



Male Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|-----|--|---|--------------|--------------|--------------|---------------|
| 1700 Calories Template, Mediterranean - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 14 | 1.0 | 1 cup, in shell, edible yield (7 nuts) | Nuts, walnuts, english | 4.26 | 3.84 | 18.26 | 183.12 |
| 7 | 1.0 | 1 cup, whole | Strawberries, raw | 0.96 | 11.06 | 0.43 | 46.08 |
| Totals for Breakfast | | | | 19.32 | 56.81 | 22.37 | 483.32 |
| Snack 1 | | | | | | | |
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 5 | 1.0 | 1 oz | Cheese, goat, soft type | 5.25 | 0.00 | 5.98 | 74.84 |
| Totals for Snack 1 | | | | 5.55 | 21.00 | 6.48 | 155.84 |
| Lunch | | | | | | | |
| 4 | 0.3 | 1 cup | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 4.80 | 14.84 | 1.40 | 88.76 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 0 | 0.5 | tablespoon | Lemon juice - | 0.05 | 0.65 | 0.00 | 2.00 |
| 4 | 0.3 | 1 cup | Lentils, mature seeds, cooked, boiled, without salt | 4.46 | 9.96 | 0.19 | 57.42 |
| 6 | 2.0 | 0.5 cup pieces | Mushrooms, white, raw | 2.16 | 2.28 | 0.24 | 15.40 |
| 7 | 4.0 | 1 large | Olives, ripe, canned (small-extra large) | 0.15 | 1.10 | 1.88 | 20.24 |
| 6 | 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 0.60 | 4.60 | 0.10 | 19.00 |
| 16 | 1.0 | 1 medium (2-1/2" dia) | Rolls, dinner, whole-wheat | 3.13 | 18.40 | 1.69 | 95.76 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| 23 | 1.0 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 5.00 | 45.00 |
| 6 | 4.0 | 1 can (11.5 oz), prepared | Spinach, raw | 3.43 | 4.36 | 0.47 | 27.60 |
| Totals for Lunch | | | | 19.18 | 57.99 | 18.99 | 450.02 |
| Snack 2 | | | | | | | |
| 7 | 1.0 | 1 cup | Blueberries, raw | 1.10 | 21.45 | 0.49 | 84.36 |
| 14 | 5.0 | 1 almond | Nuts, almonds | 1.27 | 1.29 | 3.00 | 34.74 |
| 14 | 0.5 | 1 tablespoon | Seeds, flaxseed | 1.10 | 1.73 | 2.53 | 32.04 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 2 | | | | 16.48 | 41.90 | 6.43 | 278.26 |
| Dinner | | | | | | | |
| 17 | 0.5 | 1 cup, cooked | Couscous, cooked | 2.98 | 18.23 | 0.13 | 87.92 |
| 0 | 0.5 | tablespoon | Garlic powder | 0.70 | 3.05 | 0.05 | 14.00 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 1 | 4.0 | ounce(s) | Shrimp - boiled or steamed | 23.68 | 0.00 | 1.20 | 112.00 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 6 | 1.0 | 1/2 cup | zucchini, boiled, drained | 0.58 | 3.54 | 0.05 | 14.40 |
| Totals for Dinner | | | | 28.70 | 29.00 | 8.73 | 312.32 |
| Snack 3 | | | | | | | |
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| Totals for Snack 3 | | | | 0.87 | 11.14 | 0.40 | 46.36 |

| | | | | |
|---|-------|--------|-------|---------|
| Totals for Snack 3 | 0.87 | 11.14 | 0.40 | 46.36 |
| Totals For 1700 Calories Template, Mediterranean - Day 01 | 90.10 | 217.84 | 63.40 | 1726.12 |

