------|-----|---------------|--------------------------------------|-------------|--------------|-------------|---------------|
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 1</i> | | | | 8.52 | 25.17 | 0.46 | 138.64 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------|--|--------------|--------------|--------------|---------------|
| 5 | 2.0 | ounce(s) | KRAFT 2% Cheddar Cheese, Reduced Fat | 14.00 | 1.00 | 12.00 | 180.00 |
| 6 | 1.0 | tablespoon | Onion - chopped | 0.10 | 0.90 | 0.00 | 4.00 |
| 6 | 1.0 | ounce(s) | Pepper - jalapeno', diced, Ortega | 0.00 | 3.00 | 0.00 | 10.00 |
| 4 | 1.0 | 1 cup | Refried beans, canned, traditional style (includes USDA commodity) | 11.85 | 32.25 | 4.78 | 214.20 |
| 21 | 3.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 6.00 |
| 2 | 1.0 | each | Tortilla - corn, soft, 7" diam. | 1.00 | 9.00 | 1.00 | 45.00 |
| <i>Totals for Lunch</i> | | | | 26.95 | 46.15 | 17.78 | 459.20 |

Snack 2

| | | | | | | | |
|---------------------------|-----|------|--------------------------------|--------------|-------------|--------------|---------------|
| 5 | 2.0 | 1 oz | Cheese, mexican, queso asadero | 12.81 | 1.63 | 16.02 | 201.85 |
| <i>Totals for Snack 2</i> | | | | 12.81 | 1.63 | 16.02 | 201.85 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|--|--------------|--------------|-------------|---------------|
| 6 | 0.5 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 2.85 | 4.92 | 0.11 | 25.76 |
| 7 | 1.0 | 1 fl oz | Lime juice, raw | 0.13 | 2.59 | 0.02 | 7.70 |
| 21 | 4.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| 1 | 7.0 | ounce(s) | Shrimp - boiled or steamed | 41.44 | 0.00 | 2.10 | 196.00 |
| 17 | 0.5 | 1 cup | Wild rice, cooked | 3.27 | 17.50 | 0.28 | 82.82 |
| <i>Totals for Dinner</i> | | | | 47.69 | 25.01 | 2.51 | 320.28 |

Snack 3

| | | | | | | | |
|---------------------------|-----|----------|--------------------------------|--------------|--------------|--------------|---------------|
| 14 | 1.0 | ounce(s) | Almonds - Planters Dry Roasted | 6.00 | 6.00 | 15.00 | 170.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| <i>Totals for Snack 3</i> | | | | 14.40 | 17.90 | 15.40 | 256.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 04 | | | | 135.31 | 152.18 | 53.27 | 1639.33 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1700 Calories Low Carb Mexican - Day 05**Breakfast**

| | | | | | | | |
|-----------------------------|-----|----------|--------------------------------------|--------------|--------------|-------------|---------------|
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 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 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Breakfast</i> | | | | 27.86 | 56.64 | 6.10 | 396.50 |

Snack 1

| | | | | | | | |
|---------------------------|-----|----------|----------------------------------|-------------|--------------|--------------|---------------|
| 3 | 4.0 | each | Celery - raw stalk trimmed | 2.00 | 8.00 | 0.00 | 40.00 |
| 5 | 2.0 | ounce(s) | Cream Cheese, Light, Phili brand | 6.00 | 4.00 | 10.00 | 120.00 |
| <i>Totals for Snack 1</i> | | | | 8.00 | 12.00 | 10.00 | 160.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|--------------|--|--------------|--------------|-------------|---------------|
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, commercial, reduced fat | 0.06 | 1.50 | 1.00 | 15.30 |
| 0 | 1.0 | 1 cup | Soup, black bean, canned, prepared with equal volume water | 5.98 | 19.04 | 1.63 | 113.62 |
| <i>Totals for Lunch</i> | | | | 15.74 | 41.94 | 3.43 | 263.92 |

