



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
2100 Calories] Vegetarian Lifestyle - Day 01								
Breakfast - PB, walnut banana wrap.								
	14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
	21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
	7	1.0	each	Small banana	1.00	23.00	0.00	90.00
	4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
	3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
	Totals for Breakfast				25.95	64.51	22.47	513.72
Snack 1								
	1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
	7	0.5	each	Small banana	0.50	11.50	0.00	45.00
	Totals for Snack 1				8.50	15.50	0.00	105.00
Lunch - Cheese "burger" on bun w/carrots.								
	1	3.0	ounce(s)	2% milkfat cheddar cheese	21.00	3.00	6.00	150.00
	6	2.0	cup	Carrots	2.26	23.38	0.58	100.00
	1	2.0	each	Vegetable burger	30.00	18.00	7.00	260.00
	3	1.0	each	Whole wheat hamburger bun	4.00	22.00	2.00	110.00
	Totals for Lunch				57.26	66.38	15.58	620.00
Snack 2 - Top apple w/ almond butter.								
	21	0.7	tablespoon	Almond Butter	1.32	1.98	5.94	66.66
	9	0.5	each	Apple	0.15	10.50	0.25	40.50
	Totals for Snack 2				1.47	12.48	6.19	107.16
Dinner - Saute all ing ex spaghetti in oil. Pour over pasta								
	1	0.3	cup	Beans	3.00	8.50	0.25	50.00
	6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
	6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
	1	1.8	cup	Meatless ground	42.00	17.50	5.25	280.00
	23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
	6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
	17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
	6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
	Totals for Dinner				57.65	93.15	13.43	686.07
Snack 3								
	1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
	9	0.5	each	Apple	0.15	10.50	0.25	40.50
	Totals for Snack 3				7.15	11.50	2.25	90.50
Totals For 2100 Calories] Vegetarian Lifestyle - Day 01					157.98	263.52	59.92	2122.45

Breakfast - Top yogurt w/berries/nuts. sausage per directions.

14	3.0	tablespoon	Chopped walnuts	6.00	3.00	13.50	150.00
1	9.0	ounce(s)	Greek yogurt, plain, non fat	18.00	9.00	0.00	135.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
1	2.0	each	Vegetarian sausage link	8.00	4.00	3.00	70.00
<i>Totals for Breakfast</i>				40.45	35.76	20.75	516.22

Snack 1

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				0.70	25.10	0.00	98.00

Lunch - Spread hummus in pita, top w/veg/cheese.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
4	6.0	tablespoon	Hummus	6.00	12.00	9.00	150.00
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
16	2.0	each	Pita - wheat	5.60	31.20	1.40	150.00
4	1.5	1 cup	Soymilk, original and vanilla, unfortified	11.92	22.89	6.38	196.83
<i>Totals for Lunch</i>				39.53	78.35	21.01	643.08

Snack 2

1	16.0	each	Almonds, unsalted	0.00	0.00	8.00	80.00
<i>Totals for Snack 2</i>				0.00	0.00	8.00	80.00

Dinner - Bean/cheese burritos. Spinach salad.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
4	0.8	cup	Black beans	10.50	30.00	0.75	150.00
3	0.8	cup	Brown rice, cooked	3.75	33.75	1.50	165.00
5	1.0	1 cup, shredded	Cheese, low fat, cheddar or colby	27.52	2.16	7.91	195.49
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Dinner</i>				49.37	94.10	16.90	707.35

Snack 3 - Top cereal w milk.

0	0.5	ounce(s)	guacamole	0.25	1.00	1.88	21.25
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				4.25	9.00	1.88	61.25

Totals For 2100 Calories] Vegetarian Lifestyle - Day 02				134.30	242.31	68.54	2105.90
--	--	--	--	---------------	---------------	--------------	----------------

Breakfast - Top cott cheese w/fruit. Serve w PB toast.

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.5	cup	Fresh cantaloupe	1.96	19.09	0.45	79.56
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Breakfast</i>				31.42	58.50	9.99	455.56

Snack 1 - Top rice cake with peanut butter

1	6.0	each	Almonds, unsalted	0.00	0.00	3.00	30.00
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 1</i>				8.00	1.00	9.00	110.00

Lunch - Veggie Salad, Toss all ingredients together.

