



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Template, North Beach Phase I - Day 01							
Breakfast							
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
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
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
<i>Totals for Breakfast</i>				24.43	39.90	5.27	297.91
Snack 1							
10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<i>Totals for Snack 1</i>				0.15	10.50	0.25	40.50
Lunch							
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
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	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
4	0.3	1 cup	Soybeans, mature cooked, boiled, without salt	7.16	4.27	3.86	74.39
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	8.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.20	5.29	0.27	24.48
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
<i>Totals for Lunch</i>				33.30	21.38	13.19	319.34
Snack 2							
14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<i>Totals for Snack 2</i>				8.29	21.66	3.80	152.84
Dinner							
12	1.3	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	27.03	0.00	8.64	193.38
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
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
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				34.90	26.96	17.97	406.13
Snack 3							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.11	18.67	1.09	92.88
Totals For 1300 Calories Template, North Beach Phase I - Day 01				104.18	139.07	41.57	1309.60

1300 Calories Template, North Beach Phase I - Day 02

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Breakfast</i>				14.95	54.34	6.25	306.28

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				1.10	17.40	0.30	69.00

Lunch

4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
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
<i>Totals for Lunch</i>				13.21	37.58	17.86	342.32

Snack 2

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	2.0	1 cracker	Crackers, whole-wheat	0.97	6.40	1.30	39.28
<i>Totals for Snack 2</i>				7.79	6.93	3.26	87.72

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
4	0.5	1 cup	Soybeans, mature cooked, boiled, without salt	14.31	8.54	7.71	148.78
<i>Totals for Dinner</i>				50.22	17.31	14.84	391.39

Snack 3

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<i>Totals for Snack 3</i>				6.87	25.13	0.16	129.66

Totals For 1300 Calories Template, North Beach Phase I - Day 02				94.14	158.69	42.67	1326.37
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1300 Calories Template, North Beach Phase I - Day 03

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Breakfast</i>				15.50	46.57	7.61	313.94

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
6	8.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.20	5.29	0.27	24.48
<i>Totals for Snack 1</i>				15.20	8.39	1.42	106.48

Lunch

6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	1 cup	Soup, tomato, canned, condensed, reduced sodium	3.93	32.72	1.37	158.60
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Lunch</i>				28.89	60.36	8.05	415.10

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
<i>Totals for Snack 2</i>				8.00	26.39	6.73	187.21

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
18	1.0	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	23.65	0.00	7.07	164.90
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.51	5.01	0.20	20.93
<i>Totals for Dinner</i>				27.90	7.88	14.77	274.73

Snack 3

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<i>Totals for Snack 3</i>				6.60	21.70	0.10	115.00

Totals For 1300 Calories Template, North Beach Phase I - Day 03				102.09	171.29	38.68	1412.46
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1300 Calories Template, North Beach Phase I - Day 04

Breakfast

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
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
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
6	0.5	0.5 cup pieces	Mushrooms, white, raw	0.54	0.57	0.06	3.85
21	0.3	tablespoon	Peanut Butter	1.33	1.17	2.71	31.64
6	0.3	cup	Pepper - sweet bell, all colors, chopped,	0.30	2.30	0.05	9.50
<i>Totals for Breakfast</i>				31.42	42.72	5.98	343.84

Snack 1

14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
<i>Totals for Snack 1</i>				2.03	2.07	4.79	55.58

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				40.44	17.50	11.14	300.20

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
<i>Totals for Snack 2</i>				2.30	22.75	4.57	128.50

Dinner

6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
0	0.3	1 cup	Sauce, barbecue, low sodium	0.57	28.44	0.44	119.97
<i>Totals for Dinner</i>				27.51	60.53	7.31	417.08

Snack 3

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<i>Totals for Snack 3</i>				6.55	22.72	0.24	120.18

Totals For 1300 Calories Template, North Beach Phase I - Day 04				110.25	168.29	34.03	1365.38
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1300 Calories Template, North Beach Phase I - Day 05

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
21	0.5	tablespoon	Peanut Butter	2.00	1.75	4.07	47.50
5	8.0	ounce(s)	Yogurt, no fat, sugar-free, plain	8.00	16.00	0.00	104.00
<i>Totals for Breakfast</i>				16.41	55.37	5.71	328.49

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
6	8.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.20	5.29	0.27	24.48
<i>Totals for Snack 1</i>				15.20	8.39	1.42	106.48

Lunch

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
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	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
14	0.3	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	1.37	1.71	3.53	41.25
4	0.5	1 cup	Soybeans, mature cooked, boiled, without salt	14.31	8.54	7.71	148.78
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
<i>Totals for Lunch</i>				26.43	34.19	19.44	391.73

Snack 2

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				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
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
<i>Totals for Dinner</i>				19.54	20.13	10.77	252.26

Snack 3

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	8.0	1 peanut	Peanuts, all types, dry-roasted, without salt	1.95	1.70	3.97	46.96
<i>Totals for Snack 3</i>				10.35	13.60	4.37	132.96

Totals For 1300 Calories Template, North Beach Phase I - Day 05				88.63	156.78	41.71	1309.92
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1300 Calories Template, North Beach Phase I - Day 06

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Breakfast</i>				12.92	52.27	1.46	250.70

Snack 1

0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	8.0	ounce(s)	Yogurt, no fat, sugar-free, plain	8.00	16.00	0.00	104.00
<i>Totals for Snack 1</i>				9.02	27.67	0.46	152.64

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
5	0.5	1 cup, chopped	Egg, whole, cooked, hard-boiled	8.55	0.76	7.21	105.40
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
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, tomato, canned, condensed, reduced sodium	3.93	32.72	1.37	158.60
<i>Totals for Lunch</i>				26.80	43.80	10.81	384.00

Snack 2

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<i>Totals for Snack 2</i>				4.15	14.00	8.40	135.50

Dinner

12	1.5	3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	28.74	0.00	2.05	141.53
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	0.5	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
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				35.00	28.80	9.91	340.80

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				3.11	18.67	1.09	92.88

Totals For 1300 Calories Template, North Beach Phase I - Day 06				91.00	185.21	32.13	1356.52
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1300 Calories Template, North Beach Phase I - Day 07

Breakfast

15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
<i>Totals for Breakfast</i>				19.45	44.84	8.19	328.84

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	6.0	ounce(s)	Yogurt, no fat, sugar-free, plain	6.00	12.00	0.00	78.00
<i>Totals for Snack 1</i>				6.55	22.72	0.24	120.18

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Lunch</i>				31.94	17.50	10.94	262.20

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
<i>Totals for Snack 2</i>				8.00	26.39	6.73	187.21

Dinner

3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.5	0.5 cup	Sauce, salsa, ready-to-serve	1.00	4.37	0.11	18.85
<i>Totals for Dinner</i>				27.05	35.40	10.61	335.92

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				0.70	25.10	0.00	98.00

Totals For 1300 Calories Template, North Beach Phase I - Day 07				93.69	171.95	36.71	1332.35
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