



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1400 Calories Wheat Free/Low Fat - Day 01</b>							
<b>Breakfast</b>							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	cup	Rice Chex	2.00	27.00	0.00	120.00
<i>Totals for Breakfast</i>				<b>11.80</b>	<b>66.30</b>	<b>1.00</b>	<b>317.00</b>
<b>Snack 1</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	1.0	each	cliff bar-choc-chip peanut	12.00	40.00	6.00	250.00
<i>Totals for Snack 1</i>				<b>12.30</b>	<b>61.00</b>	<b>6.50</b>	<b>331.00</b>
<b>Lunch</b>							
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 (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
0	4.0	1 slice (3-1/2" square; 8 per 6 oz package)	Turkey breast, sliced, oven roasted, luncheon meat	14.34	3.54	1.39	87.36
<i>Totals for Lunch</i>				<b>16.94</b>	<b>27.49</b>	<b>6.19</b>	<b>230.12</b>
<b>Snack 2</b>							
0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
<i>Totals for Snack 2</i>				<b>0.41</b>	<b>18.06</b>	<b>1.22</b>	<b>80.73</b>
<b>Dinner</b>							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	1.0	1 head	Endive, raw	6.41	17.19	1.03	87.21
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				<b>38.34</b>	<b>55.09</b>	<b>3.72</b>	<b>397.97</b>
<b>Snack 3</b>							
0	1.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	0.67	2.67	1.00	23.00
<i>Totals for Snack 3</i>				<b>0.67</b>	<b>2.67</b>	<b>1.00</b>	<b>23.00</b>
<b>Totals For 1400 Calories Wheat Free/Low Fat - Day 01</b>				<b>80.46</b>	<b>230.61</b>	<b>19.63</b>	<b>1379.82</b>

1400 Calories Wheat Free/Low Fat - Day 02

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
17	0.3	1 cup	Quinoa, uncooked	6.00	27.27	2.58	156.40
Totals for Breakfast				14.60	39.87	2.98	248.40

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				0.30	21.00	0.50	81.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	6.0	ounce(s)	Potato/White - Baked	3.90	42.90	0.18	186.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				45.50	62.85	3.38	478.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
Totals for Snack 2				10.00	26.00	4.50	180.00

Dinner

6	1.0	ounce(s)	Artichoke heart - boiled, drained	0.98	3.17	0.00	14.00
6	1.0	0.5 cup slices	Beets, cooked, boiled, drained	1.43	8.47	0.15	37.40
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
6	1.0	1 cup, shredded or chopped	Lettuce, butterhead (includes boston and bibb types), raw	0.74	1.23	0.12	7.15
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				46.41	18.92	0.83	289.83
Totals For 1400 Calories Wheat Free/Low Fat - Day 02				116.81	168.64	12.19	1277.99

1400 Calories Wheat Free/Low Fat - Day 03

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
15	1.0	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.10	26.60	1.90	129.00
Totals for Breakfast				17.90	91.00	4.50	463.00

Snack 1

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
Totals for Snack 1				10.00	26.00	4.50	180.00

Lunch

3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Soup, lentil with ham, canned, ready-to-serve	9.28	20.24	2.78	138.88
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				11.88	40.19	3.58	241.64

Snack 2

7	1.0	1 fruit 2-1/4" high x 2-1/2" dia	Pears, asian, raw	0.61	12.99	0.28	51.24
Totals for Snack 2				0.61	12.99	0.28	51.24

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
17	0.3	1 cup	Quinoa, uncooked	6.00	27.27	2.58	156.40
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				44.80	36.22	10.42	417.16
Totals For 1400 Calories Wheat Free/Low Fat - Day 03				85.19	206.40	23.28	1353.04

1400 Calories Wheat Free/Low Fat - Day 04

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
0	1.0	each	lifestrea wheat free waffles	1.00	43.00	5.00	230.00
Totals for Breakfast				11.70	44.60	5.00	287.00

Snack 1

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
Totals for Snack 1				10.00	26.00	4.50	180.00