Snack 2

| | | | | | | | |
|---------------------------|-----|-----|-------------------------|--------------|-------------|-------------|---------------|
| 8 | 1.5 | cup | Cottage Cheese - 1% fat | 42.00 | 9.30 | 3.45 | 246.00 |
| <i>Totals for Snack 2</i> | | | | 42.00 | 9.30 | 3.45 | 246.00 |

Dinner

| | | | | | | | |
|--------------------------|-----|------------|---|--------------|--------------|--------------|---------------|
| 0 | 1.0 | each | MAIN25 - Chili Beef and Bean Burgers | 15.00 | 17.00 | 5.00 | 173.00 |
| 21 | 4.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 8.00 |
| 0 | 1.0 | 1 oz | Snacks, tortilla chips, plain, white corn, salted | 2.01 | 19.22 | 5.86 | 133.81 |
| <i>Totals for Dinner</i> | | | | 17.01 | 36.22 | 10.86 | 314.81 |

Snack 3

| | | | | | | | |
|---------------------------|-----|------------|-----------------------------------|--------------|--------------|--------------|---------------|
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 21 | 2.5 | tablespoon | Peanut butter - creamy. Peter Pan | 10.75 | 7.12 | 20.50 | 237.50 |
| <i>Totals for Snack 3</i> | | | | 11.05 | 28.12 | 21.00 | 318.50 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 05 | | | | 121.66 | 184.22 | 54.84 | 1699.73 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1700 Calories Low Carb Mexican - Day 06**Breakfast**

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 15 | 1.0 | pack | Oatmeal - instant pkt.,plain Quaker Extra | 4.40 | 17.60 | 2.00 | 95.00 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| <i>Totals for Breakfast</i> | | | | 14.09 | 42.10 | 2.86 | 237.64 |

Snack 1

| | | | | | | | |
|---------------------------|-----|----------|--------------------------------------|-------------|--------------|-------------|--------------|
| 5 | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors | 7.50 | 13.50 | 0.00 | 90.00 |
| <i>Totals for Snack 1</i> | | | | 7.50 | 13.50 | 0.00 | 90.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------------------------|--|--------------|--------------|-------------|---------------|
| 7 | 2.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 1.73 | 22.28 | 0.79 | 92.72 |
| 5 | 1.3 | cup | Milk - skim, no fat | 10.50 | 14.87 | 0.50 | 107.50 |
| 0 | 2.0 | 1 cup | Soup, gazpacho, canned, ready-to-serve | 14.15 | 8.78 | 0.49 | 92.72 |
| <i>Totals for Lunch</i> | | | | 26.38 | 45.93 | 1.78 | 292.94 |

Snack 2

| | | | | | | | |
|---------------------------|-----|----------|---|-------------|--------------|--------------|---------------|
| 0 | 3.0 | ounce(s) | guacamole | 1.50 | 6.00 | 11.25 | 127.50 |
| 0 | 1.5 | 1 oz | Snacks, tortilla chips, plain, white corn, salted | 3.02 | 28.82 | 8.79 | 200.72 |
| <i>Totals for Snack 2</i> | | | | 4.52 | 34.82 | 20.04 | 328.22 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 6 | 1.0 | 1 cup | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70 | 9.84 | 0.22 | 51.52 |
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 5 | 1.0 | ounce(s) | KRAFT 2% Cheddar Cheese, Reduced Fat | 7.00 | 0.50 | 6.00 | 90.00 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, commercial, reduced fat | 0.06 | 1.50 | 1.00 | 15.30 |
| 21 | 5.0 | tablespoon | Salsa - Chunky medium, Pace | 0.00 | 0.00 | 0.00 | 10.00 |
| <i>Totals for Dinner</i> | | | | 59.16 | 39.19 | 10.22 | 499.82 |

