



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Weight Loss R2 - Day 01</b>							
<b>Breakfast - oatmeal using milk. make eggs in pan.</b>							
1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				<b>35.60</b>	<b>62.37</b>	<b>2.70</b>	<b>405.50</b>
<b>Snack 1</b>							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
<i>Totals for Snack 1</i>				<b>1.20</b>	<b>26.70</b>	<b>0.60</b>	<b>105.00</b>
<b>Lunch - make salad with oil and crouton. top with chicken</b>							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
16	0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
20	3.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.30	5.70	2.70	48.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>37.56</b>	<b>37.40</b>	<b>9.16</b>	<b>394.00</b>
<b>Snack 2 - mix tuna,mayo, and relish. eat with crackers.</b>							
9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.5	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	7.50	0.00	20.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<i>Totals for Snack 2</i>				<b>31.10</b>	<b>24.80</b>	<b>4.10</b>	<b>240.00</b>
<b>Dinner - make salad with oil. make broc,rice,fish separate</b>							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
2	0.8	cup	Brown Rice - cooked	3.68	37.28	0.90	174.00
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
20	1.5	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.15	2.85	1.35	24.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>40.83</b>	<b>59.47</b>	<b>6.87</b>	<b>458.52</b>
<b>Snack 3</b>							
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 3</i>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>
<b>Totals For 1700 Calories Weight Loss R2 - Day 01</b>				<b>153.79</b>	<b>224.24</b>	<b>23.43</b>	<b>1693.02</b>

Breakfast - combine cereal, milk, and chopped banana

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	5.08	30.76	2.83	157.92
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
Totals for Breakfast				18.88	75.31	4.03	391.92

Snack 1

9	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 - - make salad with croutons,oil,boil egg

16	0.3	1 cup	Croutons, seasoned	1.08	6.35	1.83	46.50
5	3.0	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.91	232.50
20	2.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				22.75	30.83	20.34	409.00

Snack 2

8	1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
Totals for Snack 2				42.00	9.30	3.45	246.00

Dinner - salad w/oil.add sour cream to potato

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals for Dinner				31.30	47.68	12.53	424.20

Snack 3

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 3				7.50	13.50	0.00	90.00
Totals For 1700 Calories Weight Loss R2 - Day 02				122.73	197.62	40.85	1642.12

**Breakfast - Make oatmeal using milk. make eggs in pan.**

1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
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
15	1.0	pack	Oatmeal - instant pkt.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
<i>Totals for Breakfast</i>				<i>33.50</i>	<i>59.40</i>	<i>2.60</i>	<i>384.00</i>

**Snack 1**

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<i>7.50</i>	<i>13.50</i>	<i>0.00</i>	<i>90.00</i>

**Lunch - mix all ingredients for sandwich. Applesauce sep.**

7	0.5	1 cup	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.21	13.75	0.12	51.24
16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
6	4.0	1 leaf	Spinach, raw	1.14	1.45	0.16	9.20
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
<i>Totals for Lunch</i>				<i>55.67</i>	<i>50.60</i>	<i>6.56</i>	<i>478.32</i>

**Snack 2 - mix fruit with cottage cheese**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
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>				<i>28.54</i>	<i>13.65</i>	<i>2.37</i>	<i>193.28</i>

**Dinner - top chicken with salsa and cheese.**

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
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	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
<i>Totals for Dinner</i>				<i>44.60</i>	<i>60.54</i>	<i>8.02</i>	<i>491.52</i>

**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>				<i>2.01</i>	<i>8.01</i>	<i>3.00</i>	<i>69.00</i>
<b>Totals For 1700 Calories Weight Loss R2 - Day 03</b>				<b>171.82</b>	<b>205.70</b>	<b>22.55</b>	<b>1706.12</b>

**Breakfast - combine cereal and milk, add chopped banana to yog**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Breakfast</i>				<b>20.49</b>	<b>72.60</b>	<b>2.88</b>	<b>386.28</b>

**Snack 1**

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
<i>Totals for Snack 1</i>				<b>0.40</b>	<b>8.20</b>	<b>0.00</b>	<b>40.00</b>

