



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Sustained Energy - Day 01							
Breakfast - Top cereal w/ walnuts and milk. w/ grapefruit.							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.01	25.38	0.66	60.00
14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				14.11	62.33	6.89	300.50
Snack 1 - Top muffin half with tomato and cheese. Broil							
5	0.3	ounce(s)	Mozzarella cheese, part skim	1.70	0.19	1.12	17.78
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Snack 1</i>				4.94	15.38	1.95	93.17
Lunch - Cut pita in half, stuff w/ spinach/tuna/tom.							
6	2.8	1 large	Carrots, baby, raw	0.26	3.40	0.05	14.44
6	1.3	cup	Chopped tomato	2.50	8.75	0.00	37.50
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
16	0.8	each	Pita - wheat	2.10	11.70	0.52	56.25
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
0	0.5	1 tablespoon	Vinegar, cider	0.00	0.07	0.00	1.56
<i>Totals for Lunch</i>				35.70	32.98	5.01	306.55
Snack 2 - Top yogurt with blueberries and pumkin seeds.							
7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
<i>Totals for Snack 2</i>				9.16	9.22	2.00	99.76
Dinner - Season/saute chicken in oil. Serve w/rice/aspara							
6	5.0	each	Asparagus spears	1.75	3.10	0.10	16.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	3.8	ounce(s)	Chicken Breast / White Meat	24.38	0.00	1.50	116.25
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
<i>Totals for Dinner</i>				32.86	53.04	6.45	399.25
Snack 3 - Spread almond butter on apple.							
21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<i>Totals for Snack 3</i>				1.65	12.75	7.00	116.25
Totals For 1300 Calories Sustained Energy - Day 01				98.42	185.70	29.30	1315.48

1300 Calories Sustained Energy - Day 02

Breakfast - Scramble egg w/kale/cheese. Serve on muffin.

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
6	1.0	cup	Kale	2.21	6.71	0.47	33.50
1	0.5	slice	Kraft American Cheese 2% Milk	2.00	0.50	1.50	25.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				18.19	30.26	8.82	264.75

Snack 1

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 1</i>				4.00	19.00	3.00	110.00

Lunch - Spread hummus/avocado on wrap. Top w/greens;roll.

4	0.8	tablespoon	Hummus	0.75	1.50	1.13	18.75
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	0.8	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	1.0	ounce(s)	Turkey breast	8.50	0.00	0.20	38.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				20.50	33.75	13.33	306.75

Snack 2 - Process almond milk w/fruit & icecube until smooth

1	0.8	cup	Almond Breeze, unsweetened vanilla almond milk	0.75	1.50	2.25	30.00
7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 2</i>				1.72	23.09	2.37	113.67

Dinner - Season/broil salmon. Serve w veg & quinoa.

6	0.8	cup	Broccoli	2.79	8.40	0.48	40.95
6	3.0	cup	Brussels sprouts	9.00	24.00	0.00	120.00
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	2.3	ounce(s)	Salmon	13.50	0.00	9.00	135.00
<i>Totals for Dinner</i>				29.36	52.10	11.26	406.95

Snack 3

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 3</i>				1.00	27.00	0.00	100.00

Totals For 1300 Calories Sustained Energy - Day 02				74.77	185.20	38.78	1302.12
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Sustained Energy - Day 03

Breakfast - Scrambke egg spread. Top waffle w/jelly/egg/bacon.

