



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Template, North Beach Phase II - Day 01							
Breakfast							
16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
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
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
<i>Totals for Breakfast</i>				17.14	49.38	7.54	330.00
Snack 1							
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				11.04	46.56	6.79	279.62
Lunch							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				30.57	41.45	4.77	330.79
Snack 2							
9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 2</i>				2.40	26.20	0.20	120.00
Dinner							
3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
6	1.0	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	2.29	23.61	0.17	102.60
<i>Totals for Dinner</i>				28.51	31.21	12.68	346.30
Snack 3							
0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
<i>Totals for Snack 3</i>				4.14	24.89	1.45	123.84
Totals For 1500 Calories Template, North Beach Phase II - Day 01				93.80	219.69	33.43	1530.55

1500 Calories Template, North Beach Phase II - Day 02

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Breakfast				17.29	66.40	11.77	427.48

Snack 1

14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
0	6.0	each	Pretzels - Rold Gold, Tiny Tim	0.60	6.90	0.30	36.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
Totals for Snack 1				2.52	18.74	3.95	116.56

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
16	4.0	1 toast	Crackers, melba toast, wheat	2.58	15.28	0.46	74.80
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Lunch				20.20	46.71	4.97	298.00

Snack 2

5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				7.48	32.30	0.34	161.50

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	2.0	slice	Pizza, cheese and veggies	16.00	46.00	6.42	306.00
23	1.0	1 tablespoon	Salad dressing, french dressing, reduced calorie	0.06	4.32	2.08	32.00
Totals for Dinner				17.79	54.76	8.60	360.00

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals for Snack 3				4.30	24.50	8.65	176.00
Totals For 1500 Calories Template, North Beach Phase II - Day 02				69.58	243.41	38.28	1539.54

1500 Calories Template, North Beach Phase II - Day 03

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.41	51.10	10.08	333.54

Snack 1

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				7.78	38.45	0.49	191.50

Lunch

6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
6	1.0	1 slice, thick/large (1/2" thick)	Tomatoes, red, ripe, raw, year round average	0.24	1.05	0.05	4.86
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				38.54	56.41	8.86	435.59

Snack 2

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 2				0.70	25.10	0.00	98.00

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
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
5	1.0	tablespoon	Parmesean Cheese, Low Sodium	2.08	0.19	1.50	22.80
1	3.0	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				26.66	30.58	10.43	314.22

Snack 3

0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				4.14	24.89	1.45	123.84
Totals For 1500 Calories Template, North Beach Phase II - Day 03				91.23	226.53	31.31	1496.69

1500 Calories Template, North Beach Phase II - Day 04

Breakfast

16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
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
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
Totals for Breakfast				24.14	49.98	7.54	364.00

Snack 1

21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				4.00	19.75	4.07	127.50

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				18.08	26.49	14.75	309.78

Snack 2

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				8.68	59.00	0.94	266.50

Dinner

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				26.37	67.08	3.20	400.84

Snack 3

9	3.0	each	Graham Crackers	1.45	16.13	2.12	88.50
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				2.47	27.80	2.58	137.14
Totals For 1500 Calories Template, North Beach Phase II - Day 04				83.74	250.10	33.08	1605.76

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

14	12.0	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 1				5.60	28.32	7.62	189.68

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	4.77	20.34	2.53	122.91
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
Totals for Lunch				33.41	42.42	5.79	354.35

Snack 2

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Snack 2				1.85	22.95	0.46	91.20

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	0.5	tablespoon	Parmesean Cheese, Low Sodium	1.04	0.09	0.75	11.40
23	1.0	1 tablespoon	Salad dressing, french dressing, reduced calorie	0.06	4.32	2.08	32.00
0	1.0	1 serving	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
11	3.0	each	Turkey Meatballs	15.00	7.98	6.90	150.00
Totals for Dinner				23.32	44.82	12.06	363.45

Snack 3

0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				4.14	24.89	1.45	123.84
Totals For 1500 Calories Template, North Beach Phase II - Day 05				97.42	247.00	29.88	1523.52

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
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
Totals for Breakfast				14.50	52.20	3.74	292.99

Snack 1

4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				8.52	33.82	4.14	206.00

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
Totals for Lunch				29.04	28.26	10.32	306.92

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
Totals for Snack 2				5.23	36.20	5.27	195.91

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	21.93	0.00	5.05	139.40
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	0.5 cup	Coleslaw, home-prepared	0.77	7.45	1.57	46.80
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
Totals for Dinner				39.02	55.55	10.87	464.70

Snack 3

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Snack 3				1.85	22.95	0.46	91.20
Totals For 1500 Calories Template, North Beach Phase II - Day 06				98.16	228.98	34.80	1557.72

1500 Calories Template, North Beach Phase II - Day 07

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
Totals for Breakfast				13.59	66.13	10.22	389.90

Snack 1

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				6.00	21.50	8.15	175.00

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
16	4.0	1 toast	Crackers, melba toast, wheat	2.58	15.28	0.46	74.80
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				19.13	42.60	2.04	259.10

Snack 2

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				8.90	41.53	2.94	229.29

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
4	2.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	2.57	1.59	0.09	16.19
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
Totals for Dinner				28.18	41.24	9.69	362.32

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
Totals for Snack 3				3.11	18.67	1.09	92.88
Totals For 1500 Calories Template, North Beach Phase II - Day 07				78.91	231.67	34.13	1508.49