Breakfast

| | | | | | | | |
|----------------------|-----|-------------------------------|--|-------|-------|-------|--------|
| 16 | 1.0 | 1 slice | Bread, whole-wheat, commercially prepared, toasted | 4.07 | 12.79 | 1.02 | 76.50 |
| 7 | 1.0 | 0.5 large (approx 4-1/2" dia) | Grapefruit, raw, pink and red and white, all areas | 1.05 | 13.41 | 0.17 | 53.12 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 21 | 1.5 | tablespoon | Peanut Butter | 6.00 | 5.25 | 12.22 | 142.50 |
| Totals for Breakfast | | | | 19.52 | 43.35 | 13.81 | 358.12 |

Snack 1

| | | | | | | | |
|--------------------|-----|--------------------|--|-------|-------|------|--------|
| 14 | 0.5 | 1 tablespoon | Seeds, flaxseed | 1.10 | 1.73 | 2.53 | 32.04 |
| 7 | 1.5 | 1 cup, whole | Strawberries, raw | 1.45 | 16.59 | 0.65 | 69.12 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 1 | | | | 15.56 | 35.75 | 3.59 | 228.28 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|---|-------|-------|-------|--------|
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 5 | 0.5 | 1 cup, crumbled | Cheese, feta | 10.66 | 3.07 | 15.96 | 198.00 |
| 7 | 4.0 | 1 large | Olives, ripe, canned (small-extra large) | 0.15 | 1.10 | 1.88 | 20.24 |
| 23 | 2.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.08 | 1.88 | 5.60 | 56.00 |
| 6 | 2.0 | 1 leaf | Spinach, raw | 0.57 | 0.73 | 0.08 | 4.60 |
| 6 | 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 |
| 1 | 3.0 | ounce(s) | Tuna, Bumble Bee, White Albacore in water | 15.00 | 0.00 | 1.00 | 90.00 |
| Totals for Lunch | | | | 33.11 | 44.07 | 26.33 | 548.58 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------|--|------|-------|------|--------|
| 7 | 1.0 | 50 raisins | Raisins, seedless | 0.80 | 20.59 | 0.12 | 77.74 |
| 14 | 0.5 | 1 oz | Seeds, sunflower seed kernels, dry roasted, without salt | 2.74 | 3.41 | 7.06 | 82.50 |
| Totals for Snack 2 | | | | 3.54 | 24.00 | 7.18 | 160.24 |

Dinner

| | | | | | | | |
|-------------------|-----|------------------|--|-------|-------|------|--------|
| 4 | 0.5 | 1 cup | Beans, white, mature seeds, cooked, boiled, without salt | 8.71 | 22.46 | 0.31 | 124.41 |
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 5 | 1.0 | 1 tablespoon | Cheese, parmesan, grated | 1.42 | 0.70 | 1.39 | 21.00 |
| 0 | 0.3 | tablespoon | Garlic powder | 0.47 | 2.03 | 0.03 | 9.32 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 17 | 0.8 | 1 cup | Spaghetti, whole-wheat, cooked | 5.60 | 27.87 | 0.57 | 130.20 |
| 6 | 0.3 | 1/2 cup | tomato, diced | 0.19 | 1.04 | 0.07 | 4.75 |
| Totals for Dinner | | | | 18.25 | 59.70 | 9.69 | 381.98 |

Snack 3

| | | | | | | | |
|---|------|------|-------------------|-------|--------|-------|---------|
| 9 | 20.0 | each | Grapes - American | 0.40 | 8.20 | 0.20 | 40.00 |
| Totals for Snack 3 | | | | 0.40 | 8.20 | 0.20 | 40.00 |
| Totals For 1700 Calories Template, Mediterranean - Day 02 | | | | 90.38 | 215.07 | 60.80 | 1717.20 |

Breakfast

| | | | | | | | |
|----------------------|-----|------|---------------------|-------|-------|------|--------|
| 9 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 15 | 1.5 | cup | Kashi GoLEAN Cereal | 19.50 | 45.00 | 1.50 | 210.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| Totals for Breakfast | | | | 29.10 | 83.60 | 2.50 | 401.00 |