5	0.5	1 cup, diced	Cheese, low fat, cheddar or colby	16.07	1.26	4.62	114.18
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
17	1.3	1 cup	Quinoa, cooked	10.18	49.26	4.44	277.50
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Lunch</i>				46.75	75.52	14.56	631.68

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Saute "beef"/veg in oil. Serve w/rice/spin salad.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
1	1.8	3/4 cup	Gardein, beefless tips	35.00	15.75	10.50	297.50
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
<i>Totals for Dinner</i>				47.60	77.43	21.24	701.30

Snack 3

7	1.5	tablespoon	Raisins	0.00	12.00	0.00	52.50
8	0.5	cup	Soy nuts, salted	4.00	3.50	2.50	55.00
<i>Totals for Snack 3</i>				4.00	15.50	2.50	107.50

Totals For 2100 Calories] Vegetarian Lifestyle - Day 03				138.77	254.95	57.29	2106.04
--	--	--	--	---------------	---------------	--------------	----------------

2100 Calories] Vegetarian Lifestyle - Day 04

Breakfast - Process yog/milk/berries until smooth.

1	20.0	each	Almonds, unsalted	0.00	0.00	10.00	100.00
7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
7	1.0	cup	Frozen unsweetened strawberries	0.95	20.18	0.24	77.35
1	10.0	ounce(s)	Greek yogurt, plain, non fat	20.00	10.00	0.00	150.00
5	9.0	fluid ounce(s)	Skim milk	9.00	18.00	0.00	90.00
<i>Totals for Breakfast</i>				30.60	67.04	11.23	496.40

Snack 1

5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 1</i>				7.10	18.40	4.30	129.00

Lunch - Top tortilla w/sauce/cheese/veg/broil. Greens/vin.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	3.3	ounce(s)	Mozzarella cheese, part skim	22.07	2.53	14.50	231.14
6	0.3	cup	Tomato sauce	1.00	4.00	0.00	15.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Lunch</i>				46.95	64.01	18.38	536.14

Snack 2 - Top wrap w Peanut butter.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 2</i>				4.00	14.00	4.00	100.00

Dinner - Top rice w/beans/salsa/tom/avocado/cheese. w/salad

1	1.5	ounce(s)	2% milkfat cheddar cheese	10.50	1.50	3.00	75.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
4	0.8	cup	Black beans	10.50	30.00	0.75	150.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	2.5	cup	Fresh spinach	2.00	2.73	0.30	17.25
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Dinner</i>				30.99	94.74	17.58	630.63

Snack 3

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	5.50	40.70	0.75	168.50
5	5.0	fluid ounce(s)	Skim milk	5.00	10.00	0.00	50.00
<i>Totals for Snack 3</i>				10.50	50.70	0.75	218.50
Totals For 2100 Calories] Vegetarian Lifestyle - Day 04				130.14	308.89	56.24	2110.67

2100 Calories] Vegetarian Lifestyle - Day 05

Breakfast

1	1.5	ounce(s)	2% milkfat cheddar cheese	10.50	1.50	3.00	75.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
1	3.0	each	Vegetarian sausage link	12.00	6.00	4.50	105.00
<i>Totals for Breakfast</i>				54.40	32.60	18.00	492.00

Snack 1 - Mix soy nuts/raisins.

8	0.8	cup	Soy nuts, salted	6.00	5.25	3.75	82.50
<i>Totals for Snack 1</i>				6.00	5.25	3.75	82.50

Lunch - Tofu burger with coleslaw

16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	1.0	0.5 cup	Coleslaw, home-prepared	0.77	7.45	1.57	46.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	1 cup (8 fl oz)	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	0.03	22.30	0.16	90.65
0	2.0	each	Tofu burger - frozen. 2.5 oz, Natural Touch	20.00	6.00	8.00	180.00
<i>Totals for Lunch</i>				25.60	74.75	12.23	509.45

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	5.00	100.00

Dinner - Saute tofu w/veg/soy. W/spinach/vin salad.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
1	0.8	cup	Edamame, shelled	15.00	10.50	5.25	150.00
1	8.0	ounce(s)	Firm tofu	16.00	8.00	8.00	200.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	1.5	cup	Mixed vegetables (non starchy)	1.50	10.50	0.00	60.00
17	1.8	1 cup	Quinoa, cooked	14.25	68.96	6.22	388.50
21	2.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	10.00
<i>Totals for Dinner</i>				48.35	104.14	19.71	842.30

Snack 3 - Top yogurt with berries.