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
1	1.3	ounce(s)	Canadian bacon, extra lean	7.50	1.25	1.25	43.75
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
16	1.3	each	Van's Whole Grain Waffles	3.13	15.63	3.13	93.75
<i>Totals for Breakfast</i>				18.83	44.28	7.58	305.17

Snack 1 - Top banana w/ peanut butter/walnuts.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
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>				2.50	13.00	5.25	100.00

Lunch - Top spinach w/ all ingredients.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	2.8	ounce(s)	Chicken Breast / White Meat	17.88	0.00	1.10	85.25
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	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
5	0.5	ounce(s)	Goat cheese	2.63	0.13	2.99	37.99
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
6	0.5	cup	Roasted beets	0.50	5.50	0.00	25.00
<i>Totals for Lunch</i>				27.91	28.19	7.52	286.24

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	5.00	100.00

Dinner - Roast pork & veg drizzled w/oil. W/lentil/rice.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
10	0.3	cup	Lentil - boiled	4.45	9.95	0.20	57.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	22.13	0.00	3.37	124.95
<i>Totals for Dinner</i>				33.36	49.49	9.85	412.05

Snack 3 - Prepare popcorn per package directions.

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				2.68	10.68	4.00	92.00

Totals For 1300 Calories Sustained Energy - Day 03				85.78	159.14	39.20	1295.46
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Sustained Energy - Day 04

Breakfast - Prepare oatmeal w/milk/almond. W/sausage/fruit.

1	0.5	cup	Almond Breeze, unsweetened vanilla almond milk	0.50	1.00	1.50	20.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
1	1.5	each	Vegetarian sausage link	6.00	3.00	2.25	52.50
<i>Totals for Breakfast</i>				12.96	47.59	8.25	306.22

Snack 1 - Top cottage cheese w/ berries.

7	0.8	1 cup, unthawed	Blueberries, raw	0.80	15.76	0.36	61.99
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
<i>Totals for Snack 1</i>				7.80	17.31	0.93	102.99

Lunch - Spread avocado on bread/top w/chicken/bacon.

1	1.8	ounce(s)	Chicken Breast / White Meat	11.38	0.00	0.70	54.25
3	1.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	6.00	22.50	0.75	120.00
6	2.5	each	Lettuce leaf	0.00	0.00	0.00	12.50
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
6	1.8	each	Tomato slice	0.30	1.63	0.12	7.35
11	0.8	slice	Turkey bacon	3.55	0.38	3.35	45.84
<i>Totals for Lunch</i>				21.98	27.51	10.17	297.44

Snack 2

6	8.0	each	Baby carrots	0.80	6.40	0.80	32.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				2.80	10.40	3.80	82.00

Dinner - Toss pasta,shrimp,veg&1/2 dressing/vinegar.w/salad

6	0.5	cup	Green salad w/ raw vegetables	0.86	2.22	0.05	11.00
17	0.8	1 cup elbow shaped	Macaroni, whole-wheat, cooked	5.60	27.87	0.57	130.20
6	0.3	cup	Mixed vegetables (non starchy)	0.25	1.75	0.00	10.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
23	0.8	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.27	2.36	5.13	57.60
1	2.5	ounce(s)	Shrimp - boiled or steamed	14.80	0.00	0.75	70.00
<i>Totals for Dinner</i>				33.78	35.20	15.50	408.80

Snack 3

7	2.0	cup	Watermelon - fresh, diced	2.00	23.00	1.40	102.00
<i>Totals for Snack 3</i>				2.00	23.00	1.40	102.00

Totals For 1300 Calories Sustained Energy - Day 04				81.32	161.01	40.05	1299.45
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Sustained Energy - Day 05

Breakfast - Top muffin w/spread. Mix fruit. Serve w/egg.

16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Breakfast</i>				11.24	54.18	8.00	307.12

Snack 1 - Blend milk, cherry and flax until smooth.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
<i>Totals for Snack 1</i>				3.44	9.72	8.19	121.58

Lunch - Chicken/cheese/salsa/tortilla. Heat soup.

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	1.5	ounce(s)	Chicken Breast / White Meat	9.75	0.00	0.60	46.50
6	1.5	tablespoon	Onion - chopped	0.15	1.35	0.00	6.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.5	1 cup	Soup, black bean, canned, prepared with equal volume water	2.99	9.52	0.82	56.81
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				29.89	31.87	7.92	291.31

Snack 2 - Top yogurt with sliced fruit.