Snack 1

| | | | | | | | |
|--------------------|-----|------------|--------------------------|------|-------|------|--------|
| 10 | 1.5 | each | Apple - medium with peel | 0.45 | 31.50 | 0.75 | 121.50 |
| 21 | 1.0 | tablespoon | Peanut Butter | 4.00 | 3.50 | 8.15 | 95.00 |
| Totals for Snack 1 | | | | 4.45 | 35.00 | 8.90 | 216.50 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|---|-------|-------|-------|--------|
| 7 | 0.5 | 1 cup, sliced | Avocados, raw, all commercial varieties | 1.46 | 6.23 | 10.70 | 116.80 |
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.04 | 0.94 | 2.80 | 28.00 |
| 6 | 2.0 | 1 leaf | Spinach, raw | 0.57 | 0.73 | 0.08 | 4.60 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 4 | 1.0 | 1 patty | Veggie burgers or soyburgers, unprepared | 10.99 | 9.99 | 4.41 | 123.90 |
| Totals for Lunch | | | | 16.96 | 39.67 | 19.12 | 377.42 |

Snack 2

| | | | | | | | |
|--------------------|------|------------------------------|-----------------------|------|-------|------|--------|
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| 14 | 10.0 | 1 almond | Nuts, almonds | 2.54 | 2.59 | 5.99 | 69.48 |
| Totals for Snack 2 | | | | 3.41 | 13.73 | 6.39 | 115.84 |

Dinner

| | | | | | | | |
|-------------------|-----|------------|--|-------|-------|-------|--------|
| 3 | 1.0 | cup | Asparagus/ Fresh - Boiled | 4.60 | 7.60 | 0.60 | 44.00 |
| 5 | 1.0 | 1 oz | Cheese, feta | 4.03 | 1.16 | 6.03 | 74.84 |
| 12 | 1.0 | 3 oz | Fish, salmon, Atlantic, wild, cooked, dry heat | 21.62 | 0.00 | 6.91 | 154.70 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 23 | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00 | 0.00 | 1.67 | 14.99 |
| 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 | | | | 31.46 | 21.19 | 22.30 | 407.53 |

Snack 3

| | | | | | | | |
|---|-----|--------------------|--|--------|--------|-------|---------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 14 | 0.5 | 1 tablespoon | Seeds, flaxseed | 1.10 | 1.73 | 2.53 | 32.04 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 3 | | | | 14.66 | 29.88 | 3.18 | 201.34 |
| Totals For 1700 Calories Template, Mediterranean - Day 03 | | | | 100.04 | 223.07 | 62.39 | 1719.63 |

Breakfast

| | | | | | | | |
|----------------------|-----|--|---|-------|-------|-------|--------|
| 7 | 1.5 | 1 cup | Blueberries, raw | 1.64 | 32.17 | 0.73 | 126.54 |
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 14 | 0.5 | 1 cup, in shell, edible yield (7 nuts) | Nuts, walnuts, english | 2.13 | 1.92 | 9.13 | 91.56 |
| Totals for Breakfast | | | | 17.87 | 76.00 | 13.54 | 472.22 |

Snack 1

| | | | | | | | |
|--------------------|-----|---------|------------------------------|------|-------|------|--------|
| 5 | 1.0 | 1 oz | Cheese, goat, soft type | 5.25 | 0.00 | 5.98 | 74.84 |
| 16 | 5.0 | 1 toast | Crackers, melba toast, wheat | 3.22 | 19.10 | 0.57 | 93.50 |
| Totals for Snack 1 | | | | 8.47 | 19.10 | 6.55 | 168.34 |

