



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Breast Cancer - Day 01							
Breakfast							
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				18.00	75.51	3.40	406.87
Snack 1							
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				0.87	11.85	0.40	48.73
Lunch							
4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, with salt	7.70	22.42	0.56	122.27
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
0	2.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.49	2.15	0.05	9.28
6	0.5	1 cup	Spinach, raw	0.43	0.54	0.06	3.45
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
Totals for Lunch				20.38	50.29	5.97	330.00
Snack 2							
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				2.09	3.75	7.60	91.37
Dinner							
6	0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	2.82	6.45	0.30	32.55
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	1.15	11.80	0.09	51.30
Totals for Dinner				27.00	29.01	7.09	273.23
Snack 3							
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 3				11.62	20.53	1.52	144.15
Totals For 1300 Calories Breast Cancer - Day 01				79.96	190.94	25.98	1294.35

1300 Calories Breast Cancer - Day 02

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, oat bran	3.05	15.19	0.34	72.68
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				15.55	66.70	3.34	347.05

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				14.60	13.51	1.25	121.37

Lunch

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 medium (2-1/4" to 3-1/4" dia.)	Potatoes, baked, flesh and skin, without salt	2.15	18.19	0.11	79.98
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	4.0	fluid ounce(s)	Vegetable juice - V8	0.67	5.33	0.00	24.00
<i>Totals for Lunch</i>				7.40	34.88	2.32	177.74

Snack 2

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				12.17	31.96	1.76	188.70

Dinner

12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	0.3	ounce(s)	Parmesan, grated, KRAFT	3.00	0.25	2.25	32.50
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	0.5	1 teaspoon	Spices, garlic powder	0.26	1.13	0.01	5.13
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				32.51	35.28	11.11	352.23

Snack 3

4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
9	10.0	biscuit	Wheat thins	1.25	11.92	3.76	88.00
<i>Totals for Snack 3</i>				5.22	19.55	5.89	153.61

Totals For 1300 Calories Breast Cancer - Day 02				87.45	201.88	25.67	1340.70
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Breast Cancer - Day 03

Breakfast

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2.35	23.57	0.83	96.99
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				13.90	73.33	1.63	341.86

Snack 1

7	1.3	cup	Strawberries	1.25	11.25	0.00	75.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				1.25	11.96	0.00	77.37

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	cup	Split pea soup - prepared, Rokeach	8.20	23.60	0.50	132.00
<i>Totals for Lunch</i>				20.51	47.22	6.00	321.60

Snack 2

0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				2.09	3.75	7.60	91.37

Dinner

23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
6	0.5	1 cup, cubes	Squash, winter, all varieties, cooked, baked, without salt	0.91	9.07	0.36	37.93
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Dinner</i>				23.54	27.46	12.38	300.73

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.8	1 cup	Soymilk, original and vanilla, unfortified	5.96	11.45	3.19	98.42
<i>Totals for Snack 3</i>				8.75	28.27	8.55	215.00

Totals For 1300 Calories Breast Cancer - Day 03				70.04	191.99	36.16	1347.93
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Breast Cancer - Day 04

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with water	4.88	30.42	1.95	157.95
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				15.02	63.37	2.75	333.30

Snack 1

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				0.87	11.85	0.40	48.73

Lunch

4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				24.93	40.20	12.01	368.51

Snack 2

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				10.11	28.45	1.00	161.62

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
0	2.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	2.13	5.60	0.01	32.04
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
6	0.5	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.31	4.31	0.02	17.50
<i>Totals for Dinner</i>				16.63	27.20	5.99	209.51

Snack 3

4	0.2	1 cup	Soybeans, mature seeds, dry roasted	7.36	6.09	4.02	83.89
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Snack 3</i>				8.30	17.72	4.25	130.09

Totals For 1300 Calories Breast Cancer - Day 04				75.86	188.79	26.40	1251.76
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Breast Cancer - Day 05

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, oat bran	3.05	15.19	0.34	72.68
5	0.5	ounce(s)	Cream Cheese, Light, Philo brand	1.50	1.00	2.50	30.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				9.35	34.75	3.14	194.05

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				14.60	13.51	1.25	121.37

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
<i>Totals for Lunch</i>				12.99	52.67	12.62	352.68

Snack 2

0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
0	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
9	10.0	biscuit	Wheat thins	1.25	11.92	3.76	88.00
<i>Totals for Snack 2</i>				2.25	20.63	3.76	126.37

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
<i>Totals for Dinner</i>				25.54	47.24	6.82	341.38

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.8	1 cup	Soymilk, original and vanilla, unfortified	5.96	11.45	3.19	98.42
<i>Totals for Snack 3</i>				8.75	28.27	8.55	215.00

Totals For 1300 Calories Breast Cancer - Day 05				73.48	197.07	36.14	1350.85
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Breast Cancer - Day 06

Breakfast

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.53	35.36	1.24	145.49
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				15.08	85.12	2.04	390.36

Snack 1

7	1.0	1 cup	Guavas, common, raw	4.21	23.63	1.57	112.20
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				4.21	24.34	1.57	114.57

Lunch

4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, with salt	7.70	22.42	0.56	122.27
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	0.5	1 cup	Spinach, raw	0.43	0.54	0.06	3.45
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				18.89	40.14	5.92	288.72

Snack 2

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				11.62	21.24	1.52	146.52

Dinner

6	0.5	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	2.82	6.45	0.30	32.55
12	1.0	3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	19.16	0.00	1.37	94.35
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	1.15	11.80	0.09	51.30
<i>Totals for Dinner</i>				24.86	24.69	3.86	220.20

Snack 3

4	0.2	1 cup	Soybeans, mature seeds, dry roasted	7.36	6.09	4.02	83.89
<i>Totals for Snack 3</i>				7.36	6.09	4.02	83.89

Totals For 1300 Calories Breast Cancer - Day 06				82.02	201.62	18.93	1244.26
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Breast Cancer - Day 07

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				13.35	71.28	3.44	346.05

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				14.00	3.81	1.15	84.37

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Lunch</i>				28.73	54.23	7.07	382.28

Snack 2

0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
9	10.0	biscuit	Wheat thins	1.25	11.92	3.76	88.00
<i>Totals for Snack 2</i>				1.25	12.63	3.76	90.37

Dinner

6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.62	42.90
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.5	1 cup, cubes	Squash, winter, all varieties, cooked, baked, without salt	0.91	9.07	0.36	37.93
<i>Totals for Dinner</i>				26.36	32.45	6.88	275.93

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.8	1 cup	Soymilk, original and vanilla, unfortified	5.96	11.45	3.19	98.42
<i>Totals for Snack 3</i>				8.75	28.27	8.55	215.00

Totals For 1300 Calories Breast Cancer - Day 07				92.44	202.67	30.85	1394.00
--	--	--	--	--------------	---------------	--------------	----------------