



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Glycemic (all day) - Day 01							
Breakfast							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.49	47.29	2.38	217.61
Snack 1							
7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				2.40	41.32	0.30	159.24
Lunch							
16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
0	4.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	18.93	1.09	3.81	114.24
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
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, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
Totals for Lunch				29.73	39.94	18.39	443.44
Snack 2							
7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 2				12.23	43.96	0.70	218.02
Dinner							
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
Totals for Dinner				48.53	56.52	12.02	496.53
Snack 3							
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
Totals for Snack 3				6.90	6.03	14.08	166.41
Totals For 1700 Calories Low Glycemic (all day) - Day 01				113.28	235.06	47.87	1701.25

1700 Calories Low Glycemic (all day) - Day 02

Breakfast

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				15.89	36.97	5.90	257.87

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				15.55	20.03	1.58	150.67

Lunch

12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	5.22	32.63	1.47	147.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
Totals for Lunch				25.13	60.33	11.85	425.48

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 2				10.90	40.30	0.89	202.00

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.5	1 cup	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.79	20.09	0.27	104.55
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
1	5.0	ounce(s)	Salmon - broiled	31.35	0.00	17.50	290.00
Totals for Dinner				42.87	38.08	22.52	507.07

Snack 3

3	5.0	each	Celery - raw stalk trimmed	2.50	10.00	0.00	50.00
5	1.5	ounce(s)	Cream Cheese, Light, Phili brand	4.50	3.00	7.50	90.00
Totals for Snack 3				7.00	13.00	7.50	140.00
Totals For 1700 Calories Low Glycemic (all day) - Day 02				117.34	208.71	50.24	1683.09

1700 Calories Low Glycemic (all day) - Day 03

Breakfast

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				18.85	92.44	4.15	392.07

Snack 1

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				6.90	6.74	14.08	168.78

Lunch

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
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
Totals for Lunch				36.99	50.70	15.47	474.36

Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
Totals for Snack 2				21.24	9.57	1.72	147.00

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	2.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	3.98	11.08	0.78	56.16
19	4.0	ounce(s)	Pork - broiled, chopped, trimmed,center loin	34.24	0.00	9.20	228.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
Totals for Dinner				41.90	45.15	11.31	433.74

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00
Totals For 1700 Calories Low Glycemic (all day) - Day 03				126.58	229.70	46.73	1713.95

1700 Calories Low Glycemic (all day) - Day 04

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				14.77	56.00	3.95	310.76

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				10.60	20.01	0.39	123.37

Lunch

16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	0.8	cup	Egg Beaters - Fleischmann's	15.00	3.00	0.00	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
Totals for Lunch				23.94	56.19	7.58	377.10

Snack 2

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
Totals for Snack 2				8.78	40.35	11.27	292.71

Dinner

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
19	4.0	ounce(s)	Sirloin Top - fat trimmed off	34.40	0.00	7.72	216.00
Totals for Dinner				42.15	22.86	26.73	489.49

Snack 3

16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 3				2.56	29.02	1.26	134.52
Totals For 1700 Calories Low Glycemic (all day) - Day 04				102.80	224.43	51.18	1727.95

Breakfast

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
5	1.0	1 cup, chopped	Egg, whole, cooked, hard-boiled	17.11	1.52	14.43	210.80
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				23.46	45.35	20.82	456.47

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				10.60	20.01	0.39	123.37

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
6	0.5	1 cup	Cauliflower, raw	0.96	2.48	0.14	12.50
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
23	0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.05	0.64	2.47	25.05
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				15.56	27.24	9.09	239.31

Snack 2

7	0.8	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	3.60	60.92	0.45	235.31
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				3.60	61.63	0.45	237.68

Dinner

4	0.5	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	7.67	20.18	0.44	112.40
1	5.0	ounce(s)	Halibut - broiled	37.50	0.00	5.00	200.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				53.26	57.90	13.54	538.30

Snack 3

4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 3				8.46	21.10	4.48	155.54
Totals For 1700 Calories Low Glycemic (all day) - Day 05				114.94	233.23	48.77	1750.67

Breakfast

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				16.78	78.27	4.26	407.65

Snack 1

7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				12.23	44.67	0.70	220.39

Lunch

5	1.0	2 tablespoon	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.40	2.02	3.72	47.12
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.8	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	8.89	24.19	3.59	160.65
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				14.51	52.23	7.66	336.77

Snack 2

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	2.0	1 fruit (2-1/8" dia)	Plums, raw	0.92	15.07	0.37	60.72
Totals for Snack 2				21.92	19.72	2.09	183.72

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	0.51	9.34	0.05	39.44
Totals for Dinner				39.13	25.61	6.47	299.14

Snack 3

4	1.5	1 oz	Peanuts, all types, dry-roasted, without salt	10.35	9.04	21.12	249.62
Totals for Snack 3				10.35	9.04	21.12	249.62
Totals For 1700 Calories Low Glycemic (all day) - Day 06				114.92	229.54	42.30	1697.29

Breakfast

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				17.35	71.44	3.84	297.57

Snack 1

5	2.0	cup	Non-fat yogurt-artificially sweetened	21.20	38.60	0.79	242.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				21.70	47.20	1.19	278.00

Lunch

4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.03	26.85	0.47	119.38
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	2.0	1 serving	LOUIS RICH, Turkey Smoked Sausage	16.58	3.53	11.09	180.32
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
Totals for Lunch				26.06	43.27	15.75	383.70

Snack 2

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)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				1.50	28.40	0.23	108.62

Dinner

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
Totals for Dinner				43.71	34.04	21.29	477.02

Snack 3

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
Totals for Snack 3				2.87	39.26	1.40	173.47
Totals For 1700 Calories Low Glycemic (all day) - Day 07				113.19	263.61	43.70	1718.38