Lunch

| | | | | | | | |
|------------------|-----|---------------------------|--|-------|-------|------|--------|
| 6 | 1.0 | 1 can (11.5 oz), prepared | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70 | 9.84 | 0.22 | 51.52 |
| 4 | 0.3 | 1 cup | Lentils, mature seeds, cooked, boiled, without salt | 4.46 | 9.96 | 0.19 | 57.42 |
| 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 |
| 17 | 0.5 | 1 cup | Spaghetti, whole-wheat, cooked | 3.73 | 18.58 | 0.38 | 86.80 |
| 6 | 0.5 | 1 cup | Tomatoes, sun-dried | 3.81 | 15.06 | 0.80 | 69.66 |
| 1 | 2.0 | ounce(s) | Tuna, Bumble Bee, White Albacore in water | 10.00 | 0.00 | 0.67 | 60.00 |
| Totals for Lunch | | | | 29.86 | 55.72 | 9.50 | 405.80 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------------------|--|-------|-------|------|--------|
| 7 | 1.5 | 1 cup | Raspberries, raw | 2.21 | 22.03 | 1.20 | 95.94 |
| 14 | 0.5 | 1 tablespoon | Seeds, flaxseed | 1.10 | 1.73 | 2.53 | 32.04 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 2 | | | | 16.32 | 41.19 | 4.14 | 255.10 |

Dinner

| | | | | | | | |
|-------------------|-----|------------------|---|-------|-------|-------|--------|
| 5 | 1.0 | 1 tablespoon | Cheese, parmesan, grated | 1.42 | 0.70 | 1.39 | 21.00 |
| 1 | 2.0 | ounce(s) | Chicken Breast / White Meat | 13.00 | 0.00 | 0.80 | 62.00 |
| 6 | 1.0 | 1 cup (1" cubes) | Eggplant, cooked, boiled, drained, without salt | 0.82 | 8.64 | 0.23 | 34.65 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| Totals for Dinner | | | | 17.76 | 31.73 | 10.30 | 290.88 |

Snack 3

| | | | | | | | |
|---|------|----------|-------------------|-------|--------|-------|---------|
| 9 | 30.0 | each | Grapes - American | 0.60 | 12.30 | 0.30 | 60.00 |
| 14 | 15.0 | 1 almond | Nuts, almonds | 3.81 | 3.88 | 8.99 | 104.22 |
| Totals for Snack 3 | | | | 4.41 | 16.18 | 9.29 | 164.22 |
| Totals For 1700 Calories Template, Mediterranean - Day 04 | | | | 94.69 | 239.92 | 53.32 | 1756.56 |

1700 Calories Template, Mediterranean - Day 05

Breakfast

| | | | | | | | |
|----------------------|-----|-------------------------------|--|-------|-------|-------|--------|
| 16 | 1.0 | 1 slice | Bread, whole-wheat, commercially prepared, toasted | 4.07 | 12.79 | 1.02 | 76.50 |
| 7 | 1.0 | 0.5 large (approx 4-1/2" dia) | Grapefruit, raw, pink and red and white, all areas | 1.05 | 13.41 | 0.17 | 53.12 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 21 | 1.5 | tablespoon | Peanut Butter | 6.00 | 5.25 | 12.22 | 142.50 |
| Totals for Breakfast | | | | 19.52 | 43.35 | 13.81 | 358.12 |

Snack 1

| | | | | | | | |
|--------------------|-----|--------------------|--|-------|-------|------|--------|
| 14 | 1.0 | 1 tablespoon | Seeds, flaxseed | 2.19 | 3.47 | 5.06 | 64.08 |
| 7 | 1.5 | 1 cup, whole | Strawberries, raw | 1.45 | 16.59 | 0.65 | 69.12 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 1 | | | | 16.65 | 37.49 | 6.12 | 260.32 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|--|-------|-------|-------|--------|
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 4 | 0.5 | 1 cup | Hummus, commercial | 9.72 | 17.58 | 11.81 | 204.18 |
| 0 | 1.5 | 1 cup (8 fl oz) | Soup, minestrone, canned, prepared with equal volume water | 6.40 | 16.85 | 3.76 | 122.91 |
| Totals for Lunch | | | | 22.39 | 69.63 | 17.23 | 497.33 |