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
<i>Totals for Snack 3</i>				8.32	13.43	0.50	99.53

Totals For 2100 Calories] Vegetarian Lifestyle - Day 05				143.17	243.67	59.19	2125.78
--	--	--	--	---------------	---------------	--------------	----------------

Breakfast - Top cottage cheese w/berries/nuts/cereal.

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	5.50	40.70	0.75	168.50
14	3.3	tablespoon	Chopped walnuts	6.50	3.25	14.63	162.50
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	0.8	cup	Fresh blueberries	0.80	15.76	0.36	61.99
<i>Totals for Breakfast</i>				40.80	65.91	18.04	556.99

Snack 1 - You can top crackers with peanut butter

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
16	3.0	each	Wheat melba toast	1.92	11.46	0.33	56.10
<i>Totals for Snack 1</i>				2.92	12.96	4.83	106.60

Lunch - Bake pot in micro 5min. Top cheese/brocc/salsa.

1	4.0	ounce(s)	2% milkfat cheddar cheese	28.00	4.00	8.00	200.00
2	1.0	each	Baked potato, small	3.00	29.00	0.00	130.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				35.50	53.22	8.69	427.59

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
<i>Totals for Snack 2</i>				9.90	8.58	4.62	118.80

Dinner - Slice eggplant.Dip egg/panko. Top sauce/cheese/bak

1	1.0	large	Egg white	4.00	0.00	0.00	15.00
6	1.0	each	Fresh eggplant	5.53	31.24	1.04	131.52
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	3.0	ounce(s)	Mozzarella cheese, part skim	20.37	2.34	13.38	213.36
6	1.5	cup	Tomato sauce	6.00	24.00	0.00	90.00
16	2.0	tablespoon	Whole wheat panko bread crumbs	2.00	8.00	0.00	40.00
3	1.3	cup	Whole wheat spaghetti, cooked	8.75	46.25	1.25	212.50
<i>Totals for Dinner</i>				46.65	115.83	17.67	732.38

Snack 3 - Top waffle w jelly. Enjoy w milk.

21	1.0	tea spoon	Jelly - any flavor, All Fruit, Polaner	0.00	4.00	0.00	14.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
3	1.0	each	Whole grain waffle	5.00	25.00	2.50	75.00
<i>Totals for Snack 3</i>				9.00	37.00	2.50	129.00

Totals For 2100 Calories] Vegetarian Lifestyle - Day 06				144.77	293.50	56.35	2071.36
--	--	--	--	---------------	---------------	--------------	----------------

2100 Calories] Vegetarian Lifestyle - Day 07

Breakfast - Top waffles w/ yogurt/berries/almonds.

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
14	2.0	tablespoon	Slivered almonds	2.00	2.00	7.00	80.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
3	2.0	each	Whole grain waffle	10.00	50.00	5.00	150.00
<i>Totals for Breakfast</i>				29.00	69.00	12.00	410.00

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 1</i>				0.00	16.00	4.00	110.00

Lunch - Toss all ingredients together.

5	0.8	1 cup, diced	Cheese, low fat, cheddar or colby	24.11	1.89	6.93	171.27
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
17	1.3	1 cup	Quinoa, cooked	10.18	49.26	4.44	277.50
<i>Totals for Lunch</i>				60.29	61.45	21.37	685.77

Snack 2 - Spread hummus on wrap. Top w/greens.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
4	1.5	tablespoon	Hummus	1.50	3.00	2.25	37.50
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
<i>Totals for Snack 2</i>				4.50	16.50	3.25	110.00

Dinner - Saute veg w/eggs in spread. Roll in wraps.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	2.5	ounce(s)	2% milkfat cheddar cheese	17.50	2.50	5.00	125.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
1	2.0	each	Egg with yolk	13.40	2.60	14.60	200.00
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
6	0.5	cup	Mixed vegetables (non starchy)	0.50	3.50	0.00	20.00
6	6.0	each	Tomato slice	1.02	5.58	0.42	25.20
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
<i>Totals for Dinner</i>				63.42	69.18	26.52	755.20

Snack 3

0	0.5	ounce(s)	guacamole	0.25	1.00	1.88	21.25
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				4.25	9.00	1.88	61.25

Totals For 2100 Calories] Vegetarian Lifestyle - Day 07				161.46	241.13	69.02	2132.22
--	--	--	--	---------------	---------------	--------------	----------------