



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Low Carb Mexican - Day 01</b>							
<b>Breakfast</b>							
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
<b>Totals for Breakfast</b>				<b>24.94</b>	<b>39.32</b>	<b>1.10</b>	<b>269.36</b>
<b>Snack 1</b>							
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
<b>Totals for Snack 1</b>				<b>8.52</b>	<b>25.17</b>	<b>0.46</b>	<b>138.64</b>
<b>Lunch</b>							
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
<b>Totals for Lunch</b>				<b>32.39</b>	<b>46.99</b>	<b>16.99</b>	<b>479.65</b>
<b>Snack 2</b>							
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
<b>Totals for Snack 2</b>				<b>3.51</b>	<b>25.22</b>	<b>17.11</b>	<b>261.31</b>
<b>Dinner</b>							
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
<b>Totals for Dinner</b>				<b>37.51</b>	<b>18.07</b>	<b>14.95</b>	<b>371.56</b>
<b>Snack 3</b>							
8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
<b>Totals for Snack 3</b>				<b>21.00</b>	<b>4.65</b>	<b>1.72</b>	<b>123.00</b>
<b>Totals For 1700 Calories Low Carb Mexican - Day 01</b>				<b>127.87</b>	<b>159.42</b>	<b>52.33</b>	<b>1643.52</b>

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				51.01	41.62	5.41	417.52

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 3				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
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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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				1.73	22.28	0.79	92.72

Dinner

0	1.0	each	MAIN14 - Chicken Fajitas	24.00	33.00	7.00	297.00
Totals for Dinner				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
Totals for Snack 3				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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				42.08	68.93	14.42	568.40

Snack 3

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 3				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