Snack 2

| | | | | | | | |
|--------------------|-----|------|-----------------|------|-------|------|-------|
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| Totals for Snack 2 | | | | 1.10 | 17.40 | 0.30 | 69.00 |

Dinner

| | | | | | | | |
|-------------------|-----|---------------|--|-------|-------|------|--------|
| 4 | 0.5 | 1 cup | Beans, white, mature seeds, cooked, boiled, without salt | 8.71 | 22.46 | 0.31 | 124.41 |
| 1 | 2.0 | ounce(s) | Chicken Breast / White Meat | 13.00 | 0.00 | 0.80 | 62.00 |
| 17 | 0.8 | 1 cup, cooked | Couscous, cooked | 4.46 | 27.34 | 0.19 | 131.88 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 0.8 | cup | Pepper - sweet bell, all colors, chopped, | 0.90 | 6.90 | 0.15 | 28.50 |
| 6 | 2.0 | 1/2 cup | tomato, diced | 1.53 | 8.35 | 0.59 | 38.00 |
| Totals for Dinner | | | | 28.60 | 65.05 | 9.04 | 449.79 |

Snack 3

| | | | | | | | |
|---|-----|------|--|-------|--------|-------|---------|
| 14 | 0.5 | 1 oz | Seeds, sunflower seed kernels, dry roasted, without salt | 2.74 | 3.41 | 7.06 | 82.50 |
| Totals for Snack 3 | | | | 2.74 | 3.41 | 7.06 | 82.50 |
| Totals For 1700 Calories Template, Mediterranean - Day 05 | | | | 91.00 | 236.33 | 53.56 | 1717.06 |

Breakfast

| | | | | | | | |
|----------------------|-----|------|---------------------|-------|-------|------|--------|
| 9 | 1.0 | each | Banana - med 8" | 1.20 | 26.70 | 0.60 | 105.00 |
| 15 | 1.5 | cup | Kashi GoLEAN Cereal | 19.50 | 45.00 | 1.50 | 210.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| Totals for Breakfast | | | | 29.10 | 83.60 | 2.50 | 401.00 |

Snack 1

| | | | | | | | |
|--------------------|-----|------------|--------------------------|------|-------|-------|--------|
| 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 1 | | | | 6.30 | 26.25 | 12.72 | 223.50 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|--|-------|-------|-------|--------|
| 7 | 0.5 | 1 cup, sliced | Avocados, raw, all commercial varieties | 1.46 | 6.23 | 10.70 | 116.80 |
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 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 |
| 6 | 2.0 | tablespoon | Onion - chopped | 0.20 | 1.80 | 0.00 | 8.00 |
| 4 | 1.0 | 1 patty | Veggie burgers or soyburgers, unprepared | 10.99 | 9.99 | 4.41 | 123.90 |
| Totals for Lunch | | | | 18.65 | 40.95 | 23.23 | 428.22 |

Snack 2

| | | | | | | | |
|--------------------|------|------------|-------------------|------|-------|------|--------|
| 14 | 10.0 | 1 almond | Nuts, almonds | 2.54 | 2.59 | 5.99 | 69.48 |
| 7 | 1.0 | 50 raisins | Raisins, seedless | 0.80 | 20.59 | 0.12 | 77.74 |
| Totals for Snack 2 | | | | 3.34 | 23.18 | 6.11 | 147.22 |

Dinner

| | | | | | | | |
|-------------------|-----|---------------------|---|-------|-------|------|--------|
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 6 | 1.0 | 0.5 cup (1" pieces) | Cauliflower, cooked, boiled, drained, without salt | 1.14 | 2.55 | 0.28 | 14.26 |
| 12 | 1.0 | 3 oz | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 19.16 | 0.00 | 1.37 | 94.35 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| Totals for Dinner | | | | 24.68 | 30.54 | 9.85 | 309.14 |

