



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Extreme Fat Loss - Day 01							
Breakfast							
15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				41.10	32.40	6.75	343.50
Snack 1							
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				21.45	21.45	1.29	186.00
Lunch							
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				35.13	10.13	0.80	197.00
Snack 2							
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				34.50	4.50	3.75	195.00
Dinner							
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				28.75	24.52	6.06	272.98
Totals For 1200 Calories Extreme Fat Loss - Day 01				160.93	93.00	18.65	1194.48

1200 Calories Extreme Fat Loss - Day 02**Breakfast**

15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				41.10	32.40	6.75	343.50

Snack 1

10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				20.76	21.45	10.59	267.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				27.13	10.13	1.60	169.00

Snack 2

0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				34.50	4.50	3.75	195.00

Dinner

6	1.0	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
10	0.3	1 cup	Sweetpotato, cooked, baked in skin, without salt	1.00	10.35	0.08	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				35.57	14.70	0.96	218.78
Totals For 1200 Calories Extreme Fat Loss - Day 02				159.06	83.18	23.65	1193.28

1200 Calories Extreme Fat Loss - Day 03

Breakfast

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				46.00	6.00	5.00	260.00

Snack 1

17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				28.02	22.39	1.48	222.23

Lunch

10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
1	4.0	ounce(s)	Sirloin Top - fat trimmed off	34.40	0.00	7.72	216.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				37.29	25.26	7.93	329.98

Snack 2

0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				23.00	3.00	2.50	130.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.8	cup	Rice/White Steamed - Cooked	3.38	30.38	0.00	135.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				29.38	30.38	1.60	259.00

Totals For 1200 Calories Extreme Fat Loss - Day 03				163.69	87.03	18.51	1201.21
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1200 Calories Extreme Fat Loss - Day 04

Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
15	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				17.10	28.80	3.00	199.50

Snack 1

0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				34.50	4.50	3.75	195.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	0.5	cup	Rice/White Steamed - Cooked	2.25	20.25	0.00	90.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				28.25	20.25	1.60	214.00

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				46.00	6.00	5.00	260.00

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
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	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				37.46	28.94	8.00	338.49
Totals For 1200 Calories Extreme Fat Loss - Day 04				163.31	88.49	21.35	1206.99

1200 Calories Extreme Fat Loss - Day 05

Breakfast

15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.5	scoop	Protein Powder	34.50	4.50	3.75	195.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				41.10	32.40	6.75	343.50

Snack 1

23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				46.00	6.00	8.50	290.00

Lunch

10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				26.63	10.13	0.60	159.00

Snack 2

0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				23.00	3.00	2.50	130.00

Dinner

6	1.0	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.49	1.63	0.08	7.70
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				28.38	25.06	6.02	273.78
Totals For 1200 Calories Extreme Fat Loss - Day 05				165.11	76.59	24.37	1196.28

1200 Calories Extreme Fat Loss - Day 06**Breakfast**

15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>29.60</i>	<i>30.90</i>	<i>5.50</i>	<i>278.50</i>

Snack 1

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<i>27.95</i>	<i>21.45</i>	<i>1.69</i>	<i>217.00</i>

Lunch

10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>35.13</i>	<i>10.13</i>	<i>0.80</i>	<i>197.00</i>

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>46.00</i>	<i>6.00</i>	<i>5.00</i>	<i>260.00</i>

Dinner

1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
6	1.0	1 cup	Spinach, raw	0.86	1.09	0.12	6.90
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>28.75</i>	<i>24.52</i>	<i>6.06</i>	<i>272.98</i>
Totals For 1200 Calories Extreme Fat Loss - Day 06				167.43	93.00	19.05	1225.48

1200 Calories Extreme Fat Loss - Day 07

Breakfast

15	0.5	cup	Oatmeal -Quick, measured uncooked	6.60	27.90	3.00	148.50
0	1.0	scoop	Protein Powder	23.00	3.00	2.50	130.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>29.60</i>	<i>30.90</i>	<i>5.50</i>	<i>278.50</i>

Snack 1

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
10	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<i>27.95</i>	<i>21.45</i>	<i>1.69</i>	<i>217.00</i>

Lunch

10	0.3	cup	Rice - white cook steamed	1.13	10.13	0.00	45.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				<i>26.63</i>	<i>10.13</i>	<i>0.60</i>	<i>159.00</i>

Snack 2

0	2.0	scoop	Protein Powder	46.00	6.00	5.00	260.00
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				<i>46.00</i>	<i>6.00</i>	<i>5.00</i>	<i>260.00</i>

Dinner

6	1.5	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.74	2.45	0.12	11.55
1	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
10	0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	2.01	20.71	0.15	90.00
0	1.0	1 tablespoon	Vinegar, balsamic	0.08	2.72	0.00	14.08
0	16.0	1 fl oz	Water, tap, drinking	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>28.63</i>	<i>25.88</i>	<i>6.06</i>	<i>277.63</i>
Totals For 1200 Calories Extreme Fat Loss - Day 07				158.81	94.36	18.85	1192.13