



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Gluten Free - Day 01							
Breakfast							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	24.00	1.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				11.00	49.25	1.70	248.50
Snack 1							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	0.5	tablespoon	Peanut Butter, Jif Reduced Fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 1</i>				2.30	24.75	3.50	128.50
Lunch							
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
5	1.0	ounce(s)	Kraft, cheese, mozzarella natural shredded part-skim	6.00	1.00	5.00	80.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
1	3.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
<i>Totals for Lunch</i>				24.75	31.05	8.60	353.00
Snack 2							
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 2</i>				5.00	19.00	0.00	100.00
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	9.00	2.00	50.00
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Dinner</i>				30.28	48.27	10.31	406.10
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1300 Calories Gluten Free - Day 01				75.34	180.33	27.11	1305.10

1300 Calories Gluten Free - Day 02

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				10.87	48.84	0.95	244.43

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				14.60	12.80	1.25	119.00

Lunch

2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
6	10.0	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<i>Totals for Lunch</i>				33.17	59.98	14.58	404.50

Snack 2

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 2</i>				1.31	12.73	0.30	53.04

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
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>				30.86	37.67	12.29	381.29

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				2.00	18.00	0.00	80.00

Totals For 1300 Calories Gluten Free - Day 02				92.81	190.02	29.37	1282.26
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1300 Calories Gluten Free - Day 03

Breakfast

5	1.0	1 large	Egg, whole, cooked, scrambled	6.09	0.98	6.70	90.89
16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
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
<i>Totals for Breakfast</i>				16.09	46.78	14.20	312.89

Snack 1

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 1</i>				1.31	12.73	0.30	53.04

Lunch

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
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
<i>Totals for Lunch</i>				27.65	36.42	6.38	315.76

Snack 2

14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				1.95	12.64	3.65	83.55

Dinner

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	2.0	ounce(s)	Lundberg Organic Brown Rice Pasta	4.00	44.00	2.00	210.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				26.85	63.69	12.05	472.50

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00

Totals For 1300 Calories Gluten Free - Day 03				75.86	180.27	39.58	1306.74
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1300 Calories Gluten Free - Day 04**Breakfast**

2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				15.42	52.07	8.86	339.64

Snack 1

5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				5.00	19.00	0.00	100.00

Lunch

20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
0	1.0	cup	soup, Campbell's Select Savory Lentil	8.00	27.00	0.50	140.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	3.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	13.50	1.50	0.00	67.50
<i>Totals for Lunch</i>				24.83	56.41	12.88	331.10

Snack 2

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 2</i>				2.00	18.00	0.00	80.00

Dinner

12	1.3	3 oz	Fish, swordfish, cooked, dry heat	24.92	0.00	8.43	182.75
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Dinner</i>				30.42	42.95	14.22	423.42

Snack 3

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
<i>Totals for Snack 3</i>				0.40	8.20	0.00	40.00

Totals For 1300 Calories Gluten Free - Day 04**78.07 196.63 35.96 1314.16**

1300 Calories Gluten Free - Day 05**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
<i>Totals for Breakfast</i>				12.60	64.48	4.32	346.68

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				14.60	12.80	1.25	119.00

Lunch

6	8.0	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
20	2.0	tablespoon	Hellman's Light Mayo	0.00	2.00	9.00	90.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	3.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
<i>Totals for Lunch</i>				18.76	40.51	17.93	305.10

Snack 2

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 2</i>				6.02	20.03	2.40	127.79

Dinner

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	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
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>				26.91	19.89	8.87	269.43

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
<i>Totals for Snack 3</i>				2.00	19.00	7.00	148.00

Totals For 1300 Calories Gluten Free - Day 05				80.89	176.71	41.77	1316.00
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1300 Calories Gluten Free - Day 06

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	24.00	1.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				11.00	49.25	1.70	248.50

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				5.55	29.72	0.24	142.18

Lunch

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	4.50	1.00	25.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
<i>Totals for Lunch</i>				9.28	57.75	18.97	431.71

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
<i>Totals for Snack 2</i>				6.29	0.56	5.30	77.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
17	1.0	ounce(s)	Lundberg Organic Brown Rice Pasta	2.00	22.00	1.00	105.00
13	1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	33.37	0.00	4.48	182.33
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Dinner</i>				41.44	29.64	6.54	338.73

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill 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 Gluten Free - Day 06				74.90	172.26	34.75	1284.62
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1300 Calories Gluten Free - Day 07

Breakfast

16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
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
<i>Totals for Breakfast</i>				10.00	45.80	7.50	222.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 1</i>				4.30	28.50	6.50	176.00

Lunch

6	8.0	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	0.5	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	1.00	9.50	3.50	70.00
1	4.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	18.00	2.00	0.00	90.00
<i>Totals for Lunch</i>				22.84	46.00	15.98	311.60

Snack 2

0	1.0	cup	soup, Campbell's Select Savory Lentil	8.00	27.00	0.50	140.00
<i>Totals for Snack 2</i>				8.00	27.00	0.50	140.00

Dinner

2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
<i>Totals for Dinner</i>				39.04	33.87	7.49	366.00

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				2.00	18.00	0.00	80.00

Totals For 1300 Calories Gluten Free - Day 07				86.18	199.17	37.97	1295.60
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