Snack 3

| | | | | | | | |
|---|-----|--------------------|--|-------|--------|-------|---------|
| 7 | 0.5 | 1 cup | Raspberries, raw | 0.74 | 7.34 | 0.40 | 31.98 |
| 14 | 0.5 | 1 tablespoon | Seeds, flaxseed | 1.10 | 1.73 | 2.53 | 32.04 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 3 | | | | 14.85 | 26.50 | 3.34 | 191.14 |
| Totals For 1700 Calories Template, Mediterranean - Day 06 | | | | 96.92 | 231.02 | 57.75 | 1700.22 |

1700 Calories Template, Mediterranean - Day 07

Breakfast

| | | | | | | | |
|----------------------|-----|--|---|-------|-------|-------|--------|
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 22 | 0.5 | tea spoon | Cinnamon | 0.15 | 2.70 | 0.10 | 9.00 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 14 | 0.5 | 1 cup, in shell, edible yield (7 nuts) | Nuts, walnuts, english | 2.13 | 1.92 | 9.13 | 91.56 |
| 7 | 1.0 | 1 cup, whole | Strawberries, raw | 0.96 | 11.06 | 0.43 | 46.08 |
| Totals for Breakfast | | | | 17.19 | 54.89 | 13.24 | 391.76 |

Snack 1

| | | | | | | | |
|--------------------|-----|------------------------------|-----------------------|------|-------|------|-------|
| 7 | 1.0 | 1 fruit without skin, medium | Kiwifruit, green, raw | 0.87 | 11.14 | 0.40 | 46.36 |
| Totals for Snack 1 | | | | 0.87 | 11.14 | 0.40 | 46.36 |

Lunch

| | | | | | | | |
|------------------|-----|----------------------------|---|-------|-------|-------|--------|
| 16 | 1.0 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 6.27 | 35.20 | 1.66 | 170.24 |
| 6 | 2.0 | cup | Green salad w/ raw vegetables | 3.45 | 8.89 | 0.19 | 44.00 |
| 4 | 0.5 | 1 cup | Hummus, commercial | 9.72 | 17.58 | 11.81 | 204.18 |
| 23 | 2.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.08 | 1.88 | 5.60 | 56.00 |
| Totals for Lunch | | | | 19.52 | 63.55 | 19.26 | 474.42 |

Snack 2

| | | | | | | | |
|--------------------|-----|--------------------|--|-------|-------|------|--------|
| 7 | 1.5 | 1 cup | Blueberries, raw | 1.64 | 32.17 | 0.73 | 126.54 |
| 14 | 1.0 | 1 tablespoon | Seeds, flaxseed | 2.19 | 3.47 | 5.06 | 64.08 |
| 5 | 1.0 | 1 container (8 oz) | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 13.01 | 17.43 | 0.41 | 127.12 |
| Totals for Snack 2 | | | | 16.84 | 53.07 | 6.20 | 317.74 |

Dinner

| | | | | | | | |
|-------------------|-----|--------------|--------------------------------|-------|-------|-------|--------|
| 5 | 1.0 | 1 tablespoon | Cheese, parmesan, grated | 1.42 | 0.70 | 1.39 | 21.00 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 1 | 3.0 | ounce(s) | Shrimp - boiled or steamed | 17.76 | 0.00 | 0.90 | 84.00 |
| 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 | 1/2 cup | zucchini, boiled, drained | 0.58 | 3.54 | 0.05 | 14.40 |
| Totals for Dinner | | | | 27.98 | 45.58 | 10.40 | 377.00 |

Snack 3

| | | | | | | | |
|---|-----|---------|------------------------------|-------|--------|-------|---------|
| 5 | 1.0 | 1 oz | Cheese, goat, soft type | 5.25 | 0.00 | 5.98 | 74.84 |
| 16 | 2.0 | 1 toast | Crackers, melba toast, wheat | 1.29 | 7.64 | 0.23 | 37.40 |
| Totals For 1700 Calories Template, Mediterranean - Day 07 | | | | 88.94 | 235.87 | 55.71 | 1719.52 |