Snack 3

| | | | | | | | |
|---------------------------|-----|----------|--------------------------------|-------------|-------------|--------------|---------------|
| 14 | 1.5 | ounce(s) | Almonds - Planters Dry Roasted | 9.00 | 9.00 | 22.50 | 255.00 |
| <i>Totals for Snack 3</i> | | | | 9.00 | 9.00 | 22.50 | 255.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 06 | | | | 120.65 | 184.54 | 57.40 | 1703.62 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1700 Calories Low Carb Mexican - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|----------|---------------------------------|--------------|--------------|--------------|---------------|
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 0 | 8.0 | ounce(s) | Coffee - w/caffeine | 0.27 | 0.93 | 0.00 | 8.00 |
| 5 | 2.0 | 1 large | Egg, whole, cooked, hard-boiled | 12.58 | 1.12 | 10.61 | 155.00 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| <i>Totals for Breakfast</i> | | | | 26.55 | 41.35 | 11.70 | 376.36 |

Snack 1

| | | | | | | | |
|---------------------------|-----|----------|----------------------------------|-------------|--------------|--------------|---------------|
| 6 | 4.0 | each | Celery - raw stalk, trimmed | 2.00 | 8.00 | 0.00 | 40.00 |
| 5 | 2.0 | ounce(s) | Cream Cheese, Light, Phili brand | 6.00 | 4.00 | 10.00 | 120.00 |
| <i>Totals for Snack 1</i> | | | | 8.00 | 12.00 | 10.00 | 160.00 |

Lunch

| | | | | | | | |
|-------------------------|-----|------------|-----------------------------------|--------------|--------------|-------------|---------------|
| 6 | 8.0 | 1 medium | Carrots, baby, raw | 0.51 | 6.59 | 0.10 | 28.00 |
| 21 | 2.0 | tablespoon | Mayonnaise - low fat | 0.00 | 8.00 | 2.00 | 50.00 |
| 6 | 1.0 | ounce(s) | Pepper - jalapeno', diced, Ortega | 0.00 | 3.00 | 0.00 | 10.00 |
| 21 | 1.0 | tablespoon | Relish - pickle | 0.10 | 5.30 | 0.10 | 20.00 |
| 2 | 1.0 | each | Tortilla - corn, soft, 7" diam. | 1.00 | 9.00 | 1.00 | 45.00 |
| 8 | 5.0 | ounce(s) | Tuna Solid White -Water Sm. can | 37.50 | 2.50 | 2.50 | 175.00 |
| <i>Totals for Lunch</i> | | | | 39.11 | 34.39 | 5.70 | 328.00 |

Snack 2

| | | | | | | | |
|---------------------------|-----|------|--------------------------------|--------------|-------------|--------------|---------------|
| 5 | 2.0 | 1 oz | Cheese, mexican, queso asadero | 12.81 | 1.63 | 16.02 | 201.85 |
| <i>Totals for Snack 2</i> | | | | 12.81 | 1.63 | 16.02 | 201.85 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 0 | 1.0 | each | MAIN03 - Green Chili | 28.00 | 40.00 | 10.00 | 352.00 |
| 5 | 1.5 | cup | Milk - skim, no fat | 12.60 | 17.85 | 0.60 | 129.00 |
| 3 | 1.0 | small | Salad - sm. garden w/tomato, onion | 1.30 | 9.50 | 0.40 | 49.00 |
| 23 | 0.5 | 2 tablespoon | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 0.18 | 1.58 | 3.42 | 38.40 |
| <i>Totals for Dinner</i> | | | | 42.08 | 68.93 | 14.42 | 568.40 |

Snack 3

| | | | | | | | |
|---------------------------|-----|------|-----------------|-------------|--------------|-------------|--------------|
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| <i>Totals for Snack 3</i> | | | | 1.10 | 17.40 | 0.30 | 69.00 |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1700 Calories Low Carb Mexican - Day 07 | | | | 129.65 | 175.70 | 58.14 | 1703.61 |
|---|--|--|--|---------------|---------------|--------------|----------------|