**Lunch - mix tuna, relish, and mayo and top crackers.**

6	12.0	1 medium	Carrots, baby, raw	0.77	9.89	0.16	42.00
9	8.0	each	Cracker/Nabisco - Low Saltines	1.60	16.00	3.20	96.00
21	3.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	9.00	0.00	24.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
0	1.0	cup	Vegetable soup - prepared, Campbell's Homestyle	2.00	9.00	2.00	60.00
<i>Totals for Lunch</i>				<b>41.97</b>	<b>51.69</b>	<b>7.96</b>	<b>417.00</b>

**Snack 2 - mix fruit with cottage cheese**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
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 2</i>				<b>29.07</b>	<b>21.11</b>	<b>2.45</b>	<b>222.56</b>

**Dinner - salad w/ asparagus and oil. Potato and fish sep**

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
<i>Totals for Dinner</i>				<b>28.83</b>	<b>31.43</b>	<b>8.90</b>	<b>317.70</b>

**Snack 3 - - top crackers with peanut butter**

9	5.0	each	Graham Crackers	2.42	26.88	3.54	147.50
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
<i>Totals for Snack 3</i>				<b>6.42</b>	<b>34.38</b>	<b>9.54</b>	<b>242.50</b>
<b>Totals For 1700 Calories Weight Loss R2 - Day 04</b>				<b>127.18</b>	<b>219.41</b>	<b>31.73</b>	<b>1626.04</b>

1700 Calories Weight Loss R2 - Day 05

Breakfast - spread peanut b on bagel. Peel orange.

16	1.0	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	2.0	tablespoon	Peanut Butter, Jif Reduced Fat	8.00	15.00	12.00	190.00
Totals for Breakfast				26.50	89.30	12.70	585.00

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				7.50	13.50	0.00	90.00

Lunch - combine all ingredients for sandwich. Soup separat

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
21	1.5	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	4.50	0.00	12.00
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	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
0	1.0	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals for Lunch				56.89	43.63	8.36	478.48

Snack 2

7	25.0	each	Grapes - American	0.50	10.25	0.00	50.00
Totals for Snack 2				0.50	10.25	0.00	50.00

Dinner - chicken with bbq, mix chives sour cream and potato

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.0	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
Totals for Dinner				38.22	49.43	6.96	403.60

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals for Snack 3				2.68	10.68	4.00	92.00

Totals For 1700 Calories Weight Loss R2 - Day 05				132.29	216.79	32.02	1699.08
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Breakfast - Make oatmeal using milk. make eggs in pan.

1	1.5	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
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.,maple, brn sugar Quaker	4.50	31.60	2.10	152.00
Totals for Breakfast				44.10	73.30	2.70	480.00

Snack 1

9	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 - make salad with croutons,oil,boil egg

16	0.5	1 cup	Croutons, seasoned	2.16	12.70	3.66	93.00
5	3.0	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.91	232.50
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				23.73	35.28	21.27	439.50

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.50	13.50	0.00	90.00

Dinner - salad w/oil.add salsa to fish.potato &asapargus se

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
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
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
Totals for Dinner				40.54	39.55	12.36	437.05

Snack 3

9	6.0	each	Graham Crackers	2.90	32.25	4.24	177.00
Totals for Snack 3				2.90	32.25	4.24	177.00

Totals For 1700 Calories Weight Loss R2 - Day 06				119.07	214.88	41.07	1704.55
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Breakfast - spread peanut b on bagel. Peel orange.

16	1.0	each	Bagel - Honey Wheat, Earth Grains	9.00	45.00	0.00	240.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
1	1.5	tablespoon	Peanut Butter, Jif Reduced Fat	6.00	11.25	9.00	142.50
Totals for Breakfast				24.50	85.55	9.70	537.50

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 1				1.10	17.40	0.30	69.00

Lunch - chicken w/ salsa,veggies w/ soup

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	cup	Vegetable soup - prepared, Cambell's Homestyle	2.00	9.00	2.00	60.00
Totals for Lunch				43.00	46.24	4.34	390.52

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.50	13.50	0.00	90.00

Dinner - salad and oil. mix pasta,cheese,sauce,chicken

17	0.5	cup	Angel hair - wheat, cooked, Cremette	3.50	21.00	0.50	105.00
5	2.0	1 tablespoon	Cheese, parmesan, grated	2.84	1.39	2.78	42.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	0.5	cup	Marinara sauce - Progresso 'Authentic'	4.00	10.00	6.00	110.00
20	2.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals for Dinner				44.99	50.44	13.68	518.00

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals For 1700 Calories Weight Loss R2 - Day 07				123.77	223.81	32.02	1697.02