Lunch

0	1.0	bag	buckwheat ramen	10.00	60.00	2.00	280.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				29.50	60.95	3.20	377.76

Snack 2

21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
Totals for Snack 2				24.72	62.75	2.50	347.57

Dinner

20	0.5	tablespoon	French - no fat, KRAFT Free	0.00	2.00	0.00	10.00
0	1.0	each	Natural Touch Vegan Burger	11.00	6.00	0.00	70.00
6	0.5	1 cup, slices	Radishes, raw	0.39	1.97	0.06	9.28
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	0.5	1 cup, cubes	Squash, winter, acorn, raw	0.56	7.29	0.07	28.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				13.90	32.46	0.73	196.04

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1400 Calories Wheat Free/Low Fat - Day 04				91.16	232.10	17.93	1434.37

1400 Calories Wheat Free/Low Fat - Day 05

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
17	0.3	1 cup	Quinoa, uncooked	6.00	27.27	2.58	156.40
Totals for Breakfast				14.60	39.87	2.98	248.40

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				0.30	21.00	0.50	81.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	6.0	ounce(s)	Potato/White - Baked	3.90	42.90	0.18	186.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				45.50	62.85	3.38	478.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
Totals for Snack 2				10.00	26.00	4.50	180.00

Dinner

6	1.0	ounce(s)	Artichoke heart - boiled, drained	0.98	3.17	0.00	14.00
6	1.0	0.5 cup slices	Beets, cooked, boiled, drained	1.43	8.47	0.15	37.40
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
6	1.0	1 cup, shredded or chopped	Lettuce, butterhead (includes boston and bibb types), raw	0.74	1.23	0.12	7.15
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				46.41	18.92	0.83	289.83
Totals For 1400 Calories Wheat Free/Low Fat - Day 05				116.81	168.64	12.19	1277.99

1400 Calories Wheat Free/Low Fat - Day 06

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
Totals for Breakfast				5.40	55.40	2.60	261.00

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
Totals for Snack 1				2.18	29.98	0.92	131.64

Lunch

0	1.0	slice	100% spelt bread- french meadow	2.00	10.00	0.00	52.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
Totals for Lunch				34.60	35.95	2.80	310.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
Totals for Snack 2				10.00	26.00	4.50	180.00

Dinner

5	1.0	cup	Cheese - Healthy Choice fat free shredded	36.00	8.00	0.00	180.00
4	0.5	cup	Pinto bean - boiled	7.00	21.80	0.40	116.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	2.0	each	Tortilla - corn, soft, 7" diam.	2.00	18.00	2.00	90.00
Totals for Dinner				47.60	67.75	3.20	494.76
Totals For 1400 Calories Wheat Free/Low Fat - Day 06				99.78	215.08	14.02	1378.16

Breakfast

0	1.0	slice	100% spelt bread- french meadow	2.00	10.00	0.00	52.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
Totals for Breakfast				30.20	16.90	2.30	222.00

Snack 1

0	1.0	each	cliff bar-choc-chip peanut	12.00	40.00	6.00	250.00
Totals for Snack 1				12.00	40.00	6.00	250.00

Lunch

7	1.0	1 cup, slices	Pears, raw	0.50	21.32	0.20	79.80
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
5	6.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.75	33.00	2.25	174.00
Totals for Lunch				7.25	55.27	2.45	258.56

Snack 2

0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
Totals for Snack 2				0.41	18.06	1.22	80.73

Dinner

6	4.0	ounce(s)	Artichoke heart - boiled, drained	3.90	12.70	0.02	56.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	0.5	1 head	Endive, raw	3.21	8.59	0.51	43.61
6	1.0	1 cup, pieces or slices	Mushrooms, white, raw	2.16	2.28	0.24	15.40
6	2.0	1 cup, chopped	Mustard greens, raw	3.20	5.23	0.47	30.24
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
0	2.0	ounce(s)	whole grain spelt pasta	8.00	40.00	1.50	190.00
Totals for Snack 3				25.47	73.75	3.74	380.01
Totals For 1400 Calories Wheat Free/Low Fat - Day 07				75.33	203.98	15.71	1191.30