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
<i>Totals for Snack 2</i>				8.77	12.11	0.22	93.15

Dinner - season fish and veg saute oil. serve over quinoa.

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	1 cup, sliced	Onions, raw	0.63	5.37	0.06	23.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	2.5	ounce(s)	Tilapia	15.00	0.00	0.00	62.50
<i>Totals for Dinner</i>				24.54	54.12	9.87	392.00

Snack 3 - Spread apple with peanut butter.

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1	1.5	tea spoon	Peanut butter	1.50	1.50	4.50	45.00
<i>Totals for Snack 3</i>				1.65	12.00	4.75	85.50

Totals For 1300 Calories Sustained Energy - Day 05				79.53	174.00	38.95	1290.66
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Sustained Energy - Day 06

Breakfast - Cereal w/milk/berries.

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Breakfast</i>				20.75	62.75	1.00	305.00

Snack 1 - Pulse all ingredients until smooth .

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
21	0.3	tablespoon	Peanut Butter	1.32	1.16	2.69	31.35
0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Snack 1</i>				6.19	8.69	5.33	112.35

Lunch - Heat burger. Topw/cheese. On bun. W/salad.

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	0.8	ounce(s)	2% milkfat cheddar cheese	5.25	0.75	1.50	37.50
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
19	1.0	each	Boca Vegan Veggie Burgers	13.00	9.00	2.50	100.00
3	0.5	large	Salad - lrg. garden w/tomato & onion	1.30	9.50	0.40	49.00
6	1.5	each	Tomato slice	0.26	1.40	0.11	6.30
<i>Totals for Lunch</i>				24.81	44.65	5.51	302.80

Snack 2

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
<i>Totals for Snack 2</i>				0.75	20.25	4.00	115.00

Dinner - Season beef. Saute carrot/onion/lentils.

1	1.8	ounce(s)	Beef, organic, extra lean	10.94	0.88	1.31	56.88
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.5	tablespoon	Chopped onion	0.15	1.35	0.00	6.00
3	0.8	cup	Cooked lentils	13.50	30.00	0.75	172.50
23	0.8	tablespoon	Olive oil	0.00	0.00	10.50	97.50
<i>Totals for Dinner</i>				25.72	43.92	12.85	382.88

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32

Totals For 1300 Calories Sustained Energy - Day 06				81.58	184.82	36.37	1312.35
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Sustained Energy - Day 07

Breakfast - Prepare eggs w/tomato/beans.Roll wrap w/avocado/sa

6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
4	2.0	tablespoon	PROGRESSO Black Beans	1.75	4.25	0.25	27.50
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Breakfast</i>				22.05	46.25	7.25	304.48

Snack 1 - Top yogurt with berries and flax.

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
<i>Totals for Snack 1</i>				9.00	15.23	1.29	114.68

Lunch - Salad topped w cheese/beans. Heat soup.

20	0.3	tablespoon	Balsamic Vinegar	0.00	0.50	0.00	2.50
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
6	0.8	cup	Green salad w/ raw vegetables	1.29	3.33	0.07	16.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
0	0.8	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	3.14	9.92	0.96	60.69
<i>Totals for Lunch</i>				14.33	30.44	10.37	265.29

Snack 2 - Berry fruit salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 2</i>				1.54	22.51	0.74	101.33

Dinner - Season/saute turkey. Serve w potato/steamed veg.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Dinner</i>				32.72	33.20	15.49	401.10

Snack 3 - Top sandwich thin with peanut butter.

3	0.5	each	100% whole wheat sandwich thin	2.50	11.00	0.50	50.00
21	0.5	tablespoon	peanut butter reduced fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 3</i>				4.50	14.75	3.50	97.50

Totals For 1300 Calories Sustained Energy - Day 07				84.14	162.38	38.64	1284.38
---	--	--	--	--------------	---------------	--------------	----------------