



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Carb Italian - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
<i>Totals for Breakfast</i>				24.57	43.48	0.80	280.00
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>				7.50	13.50	0.00	90.00
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
16	3.0	1 cracker	Crackers, whole-wheat	1.46	9.60	1.95	58.93
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
<i>Totals for Lunch</i>				33.26	35.20	7.05	334.93
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	3.0	tablespoon	Peanut butter - creamy, Peter Pan	12.90	8.55	24.60	285.00
<i>Totals for Snack 2</i>				13.20	29.55	25.10	366.00
Dinner							
3	0.8	cup	Asparagus/ Fresh - Boiled	3.45	5.70	0.45	33.00
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
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
<i>Totals for Dinner</i>				39.45	26.90	9.81	354.56
Snack 3							
14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				14.40	17.90	15.40	256.00
Totals For 1700 Calories Low Carb Italian - Day 01				132.38	166.53	58.16	1681.49

1700 Calories Low Carb Italian - Day 02

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				19.75	57.35	3.96	333.79

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 1</i>				28.00	6.20	2.30	164.00

Lunch

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.76	1.57	9.03	144.02
16	1.0	4 cubes	Croutons, seasoned	0.11	0.64	0.18	4.65
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
<i>Totals for Lunch</i>				31.72	26.89	30.49	513.07

Snack 2

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
<i>Totals for Snack 2</i>				9.50	29.30	0.70	155.00

Dinner

17	0.8	cup	Angel hair - whole wheat, cooked, De Boles	6.75	30.00	1.50	157.50
6	0.5	1 clove	Garlic, raw	0.10	0.50	0.01	2.24
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				37.74	34.51	17.16	448.74

Snack 3

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 3</i>				7.50	13.50	0.00	90.00

Totals For 1700 Calories Low Carb Italian - Day 02				134.21	167.75	54.61	1704.60
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1700 Calories Low Carb Italian - Day 03

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Breakfast</i>				15.60	44.49	2.56	252.36

Snack 1

5	7.0	1 cubic inch	Cheese, monterey, low fat	33.56	0.83	25.70	372.47
<i>Totals for Snack 1</i>				33.56	0.83	25.70	372.47

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
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 Lunch</i>				49.77	74.75	7.16	541.24

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
<i>Totals for Snack 2</i>				29.34	19.26	2.60	218.40

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
0	1.0	each	MAIN15 - Chicken Marsala	27.00	2.00	3.00	161.00
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
<i>Totals for Dinner</i>				33.02	22.10	6.00	284.60

Snack 3

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
<i>Totals for Snack 3</i>				0.40	8.20	0.00	40.00

Totals For 1700 Calories Low Carb Italian - Day 03				161.69	169.63	44.02	1709.07
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1700 Calories Low Carb Italian - Day 04**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
<i>Totals for Breakfast</i>				26.79	32.96	11.51	346.40

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>				7.50	13.50	0.00	90.00

Lunch

6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
<i>Totals for Lunch</i>				44.90	32.90	5.40	361.00

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	3.0	tablespoon	Peanut butter - creamy. Peter Pan	12.90	8.55	24.60	285.00
<i>Totals for Snack 2</i>				13.20	29.55	25.10	366.00

Dinner

0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
3	2.0	small	Salad - sm. garden w/tomato, onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
<i>Totals for Dinner</i>				17.72	50.00	11.80	377.60

Snack 3

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 3</i>				28.00	6.20	2.30	164.00

Totals For 1700 Calories Low Carb Italian - Day 04				138.11	165.11	56.11	1705.00
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1700 Calories Low Carb Italian - Day 05

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
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
<i>Totals for Breakfast</i>				19.77	25.63	0.50	191.00

Snack 1

14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
<i>Totals for Snack 1</i>				6.00	6.00	15.00	170.00

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	2.0	2 slices	Pastrami, turkey	18.58	3.81	7.08	158.46
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
<i>Totals for Lunch</i>				35.40	52.45	21.75	548.50

Snack 2

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

Dinner

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.76	1.57	9.03	144.02
0	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
<i>Totals for Dinner</i>				48.55	75.08	21.34	675.81

Snack 3

7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 3</i>				0.51	5.84	0.23	24.32

Totals For 1700 Calories Low Carb Italian - Day 05				117.73	178.50	58.82	1699.63
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1700 Calories Low Carb Italian - Day 06

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
<i>Totals for Breakfast</i>				18.13	58.55	2.73	315.72

Snack 1

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.90	21.70	0.00	130.00

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
16	1.0	4 cubes	Croutons, seasoned	0.11	0.64	0.18	4.65
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
3	2.0	medium	Salad - med. garden w/tomato, onion	3.90	28.50	1.20	148.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
<i>Totals for Lunch</i>				27.19	41.76	26.57	522.06

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
<i>Totals for Snack 2</i>				28.00	6.20	2.30	164.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
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>				38.30	40.12	11.41	409.62

Snack 3

5	3.0	1 cubic inch	Cheese, monterey, low fat	14.38	0.36	11.02	159.63
<i>Totals for Snack 3</i>				14.38	0.36	11.02	159.63

Totals For 1700 Calories Low Carb Italian - Day 06				133.90	168.69	54.03	1701.03
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1700 Calories Low Carb Italian - Day 07

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				16.31	38.07	3.03	242.07

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	3.0	tablespoon	Peanut butter - creamy. Peter Pan	12.90	8.55	24.60	285.00
<i>Totals for Snack 1</i>				13.20	29.55	25.10	366.00

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	2.0	slice	Kraft American Cheese 2% Milk	8.00	2.00	6.00	100.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	2.0	2 slices	Pastrami, turkey	18.58	3.81	7.08	158.46
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
<i>Totals for Lunch</i>				35.40	52.45	21.75	548.50

Snack 2

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

Dinner

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
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				37.29	25.21	9.51	340.56

Snack 3

5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
<i>Totals For 1700 Calories Low Carb Italian - Day 07</i>				120.20	173.65	59.89	1694.63