



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
1300 Calories High to Low Glycemic R3 - Day 01								
Breakfast - Oatmeal cooked w/milk.								
	14	0.3	tablespoon	Chopped walnuts	0.50	0.25	1.13	12.50
	22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
	3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
	5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
	7	0.5	1 medium (2-1/2" dia)	Tangerines, (mandarin oranges), raw	0.36	5.87	0.14	23.32
<i>Totals for Breakfast</i>					12.64	53.92	5.27	308.32
Snack 1 - Top yogurt with berries and flax.								
	7	0.3	cup	Fresh blueberries	0.35	6.93	0.16	27.27
	7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
	1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
	14	0.5	1 teaspoon, ground	Seeds, flaxseed	0.23	0.36	0.53	6.68
<i>Totals for Snack 1</i>					13.08	20.79	1.19	153.95
Lunch - Toss all salad ing together for this tasty salad.								
	20	0.8	tablespoon	Balsamic Vinegar	0.00	1.50	0.00	7.50
	4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
	6	0.3	cup	Cucumber - raw, slices	0.20	0.70	0.00	3.50
	3	0.3	cup	Kidney beans, cooked or canned	3.75	10.00	0.25	55.00
	5	0.3	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	1.75	0.13	1.50	22.50
	6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
	23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
	1	2.5	ounce(s)	Turkey breast	21.25	0.00	0.50	95.00
<i>Totals for Lunch</i>					30.65	23.92	8.67	296.30
Snack 2								
	7	1.5	cup	Sliced fresh peaches	2.32	24.33	0.65	99.45
<i>Totals for Snack 2</i>					2.32	24.33	0.65	99.45
Dinner - Chicken stir fry. Over lentils.								
	6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
	1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
	3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
	6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
	23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
	6	1.5	tablespoon	Onion - chopped	0.15	1.35	0.00	6.00
	21	1.0	tablespoon	Soy sauce, Organic, Lite	0.00	1.30	0.00	11.00
<i>Totals for Dinner</i>					34.91	24.42	16.55	386.95
Snack 3								
	14	12.0	each	Pistachio nuts	1.68	2.28	3.84	47.16
<i>Totals for Snack 3</i>					1.68	2.28	3.84	47.16
Totals For 1300 Calories High to Low Glycemic R3 - Day 01					95.28	149.66	36.17	1292.13

1300 Calories High to Low Glycemic R3 - Day 02

Breakfast - Top cereal w/berries.

15	0.5	cup	Bran flakes	3.00	23.00	0.00	90.00
1	1.5	ounce(s)	Canadian bacon, extra lean	9.00	1.50	1.50	52.50
7	0.8	each	Grapefruit	0.90	17.85	0.15	69.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				21.30	54.25	2.05	297.50

Snack 1 - Add peaches to cottage cheese

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch - Tuna/veg in pita. With carrots.

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
6	0.5	1 stalk, small (5" long)	Celery, raw	0.06	0.25	0.01	1.36
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
3	0.5	each	Ezekiel 4:9 Sesame Sprouted Grain Burger Buns	4.50	16.00	0.75	85.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
6	0.5	tablespoon	Onion - chopped	0.05	0.45	0.00	2.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
8	2.5	ounce(s)	Tuna Solid White -Water Sm. can	18.75	1.25	1.25	87.50
<i>Totals for Lunch</i>				26.66	50.45	4.01	320.36

Snack 2

7	0.1	cup	Grapes	0.13	3.38	0.00	12.50
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 2</i>				8.13	4.38	6.00	92.50

Dinner - Saute beef with veg. Serve with salad.

1	4.0	ounce(s)	Beef, organic, extra lean	25.00	2.00	3.00	130.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.5	tablespoon	Italian dressing, reduced fat	0.00	1.50	1.50	15.00
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals for Dinner</i>				33.04	27.41	18.98	387.29

Snack 3

1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
<i>Totals for Snack 3</i>				5.00	3.50	1.75	50.00

Totals For 1300 Calories High to Low Glycemic R3 - Day 02				109.68	159.31	34.37	1295.95
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1300 Calories High to Low Glycemic R3 - Day 03

Breakfast - Scramble egg/cheese/veg.

