



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1000 Calories Child Healthy Start(2-3yrs) - Day 01							
Breakfast							
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				7.99	33.87	4.50	197.70
Snack 1							
16	3.0	1 cracker, square	Crackers, whole-wheat, low salt	1.06	8.23	2.06	53.16
4	0.3	1 tablespoon	Hummus, commercial	0.30	0.54	0.36	6.23
<i>Totals for Snack 1</i>				1.36	8.77	2.42	59.39
Lunch							
7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
5	0.5	1 oz	Cheese, cheddar	3.41	0.19	4.79	57.55
6	0.5	1 inner leaf	Lettuce, cos or romaine, raw	0.06	0.16	0.02	0.85
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
5	0.5	tablespoon	Sour Cream, Reduced Fat	0.22	0.32	0.90	10.09
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				14.41	33.70	20.08	355.65
Snack 2							
16	3.0	1 small	Cookies, vanilla wafers, lower fat	0.45	6.62	1.37	39.69
<i>Totals for Snack 2</i>				0.45	6.62	1.37	39.69
Dinner							
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
17	0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	3.73	18.58	0.38	86.80
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	0.3	cup	Spaghetti sauce - no salt, Prego	1.00	5.50	3.00	30.00
11	1.0	each	Turkey Meatballs	5.00	2.66	2.30	50.00
<i>Totals for Dinner</i>				16.06	37.69	12.09	285.82
Snack 3							
7	1.0	1 cup, sections	Oranges, raw, all commercial varieties	1.69	21.15	0.22	84.60
<i>Totals for Snack 3</i>				1.69	21.15	0.22	84.60
Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 01				41.96	141.80	40.68	1022.85

1000 Calories Child Healthy Start(2-3yrs) - Day 02**Breakfast**

5	1.0	cup	Milk - 2%	8.10	11.70	4.70	121.00
16	1.0	each	Pancakes, frozen, whole grain	1.67	14.00	2.00	80.00
7	0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
21	0.3	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	0.75	6.67
0	0.5	1 tablespoon	Syrups, table blends, pancake	0.00	6.15	0.00	23.40
<i>Totals for Breakfast</i>				10.31	39.30	7.52	260.35

Snack 1

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
<i>Totals for Snack 1</i>				3.39	20.50	1.88	105.28

Lunch

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
0	1.0	1 serving	Bologna, turkey	3.20	1.31	4.49	58.52
5	0.3	cup	Milk - 2%	2.03	2.92	1.17	30.25
6	1.0	1 cup, sliced	Peppers, sweet, red, raw	0.91	5.55	0.28	28.52
<i>Totals for Lunch</i>				6.35	23.53	6.06	168.53

Snack 2

16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
<i>Totals for Snack 2</i>				7.08	15.68	9.21	167.12

Dinner

6	0.5	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	1.18	4.93	0.18	21.88
0	3.0	ounce(s)	Macaroni and Cheese	10.50	39.00	8.70	279.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
13	1.0	1 oz	Pork, cured, ham, center slice, separable lean and fat, unheated	5.72	0.01	3.66	57.55
<i>Totals for Dinner</i>				17.40	43.94	16.04	388.43

Snack 3

7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
<i>Totals for Snack 3</i>				0.66	6.36	0.15	26.52

Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 02				45.19	149.31	40.86	1116.23
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1000 Calories Child Healthy Start(2-3yrs) - Day 03

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
21	0.5	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	2.00	0.00	8.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
<i>Totals for Breakfast</i>				8.72	33.99	5.17	210.84

Snack 1

16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
<i>Totals for Snack 1</i>				3.65	23.52	7.08	168.24

Lunch

6	0.5	1 cup, sliced	Carrots, canned, no salt added, drained solids	0.47	4.04	0.14	18.25
11	1.0	each	Hot dog, turkey	6.00	2.00	8.00	100.00
17	0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	3.73	18.58	0.38	86.80
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
<i>Totals for Lunch</i>				14.25	30.47	15.87	308.89

