



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Healthy Cholesterol - Day 01</b>							
<b>Breakfast - Top cereal w/ sliced banana,nuts,flax &amp; milk.</b>							
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	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 teaspoon, ground	Seeds, flaxseed	0.23	0.36	0.53	6.68
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<b>Totals for Breakfast</b>				<b>16.63</b>	<b>65.46</b>	<b>6.18</b>	<b>356.18</b>
<b>Snack 1</b>							
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<b>Totals for Snack 1</b>				<b>1.00</b>	<b>27.00</b>	<b>0.00</b>	<b>100.00</b>
<b>Lunch - Toss salad ingredients with oil and vinegar.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	4.0	tea spoon	Olive oil	0.00	0.00	18.00	160.00
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<b>Totals for Lunch</b>				<b>44.00</b>	<b>14.00</b>	<b>19.00</b>	<b>412.50</b>
<b>Snack 2</b>							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<b>Totals for Snack 2</b>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>
<b>Dinner - Boil/grill chick oil.Potato w/spread. Salad greens</b>							
6	2.0	0.5 cup	Arugula, raw	0.52	0.73	0.13	5.00
2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
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
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<b>Totals for Dinner</b>				<b>37.24</b>	<b>80.93</b>	<b>14.37</b>	<b>603.60</b>
<b>Snack 3 - Core apple. Sprinkle sugar &amp; cinnamon. Micro 5min.</b>							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
<b>Totals for Snack 3</b>				<b>0.45</b>	<b>25.70</b>	<b>0.60</b>	<b>98.00</b>
<b>Totals For 1700 Calories Healthy Cholesterol - Day 01</b>				<b>102.68</b>	<b>217.65</b>	<b>47.83</b>	<b>1664.60</b>

**Breakfast - Prepare oats per package directions using milk.**

14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
3	0.7	cup	Dry steel cut oats	6.60	35.64	3.30	198.00
5	10.0	fluid ounce(s)	Skim milk	10.00	20.00	0.00	100.00
<i>Totals for Breakfast</i>				<b>20.60</b>	<b>57.64</b>	<b>12.30</b>	<b>398.00</b>

**Snack 1 - Spread almond butter on bread.**

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				<b>3.39</b>	<b>12.87</b>	<b>3.88</b>	<b>99.83</b>

**Lunch - Toss salad ingredients together.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				<b>38.79</b>	<b>21.35</b>	<b>19.33</b>	<b>400.18</b>

**Snack 2**

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

**Dinner - Broil fish w/oil. Serve w/beets&beans/almonds.**

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
1	5.0	ounce(s)	Flounder - broiled	34.15	0.00	0.00	165.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	1.5	cup	Roasted beets	1.50	16.50	0.00	75.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
<i>Totals for Dinner</i>				<b>45.25</b>	<b>67.68</b>	<b>13.24</b>	<b>598.80</b>

**Snack 3**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

<b>Totals For 1700 Calories Healthy Cholesterol - Day 02</b>				<b>109.73</b>	<b>211.64</b>	<b>48.75</b>	<b>1694.81</b>
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**Breakfast - Saute eggs, cheese & veg in spread. Melon/raisin.**

1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Breakfast</i>				<b>24.11</b>	<b>65.51</b>	<b>5.64</b>	<b>409.34</b>

**Snack 1 - Fresh berry flax salad.**

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	0.3	1 teaspoon, whole	Seeds, flaxseed	0.16	0.25	0.36	4.54
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 1</i>				<b>1.70</b>	<b>22.76</b>	<b>1.10</b>	<b>105.87</b>

**Lunch - Top rice w/chopped chicken and remaining ing.**

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
<i>Totals for Lunch</i>				<b>35.27</b>	<b>44.17</b>	<b>13.58</b>	<b>425.65</b>

**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>				<b>0.50</b>	<b>13.50</b>	<b>5.00</b>	<b>100.00</b>

**Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake**

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
3	0.8	cup	Brown rice, cooked	3.75	33.75	1.50	165.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	4.0	ounce(s)	Ground chicken breast, raw	24.00	0.00	1.00	100.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.88	5.00	0.13	27.50
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	2.0	ounce(s)	Mozzarella cheese, part skim	13.58	1.56	8.92	142.24
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				<b>48.40</b>	<b>73.30</b>	<b>12.97</b>	<b>577.21</b>

**Snack 3**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>
<b>Totals For 1700 Calories Healthy Cholesterol - Day 03</b>				<b>113.34</b>	<b>223.80</b>	<b>45.97</b>	<b>1712.39</b>

**Breakfast - Mix cott cheese w/ fruit/cinn/nuts. Muffin w PB.**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Breakfast</i>				<i>22.82</i>	<i>52.29</i>	<i>14.63</i>	<i>405.82</i>

**Snack 1 - Almond butter wrap.**

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
21	0.3	tablespoon	Almond Butter	0.60	0.90	2.70	30.30
<i>Totals for Snack 1</i>				<i>3.60</i>	<i>13.90</i>	<i>3.70</i>	<i>100.30</i>

**Lunch - Spinach, broccoli, salmon cobb salad.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
<i>Totals for Lunch</i>				<i>35.80</i>	<i>14.87</i>	<i>18.05</i>	<i>369.05</i>