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
1	1.5	large	Egg white	6.00	0.00	0.00	22.50
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
6	0.1	cup	Mixed vegetables (non starchy)	0.13	0.91	0.00	5.20
7	0.5	each	Pear	0.35	12.55	0.00	49.00
11	0.5	ounce(s)	Turkey bacon	2.37	0.25	2.23	30.56
<i>Totals for Breakfast</i>				20.35	44.21	4.23	292.26

Snack 1 - Mix soy nuts/raisins.

0	0.8	1/4 cup	Genisoy Soy nuts	8.25	6.75	4.50	97.50
7	1.0	1 large (2-1/2" dia)	Tangerines, (mandarin oranges), raw	0.79	13.07	0.30	51.94
<i>Totals for Snack 1</i>				9.04	19.82	4.80	149.44

Lunch - Toss pasta salad ingredients together.

6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
6	0.1	cup	Grated carrots	0.13	1.43	0.00	5.85
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
1	2.5	ounce(s)	Salmon - broiled	15.67	0.00	8.75	145.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
7	0.5	1 medium (2-3/8" dia)	Tangerines, (mandarin oranges), raw	0.34	5.60	0.13	22.26
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
0	0.8	tablespoon	White vinegar	0.00	0.01	0.00	2.29
3	0.5	cup	Whole wheat pasta, cooked	3.50	18.50	0.50	85.00
<i>Totals for Lunch</i>				21.11	31.87	12.95	315.55

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Season meat. Into patty.Broil. Top w/cheese.W/veg

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.8	cup	Carrots	0.85	8.77	0.22	37.50
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
1	5.3	ounce(s)	Turkey, ground, extra lean	34.13	0.00	1.97	147.00
<i>Totals for Dinner</i>				48.70	27.97	12.08	394.10

Snack 3 - Dip pepper strips into hummus.

4	1.5	tablespoon	Hummus	1.50	3.00	2.25	37.50
6	0.7	cup	Red pepper	0.60	3.66	0.18	18.82
<i>Totals for Snack 3</i>				2.10	6.66	2.43	56.32

Totals For 1300 Calories High to Low Glycemic R3 - Day 03				102.00	155.63	36.49	1305.67
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1300 Calories High to Low Glycemic R3 - Day 04

Breakfast - Cereal w/milk. Toast w/ peanut butter.

15	0.5	cup	Bran flakes	3.00	23.00	0.00	90.00
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	1.8	tea spoon	Peanut butter	1.75	1.75	5.25	52.50
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				16.75	55.75	5.75	302.50

Snack 1

7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 1</i>				1.50	22.50	0.00	110.00

Lunch - Top quinoa w/ingredients.

20	0.5	tablespoon	Balsamic Vinegar	0.00	1.00	0.00	5.00
1	2.0	ounce(s)	Boneless chicken breast	13.00	0.00	0.80	62.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
6	0.3	cup	Kale	0.55	1.68	0.12	8.38
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
<i>Totals for Lunch</i>				20.41	37.23	8.58	305.63

Snack 2 - Turkey lettuce wraps.

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Snack 2</i>				17.34	1.86	0.54	94.40

Dinner - Season/roast/broil fish.

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	4.3	ounce(s)	Salmon	25.50	0.00	17.00	255.00
<i>Totals for Dinner</i>				39.43	35.37	19.43	435.70

Snack 3

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
<i>Totals for Snack 3</i>				7.00	1.00	2.00	50.00

Totals For 1300 Calories High to Low Glycemic R3 - Day 04				102.43	153.71	36.30	1298.23
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1300 Calories High to Low Glycemic R3 - Day 05

Breakfast - Waffles topped with yogurt/fruit/nuts.

7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	4.5	ounce(s)	Greek yogurt, plain, non fat	9.00	4.50	0.00	67.50
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
<i>Totals for Breakfast</i>				13.62	46.95	7.11	300.22

Snack 1 - Top cottage cheese w peaches.

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch - Open faced bacon avocado sandwich.