Snack 2

5	2.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	2.00	9.00	0.25	45.00
7	0.5	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.54	7.45	0.07	29.28
<i>Totals for Snack 2</i>				2.54	16.45	0.32	74.28

Dinner

4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	0.3	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.43	2.46	0.06	12.88
5	0.5	1 oz	Cheese, cheddar	3.41	0.19	4.79	57.55
6	0.5	1 potato medium (2-1/4" to 3-1/4" dia)	Potatoes, baked, flesh and skin, without salt	2.16	18.29	0.11	80.45
<i>Totals for Dinner</i>				10.81	31.14	5.19	207.64

Snack 3

15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1.69	10.25	0.94	52.64
<i>Totals for Snack 3</i>				1.69	10.25	0.94	52.64

Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 03				41.66	145.82	34.57	1022.53
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1000 Calories Child Healthy Start(2-3yrs) - Day 04

Breakfast

5	4.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	4.00	18.00	0.50	90.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				9.07	35.52	3.31	199.14

Snack 1

16	3.0	1 cracker, square	Crackers, whole-wheat, low salt	1.06	8.23	2.06	53.16
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
<i>Totals for Snack 1</i>				2.74	9.74	6.50	102.28

Lunch

7	0.3	1 cup, cubes	Avocados, raw, all commercial varieties	0.75	3.20	5.50	60.00
16	1.0	1 pita, small (4" dia)	Bread, pita, whole-wheat	2.74	15.40	0.73	74.48
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
8	0.5	ounce(s)	Tuna Solid White -Water Sm. can	3.75	0.25	0.25	17.50
<i>Totals for Lunch</i>				12.83	33.74	19.32	347.78

Snack 2

16	0.5	1 bagel, mini (2-1/2" dia)	Bagels, oat bran	1.39	6.93	0.16	33.15
4	1.0	1 tablespoon	Hummus, commercial	1.19	2.14	1.44	24.90
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
<i>Totals for Snack 2</i>				6.63	14.92	3.95	118.55

Dinner

6	1.0	1 cup, sliced	Carrots, canned, no salt added, drained solids	0.93	8.09	0.28	36.50
5	0.3	1 oz	Cheese, mozzarella, whole milk	1.57	0.16	1.58	21.26
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
13	0.5	1 oz	Pork, cured, ham, center slice, separable lean and fat, unheated	2.86	0.01	1.83	28.78
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
<i>Totals for Dinner</i>				9.03	24.96	8.07	198.65

Snack 3

7	0.3	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.10	6.87	0.06	25.62
7	0.3	1 cup, halves	Pears, canned, water pack, solids and liquids	0.12	4.76	0.02	17.69
<i>Totals for Snack 3</i>				0.22	11.63	0.08	43.31
Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 04				40.52	130.51	41.23	1009.71

1000 Calories Child Healthy Start(2-3yrs) - Day 05

Breakfast

7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
16	2.0	each	Pancakes, frozen, whole grain	3.33	28.00	4.00	160.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
0	0.5	1 tablespoon	Syrups, table blends, pancake	0.00	6.15	0.00	23.40
<i>Totals for Breakfast</i>				8.04	46.36	8.00	283.76

Snack 1

16	2.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	0.94	10.87	1.48	60.20
5	2.0	ounce(s)	Kid's Low Sugar Fruited Yogurt	2.00	9.00	0.25	45.00
<i>Totals for Snack 1</i>				2.94	19.87	1.73	105.20

Lunch

16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
6	0.5	1 cup, sliced	Peppers, sweet, red, raw	0.46	2.77	0.14	14.26
<i>Totals for Lunch</i>				11.39	27.74	12.36	260.44

Snack 2

16	8.0	1 small	Cookies, vanilla wafers, lower fat	1.20	17.66	3.65	105.84
<i>Totals for Snack 2</i>				1.20	17.66	3.65	105.84