**Snack 2**

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

**Dinner - Saute beef w/ veg and soy. Serve over Quinoa.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	4.5	ounce(s)	Extra lean beef	28.13	2.25	3.38	146.25
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
17	1.1	1 cup	Quinoa, cooked	9.20	44.53	4.01	250.86
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				<i>46.39</i>	<i>89.69</i>	<i>10.46</i>	<i>607.67</i>

**Snack 3 - Mix prepared popcorn with raisin.**

0	2.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 3</i>				<i>1.34</i>	<i>21.34</i>	<i>2.00</i>	<i>116.00</i>
<i>Totals For 1700 Calories Healthy Cholesterol - Day 04</i>				<i>110.95</i>	<i>219.09</i>	<i>48.84</i>	<i>1698.84</i>

**Breakfast - Prepare oats w/ milk. Top w/nuts/raisin/cinn.**

14	0.8	tablespoon	Chopped walnuts	1.50	0.75	3.38	37.50
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
5	10.0	fluid ounce(s)	Skim milk	10.00	20.00	0.00	100.00
<i>Totals for Breakfast</i>				<b>19.19</b>	<b>70.78</b>	<b>7.44</b>	<b>405.34</b>

**Snack 1**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				<b>0.50</b>	<b>13.50</b>	<b>4.00</b>	<b>90.00</b>

**Lunch - Toss ingredients and place on rice. Serve w/greens**

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
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
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<b>38.75</b>	<b>39.55</b>	<b>10.35</b>	<b>399.98</b>

**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>				<b>9.90</b>	<b>8.58</b>	<b>4.62</b>	<b>118.80</b>

**Dinner - Saute tilapia w/veg. Serve over rice.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	4.0	tea spoon	Olive oil	0.00	0.00	18.00	160.00
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
<i>Totals for Dinner</i>				<b>42.78</b>	<b>63.36</b>	<b>21.12</b>	<b>600.80</b>

**Snack 3**

7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 3</i>				<b>1.00</b>	<b>23.00</b>	<b>0.00</b>	<b>90.00</b>

<b>Totals For 1700 Calories Healthy Cholesterol - Day 05</b>				<b>112.12</b>	<b>218.77</b>	<b>47.53</b>	<b>1704.92</b>
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**Breakfast - Scramble eggs 1/2 spread. Remain spread on bagel.**

1	4.0	large	Egg white	16.00	0.00	0.00	60.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
1	2.0	each	Vegetarian sausage link	8.00	4.00	3.00	70.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Breakfast</i>				<b>30.20</b>	<b>51.80</b>	<b>8.45</b>	<b>392.00</b>

**Snack 1 - Spread almond butter on apple.**

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>1.30</b>	<b>22.50</b>	<b>5.00</b>	<b>131.50</b>

**Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi**

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	2.0	tablespoon	Low fat mayonnaise	0.00	8.00	2.00	50.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	5.0	ounce(s)	Water packed white tuna	35.00	0.00	5.00	175.00
16	4.0	each	Wheat melba toast	2.56	15.28	0.44	74.80
<i>Totals for Lunch</i>				<b>40.56</b>	<b>39.67</b>	<b>7.66</b>	<b>369.20</b>

**Snack 2**

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

**Dinner - Roast halibut. Cook lentils w/ onions&carrots.**

6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	1.1	cup	Cooked lentils	20.25	45.00	1.13	258.75
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	4.0	ounce(s)	Halibut, raw	16.00	0.00	16.00	200.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				<b>37.67</b>	<b>58.99</b>	<b>26.43</b>	<b>598.98</b>

**Snack 3 - Mixed berry salad w flaxseed.**

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				<b>2.00</b>	<b>23.23</b>	<b>1.79</b>	<b>114.68</b>

<b>Totals For 1700 Calories Healthy Cholesterol - Day 06</b>				<b>112.73</b>	<b>223.19</b>	<b>49.33</b>	<b>1706.36</b>
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**Breakfast - Top yogurt with melon, seeds and raisins.**

7	1.5	cup	Fresh cantaloupe	1.96	19.09	0.45	79.56
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
8	3.0	tablespoon	Pumpkin seeds, roasted, unsalted	6.00	3.00	10.50	120.00
7	3.0	tablespoon	Raisins	0.00	24.00	0.00	105.00
<i>Totals for Breakfast</i>				<b>19.96</b>	<b>52.09</b>	<b>10.95</b>	<b>394.56</b>

**Snack 1**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
<i>Totals for Snack 1</i>				<b>0.75</b>	<b>20.25</b>	<b>4.00</b>	<b>115.00</b>

**Lunch - Avocado turkey wheat wrap.**

6	0.7	cup	Grated carrots	0.66	7.26	0.00	29.70
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				<b>45.16</b>	<b>34.26</b>	<b>12.80</b>	<b>401.70</b>

**Snack 2 - Slice pepper dip into hummus.**

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				<b>3.40</b>	<b>13.60</b>	<b>3.20</b>	<b>90.00</b>

**Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese**

1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	3.0	tea spoon	Olive oil	0.00	0.00	13.50	120.00
3	1.3	cup	Whole wheat spaghetti, cooked	9.92	49.42	1.01	230.89
<i>Totals for Dinner</i>				<b>42.98</b>	<b>74.40</b>	<b>18.49</b>	<b>609.51</b>

**Snack 3**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<b>Totals For 1700 Calories Healthy Cholesterol - Day 07</b>				<b>112.95</b>	<b>219.70</b>	<b>49.44</b>	<b>1708.77</b>