3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
21	0.5	tablespoon	Low fat mayonnaise	0.00	2.00	0.50	12.50
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
6	0.5	each	Tomato	0.50	2.50	0.00	10.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
<i>Totals for Lunch</i>				14.58	45.81	8.90	311.47

Snack 2

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
<i>Totals for Snack 2</i>				13.81	1.08	3.97	98.09

Dinner - Season fish. Cook in oil w/veg. Over rice.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
10	0.1	cup	Brown rice - cooked	0.64	6.46	0.16	30.16
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	0.8	tablespoon	Olive oil	0.00	0.00	10.50	97.50
6	1.3	cup	Summer squash, cooked	2.50	10.00	0.63	43.75
1	4.5	ounce(s)	Tilapia	27.00	0.00	0.00	112.50
6	0.5	cup	White mushrooms, sliced	1.00	1.00	0.00	7.50
<i>Totals for Dinner</i>				38.36	35.72	12.41	385.61

Snack 3 - Thaw cherries slightly. Pour over yogurt.

1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
7	0.1	cup	Unsweetened frozen cherries	0.13	2.13	0.06	8.75
<i>Totals for Snack 3</i>				6.13	5.13	0.06	53.75

Totals For 1300 Calories High to Low Glycemic R3 - Day 05				102.05	154.01	34.03	1297.44
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1300 Calories High to Low Glycemic R3 - Day 06

Breakfast - Top cereal w nut/milk. Serve w bacon.

15	0.5	cup	Bran flakes	3.00	23.00	0.00	90.00
1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
5	4.5	fluid ounce(s)	Skim milk	4.50	9.00	0.00	45.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
<i>Totals for Breakfast</i>				17.75	39.25	11.50	300.00

Snack 1 - Peanut butter banana wrap.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				4.50	25.50	4.00	145.00

Lunch - Toss all salad ingredients together.

1	0.3	ounce(s)	2% milkfat cheddar cheese	1.75	0.25	0.50	12.50
1	3.8	ounce(s)	Boneless chicken breast	24.38	0.00	1.50	116.25
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				33.89	26.93	7.82	302.14

Snack 2 - Top apple with almond butter.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 2</i>				1.15	12.00	4.75	91.00

Dinner - Season/roast fish w/oil. Steam veg.

20	3.0	tablespoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
6	1.8	cup	Broccoli	6.51	19.60	1.12	95.55
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	2.0	cup	Green beans, steamed or boiled	6.00	14.00	1.00	90.00
1	2.8	ounce(s)	Halibut - broiled	20.63	0.00	2.75	110.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
<i>Totals for Dinner</i>				34.74	41.78	11.86	399.35

Snack 3

9	0.5	each	Apple	0.15	10.50	0.25	40.50
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 3</i>				1.15	11.50	3.25	70.50

Totals For 1300 Calories High to Low Glycemic R3 - Day 06				93.18	156.96	43.18	1307.99
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1300 Calories High to Low Glycemic R3 - Day 07

Breakfast - Prepare oats w/milk. Top w/cinnamon/nut/raisins.

22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
3	0.3	cup	Dry steel cut oats	2.50	13.50	1.25	75.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
14	1.5	tablespoon	Slivered almonds	1.50	1.50	5.25	60.00
<i>Totals for Breakfast</i>				11.58	49.07	7.05	296.00

Snack 1 - Pulse berries and milk together.

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 1</i>				8.00	17.00	4.00	160.00

Lunch - Toss shrimp w/oil/vin/veg/quinoa.

20	0.5	tablespoon	Balsamic Vinegar	0.00	1.00	0.00	5.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	2.8	ounce(s)	Shrimp	11.00	0.00	0.00	55.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				17.15	28.09	14.15	314.95

Snack 2

7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
<i>Totals for Snack 2</i>				1.20	23.80	0.20	92.00

Dinner - Stir fry chicken/tofu/veg. Over lentils.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	4.5	ounce(s)	Chicken Breast / White Meat	29.25	0.00	1.80	139.50
3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
4	0.3	0.5 cup	Tofu, raw, firm, prepared with calcium sulfate	4.97	1.35	2.75	45.68
<i>Totals for Dinner</i>				43.96	27.43	14.60	405.98

Snack 3

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<i>Totals for Snack 3</i>				0.15	10.50	0.25	40.50

Totals For 1300 Calories High to Low Glycemic R3 - Day 07				82.04	155.89	40.25	1309.43
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