



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories High to Low Glycemic R3 - Day 01</b>							
<b>Breakfast - Oatmeal cooked w/milk.</b>							
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>				<b>12.64</b>	<b>53.92</b>	<b>5.27</b>	<b>308.32</b>
<b>Snack 1 - Top yogurt with berries and flax.</b>							
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>				<b>13.08</b>	<b>20.79</b>	<b>1.19</b>	<b>153.95</b>
<b>Lunch - Toss all salad ing together for this tasty salad.</b>							
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>				<b>30.65</b>	<b>23.92</b>	<b>8.67</b>	<b>296.30</b>
<b>Snack 2</b>							
7	1.5	cup	Sliced fresh peaches	2.32	24.33	0.65	99.45
<i>Totals for Snack 2</i>				<b>2.32</b>	<b>24.33</b>	<b>0.65</b>	<b>99.45</b>
<b>Dinner - Chicken stir fry. Over lentils.</b>							
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>				<b>34.91</b>	<b>24.42</b>	<b>16.55</b>	<b>386.95</b>
<b>Snack 3</b>							
14	12.0	each	Pistachio nuts	1.68	2.28	3.84	47.16
<i>Totals for Snack 3</i>				<b>1.68</b>	<b>2.28</b>	<b>3.84</b>	<b>47.16</b>
<b>Totals For 1300 Calories High to Low Glycemic R3 - Day 01</b>				<b>95.28</b>	<b>149.66</b>	<b>36.17</b>	<b>1292.13</b>

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				33.04	27.41	18.98	387.29

Snack 3

1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
Totals for Snack 3				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

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				21.11	31.87	12.95	315.55

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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

**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>				<b>13.62</b>	<b>46.95</b>	<b>7.11</b>	<b>300.22</b>

**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>				<b>15.55</b>	<b>19.32</b>	<b>1.58</b>	<b>148.30</b>

**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>				<b>14.58</b>	<b>45.81</b>	<b>8.90</b>	<b>311.47</b>

**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>				<b>13.81</b>	<b>1.08</b>	<b>3.97</b>	<b>98.09</b>

**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>				<b>38.36</b>	<b>35.72</b>	<b>12.41</b>	<b>385.61</b>

**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>				<b>6.13</b>	<b>5.13</b>	<b>0.06</b>	<b>53.75</b>
<b>Totals For 1300 Calories High to Low Glycemic R3 - Day 05</b>				<b>102.05</b>	<b>154.01</b>	<b>34.03</b>	<b>1297.44</b>

**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>				<b>17.75</b>	<b>39.25</b>	<b>11.50</b>	<b>300.00</b>

**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>				<b>4.50</b>	<b>25.50</b>	<b>4.00</b>	<b>145.00</b>

**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>				<b>33.89</b>	<b>26.93</b>	<b>7.82</b>	<b>302.14</b>

**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>				<b>1.15</b>	<b>12.00</b>	<b>4.75</b>	<b>91.00</b>

**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>				<b>34.74</b>	<b>41.78</b>	<b>11.86</b>	<b>399.35</b>

**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>				<b>1.15</b>	<b>11.50</b>	<b>3.25</b>	<b>70.50</b>
<b>Totals For 1300 Calories High to Low Glycemic R3 - Day 06</b>				<b>93.18</b>	<b>156.96</b>	<b>43.18</b>	<b>1307.99</b>

## 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>				<b>11.58</b>	<b>49.07</b>	<b>7.05</b>	<b>296.00</b>

### 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>				<b>8.00</b>	<b>17.00</b>	<b>4.00</b>	<b>160.00</b>

### 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>				<b>17.15</b>	<b>28.09</b>	<b>14.15</b>	<b>314.95</b>

### Snack 2

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

### 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>				<b>43.96</b>	<b>27.43</b>	<b>14.60</b>	<b>405.98</b>

### Snack 3

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

<i>Totals For 1300 Calories High to Low Glycemic R3 - Day 07</i>				<b>82.04</b>	<b>155.89</b>	<b>40.25</b>	<b>1309.43</b>
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