



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories On The Go - Day 01							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
<i>Totals for Breakfast</i>				16.29	38.81	6.00	271.00
Snack 1							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				10.53	34.10	4.95	237.75
Lunch							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
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
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				29.73	24.66	6.43	274.90
Snack 2							
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				5.30	11.85	8.20	135.00
Dinner							
4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, without salt	7.70	22.42	0.56	122.27
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
20	1.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	3.00	3.00	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				15.97	57.50	8.02	354.20
Snack 3							
0	2.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00
Totals For 1300 Calories On The Go - Day 01				79.16	172.26	35.60	1318.85

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
Totals for Breakfast				20.61	27.63	3.28	222.41

Snack 1

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.36	32.59	2.89	159.86

Lunch

0	1.0	each	BK Barbecue Sauce	0.00	9.00	0.00	35.00
0	1.0	each	BK Chicken Whopper Jr. NO mayo	23.00	31.00	6.00	270.00
0	1.0	each	BK Side Salad w/ lite lt. Drsg	1.00	9.00	5.00	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	49.00	11.00	380.00

Snack 2

4	0.5	1 oz	Peanuts, all types, dry-roasted, without salt	3.45	3.01	7.04	83.21
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				3.45	3.01	7.04	83.21

Dinner

6	1.0	1 tablespoon	Catsup	0.18	4.66	0.02	17.17
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				25.78	43.75	6.24	325.19

Snack 3

9	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
Totals for Snack 3				4.15	14.00	8.40	135.50
Totals For 1300 Calories On The Go - Day 02				80.35	169.98	38.85	1306.17

1300 Calories On The Go - Day 03

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
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	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
Totals for Breakfast				14.49	66.06	2.34	329.00

Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				4.17	6.07	15.20	178.00

Lunch

7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
0	1.0	each	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	18.00	46.00	4.50	280.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				18.55	54.70	4.65	314.50

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.96	5.89	5.30	101.50

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				35.46	29.63	4.60	308.20

Snack 3

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
Totals for Snack 3				4.00	6.00	5.00	80.00
Totals For 1300 Calories On The Go - Day 03				83.63	168.35	37.09	1311.20

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
Totals for Breakfast				2.87	52.81	3.40	246.36

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	0.5	tablespoon	Peanut butter - creamy. Peter Pan	2.15	1.42	4.10	47.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.30	11.92	4.35	88.00

Lunch

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				13.40	46.75	12.63	340.68

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				28.67	11.53	2.30	188.00

Dinner

1	3.0	ounce(s)	Cod - Atlantic, broiled	19.41	0.00	0.75	90.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	7.79	20.30	1.50	125.84
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				29.80	43.30	7.05	353.84

Snack 3

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
Totals for Snack 3				8.00	11.70	2.60	102.00
Totals For 1300 Calories On The Go - Day 04				85.04	178.01	32.33	1318.88

1300 Calories On The Go - Day 05

Breakfast

16	0.5	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	2.81	15.71	0.48	77.91
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	0.5	ounce(s)	Cream Cheese, Light, Phili brand	1.50	1.00	2.50	30.00
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
Totals for Breakfast				11.46	36.63	5.33	230.91

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.05	24.22	0.24	132.18

Lunch

6	1.0	1 packet	Catsup	0.09	2.47	0.01	9.09
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Jr. Hamburger	14.00	34.00	9.00	270.00
0	1.0	each	Wendy's Small Chili	17.00	21.00	6.00	200.00
Totals for Lunch				31.60	58.83	15.24	487.19

Snack 2

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				5.00	12.50	8.15	135.00

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				28.80	31.12	1.51	251.76

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
Totals for Snack 3				4.60	19.20	1.60	103.50
Totals For 1300 Calories On The Go - Day 05				89.51	182.50	32.07	1340.54

1300 Calories On The Go - Day 06

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
<i>Totals for Breakfast</i>				<i>10.85</i>	<i>53.21</i>	<i>2.31</i>	<i>269.66</i>

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<i>6.96</i>	<i>5.89</i>	<i>5.30</i>	<i>101.50</i>

Lunch

12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
6	0.3	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	8.0	each	Pretzels - Rold Gold, Tiny Tim	0.80	9.20	0.40	48.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>25.50</i>	<i>44.62</i>	<i>8.30</i>	<i>356.25</i>

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>14.00</i>	<i>3.10</i>	<i>1.15</i>	<i>82.00</i>

Dinner

0	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>27.45</i>	<i>52.25</i>	<i>16.10</i>	<i>439.00</i>

Snack 3

9	2.0	each	Graham Crackers	0.97	10.75	1.41	59.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 3</i>				<i>1.17</i>	<i>14.85</i>	<i>1.41</i>	<i>79.00</i>
<i>Totals For 1300 Calories On The Go - Day 06</i>				<i>85.93</i>	<i>173.92</i>	<i>34.57</i>	<i>1327.41</i>

1300 Calories On The Go - Day 07

Breakfast

7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				4.15	51.15	3.40	241.50

Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				4.17	6.07	15.20	178.00

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
7	0.5	1 cup	Peaches, canned, juice pack, solids and liquids	0.79	14.46	0.04	55.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				18.79	46.56	1.19	267.00

Snack 2

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				7.33	17.12	14.14	208.27

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				33.20	34.74	8.36	338.10

Snack 3

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
Totals For 1300 Calories On The Go - Day 07				71.64	161.64	47.29	1312.87