Dinner

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
11	1.0	1 drumstick, bone and skin removed	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	10.67	0.00	2.51	68.20
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				19.58	31.48	10.12	287.80

Snack 3

7	1.0	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	1.07	14.91	0.15	58.56
<i>Totals for Snack 3</i>				1.07	14.91	0.15	58.56

Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 05				44.22	158.02	36.01	1101.60
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1000 Calories Child Healthy Start(2-3yrs) - Day 06

Breakfast

16	1.0	1 bagel, mini (2-1/2" dia)	Bagels, oat bran	2.78	13.86	0.31	66.30
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	cup	Milk - 2%	8.10	11.70	4.70	121.00
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
<i>Totals for Breakfast</i>				13.16	40.42	9.75	288.92

Snack 1

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
<i>Totals for Snack 1</i>				3.39	20.50	1.88	105.28

Lunch

0	1.0	1 serving	Bologna, turkey	3.20	1.31	4.49	58.52
16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
23	0.3	tablespoon	Mayo, organic, light	0.00	0.25	0.88	8.75
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
7	0.5	1 cup, halves	Pears, canned, water pack, solids and liquids	0.23	9.53	0.04	35.38
<i>Totals for Lunch</i>				11.01	29.05	8.75	234.59

Snack 2

6	1.0	1 cup, strips or slices	Carrots, raw	1.13	11.69	0.29	50.02
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
<i>Totals for Snack 2</i>				1.49	14.84	7.13	126.82

Dinner

6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
17	0.5	1 cup elbow shaped	Macaroni, whole-wheat, cooked	3.73	18.58	0.38	86.80
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
13	0.3	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	7.41	0.00	0.99	40.48
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
<i>Totals for Dinner</i>				12.28	21.13	6.65	184.88

Snack 3

0	1.0	0.5 cup	Puddings, vanilla, dry mix, instant, prepared with whole milk	3.83	27.97	4.12	161.88
<i>Totals for Snack 3</i>				3.83	27.97	4.12	161.88
Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 06				45.16	153.91	38.28	1102.37

1000 Calories Child Healthy Start(2-3yrs) - Day 07

Breakfast

15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				7.48	28.04	4.27	173.38

Snack 1

7	4.0	1 fl oz	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.12	14.01	0.16	57.04
16	0.5	1 bagel, mini (2-1/2" dia)	Bagels, oat bran	1.39	6.93	0.16	33.15
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
<i>Totals for Snack 1</i>				5.06	24.51	8.54	185.87

Lunch

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	0.5	1 cup, sliced	Carrots, canned, no salt added, drained solids	0.47	4.04	0.14	18.25
11	0.5	each	Hot dog, turkey	3.00	1.00	4.00	50.00
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
<i>Totals for Lunch</i>				7.73	24.64	10.11	209.99

Snack 2

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	0.5	cup	Milk - 2%	4.05	5.85	2.35	60.50
<i>Totals for Snack 2</i>				7.44	26.35	4.23	165.78

Dinner

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
6	0.3	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	0.59	2.46	0.09	10.94
5	0.3	1 oz	Cheese, cheddar	1.70	0.09	2.40	28.78
1	1.0	ounce(s)	Chicken Breast / White Meat	6.50	0.00	0.40	31.00
6	0.3	1 inner leaf	Lettuce, cos or romaine, raw	0.03	0.08	0.01	0.43
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
5	0.3	tablespoon	Sour Cream, Reduced Fat	0.11	0.16	0.45	5.04
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Dinner</i>				11.06	16.65	13.29	217.69

Snack 3

7	0.5	1 cup, sections	Oranges, raw, all commercial varieties	0.85	10.58	0.11	42.30
<i>Totals For 1000 Calories Child Healthy Start(2-3yrs) - Day 07</i>				39.62	130.77	40.55	995.01