



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Template, High Fiber - Day 01							
Breakfast							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Breakfast				13.70	48.07	2.77	251.62
Snack 1							
0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				11.48	45.86	2.96	252.33
Lunch							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	5.0	medium	Carrots - baby, raw	0.50	4.00	0.50	20.00
16	3.0	1 cracker, square	Crackers, whole-wheat, low salt	1.06	8.23	2.06	53.16
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
6	2.0	0.5 cup, chopped	Endive, raw	0.63	1.67	0.10	8.50
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				14.70	36.07	10.40	283.82
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 2				8.70	32.90	0.90	167.00
Dinner							
3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				27.89	29.57	8.29	302.03
Snack 3							
0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Snack 3				2.07	12.44	0.73	61.92
Totals For 1300 Calories Template, High Fiber - Day 01				78.54	204.91	26.05	1318.72

1300 Calories Template, High Fiber - Day 02

Breakfast

15	0.5	cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				15.64	34.24	1.30	187.98

Snack 1

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				2.10	26.40	0.30	109.00

Lunch

16	1.0	1 slice	Bread, whole-wheat, commercially prepared	3.98	13.67	1.12	80.64
6	6.0	1 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				27.09	29.26	2.95	255.24

Snack 2

4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 2</i>				9.57	35.34	7.94	250.50

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				35.92	48.30	10.78	418.16

Snack 3

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				1.50	27.69	0.23	106.25

Totals For 1300 Calories Template, High Fiber - Day 02				91.82	201.23	23.50	1327.13
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1300 Calories Template, High Fiber - Day 03

Breakfast

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
7	1.0	0.5 medium (approx 4" dia)	Grapefruit, raw, pink and red and white, all areas	0.81	10.34	0.13	40.96
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				19.14	36.29	3.73	250.87

Snack 1

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				9.98	39.30	0.34	201.50

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
0	2.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.49	2.15	0.05	9.28
0	1.0	1 cup	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2.78	15.33	1.14	83.49
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				18.76	49.30	6.69	322.59

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				8.70	32.90	0.90	167.00

Dinner

13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
6	1.0	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	2.29	23.61	0.17	102.60
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				26.33	53.10	3.69	350.65

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				2.74	8.28	5.12	88.70

Totals For 1300 Calories Template, High Fiber - Day 03				85.65	219.17	20.47	1381.31
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1300 Calories Template, High Fiber - Day 04

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				13.50	42.92	2.74	232.18

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				1.62	10.73	2.50	64.79

Lunch

4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
6	0.5	1 cup, grated	Carrots, raw	0.51	5.27	0.13	22.55
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	1.0	0.5 cup, chopped	Endive, raw	0.31	0.84	0.05	4.25
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
4	0.5	1 cup	Lentils, mature seeds, cooked, boiled, without salt	8.93	19.93	0.38	114.84
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
23	1.0	2 tablespoon	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	0.24	10.71	0.35	48.30
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				15.02	56.23	1.32	292.40

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				8.00	26.39	6.73	187.21

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	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
17	0.5	1 cup	Wild rice, cooked	3.27	17.50	0.28	82.82
<i>Totals for Dinner</i>				30.23	26.48	7.87	292.12

Snack 3

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 3</i>				10.46	44.83	0.56	224.54

Totals For 1300 Calories Template, High Fiber - Day 04				78.83	207.58	21.72	1293.24
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1300 Calories Template, High Fiber - Day 05

Breakfast

15	0.5	cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				15.56	33.26	1.05	182.52

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	0.5	1 cup, whole	Strawberries, raw	0.48	5.53	0.22	23.04
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				8.98	38.86	2.96	212.33

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				23.73	45.21	13.40	374.92

Snack 2

5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	4.0	1 cracker, square	Crackers, whole-wheat, low salt	1.41	10.98	2.75	70.88
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				8.23	11.51	4.71	119.32

Dinner

1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
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
23	0.5	2 tablespoon	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	0.12	5.36	0.18	24.15
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				30.47	43.05	11.53	381.15

Snack 3

0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				2.07	12.44	0.73	61.92

Totals For 1300 Calories Template, High Fiber - Day 05				89.04	184.33	34.38	1332.16
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1300 Calories Template, High Fiber - Day 06

Breakfast

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
7	1.0	0.5 medium (approx 4" dia)	Grapefruit, raw, pink and red and white, all areas	0.81	10.34	0.13	40.96
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	2.50	22.50
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				19.14	36.29	3.73	250.87

Snack 1

9	12.0	each	Grapes - American	0.24	4.92	0.12	24.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				1.24	13.92	0.12	64.00

Lunch

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				28.90	55.93	3.60	360.35

Snack 2

0	1.0	tablespoon	Granola Topping	2.50	7.00	0.00	40.00
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 2</i>				10.72	46.64	0.74	233.48

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup	Onions, cooked, boiled, drained, without salt	1.43	10.66	0.20	46.20
6	0.5	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	1.15	11.80	0.09	51.30
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				19.25	41.19	12.42	338.10

Snack 3

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				2.44	2.13	4.97	58.70

Totals For 1300 Calories Template, High Fiber - Day 06				81.69	196.10	25.58	1305.50
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1300 Calories Template, High Fiber - Day 07

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				13.70	48.07	2.77	251.62

Snack 1

7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				8.14	38.66	0.49	188.02

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	0.5	1 cup	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1.39	7.67	0.57	41.75
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	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				22.86	34.18	3.18	251.47

Snack 2

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Hummus, commercial	4.86	8.79	5.90	102.09
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				8.00	26.39	6.73	187.21

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
<i>Totals for Dinner</i>				26.18	44.94	9.66	377.23

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals For 1300 Calories Template, High Fiber - Day 07</i>				80.18	207.39	22.98	1325.55