



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Child Healthy Habits(9-13 years) - Day 01							
Breakfast							
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	2.24	23.28	0.47	95.58
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.3	1 cup, diced	Melons, cantaloupe, raw	0.33	3.18	0.07	13.26
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				17.26	38.92	6.24	272.34
Lunch							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
5	0.5	1 oz	Cheese, low fat, cheddar or colby	3.45	0.27	0.99	24.52
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
9	16.0	each	Grapes - American	0.32	6.56	0.16	32.00
5	0.3	cup	Milk - skim, no fat	2.10	2.97	0.10	21.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				17.18	35.71	13.25	320.26
Snack 2							
16	2.0	1 cracker, square	Crackers, whole-wheat, low salt	0.70	5.49	1.38	35.44
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
Totals for Snack 2				2.38	7.00	5.82	84.56
Dinner							
6	1.0	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
0	0.3	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.91	5.18	0.95	32.77
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
11	2.0	each	Turkey Meatballs	10.00	5.32	4.60	100.00
Totals for Dinner				30.43	79.11	14.97	551.04
Snack 3							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
Totals for Snack 3				4.83	61.09	8.47	333.36
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 01				72.08	221.83	48.75	1561.56

Breakfast

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
Totals for Breakfast				11.19	43.68	4.86	254.14

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
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
0	5.0	each	Pretzels - Featherweight, low salt	0.75	5.75	0.25	30.00
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
Totals for Lunch				35.62	67.90	4.45	451.68

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Snack 2				5.24	42.53	1.72	196.26

Dinner

6	0.5	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	1.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	21.00	180.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
Totals for Dinner				35.06	47.84	23.78	540.81

Snack 3

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				6.68	27.48	7.44	193.32
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 02				93.79	229.43	42.25	1636.21

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
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
Totals for Breakfast				11.87	38.97	2.33	216.74

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	0.5	1 inner leaf	Lettuce, cos or romaine, raw	0.06	0.16	0.02	0.85
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				27.74	36.39	9.28	329.69

Snack 2

16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Snack 2				7.01	47.37	4.29	255.66

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	23.21	0.00	5.41	147.90
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
6	1.0	1 cup	Peas, green, cooked, boiled, drained, without salt	8.58	25.01	0.35	134.40
6	1.0	10 strips	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.38	12.77	2.74	79.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				38.25	70.83	25.31	659.57

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	12.0	each	Pretzels - Featherweight, low salt	1.80	13.80	0.60	72.00
Totals for Snack 3				8.68	26.97	3.09	175.15
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 03				93.55	220.53	44.30	1636.81

1600 Calories Child Healthy Habits(9-13 years) - Day 04

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	4.48	46.55	0.94	191.16
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				14.19	71.18	1.64	330.20

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
6	1.0	1 cup, sliced	Peppers, sweet, green, raw	0.79	4.27	0.16	18.40
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
14	0.3	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	1.37	1.71	3.53	41.25
Totals for Lunch				22.17	58.67	14.29	440.21

Snack 2

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
Totals for Snack 2				14.28	8.41	1.25	102.45

Dinner

4	0.3	1 cup	Beans, baked, canned, no salt added	3.04	12.96	0.25	66.41
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	each	Corn - sweet,ear, boiled & drained	2.60	19.30	1.00	83.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
21	0.3	tablespoon	Mayonnaise - low fat	0.00	1.00	0.25	6.25
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	2.0	ounce(s)	Turkey, ground, extra lean	13.00	0.00	0.75	56.00
Totals for Dinner				31.10	54.89	9.35	408.64

Snack 3

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	2.0	0.5 cup	Ice creams, vanilla	5.04	33.98	15.84	298.08
Totals for Snack 3				5.64	47.33	16.14	350.58
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 04				87.38	240.48	42.67	1632.08

1600 Calories Child Healthy Habits(9-13 years) - Day 05

Breakfast

16	1.0	1 waffle, round (4" dia) (include frozen)	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.28	13.65	1.23	70.35
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
Totals for Breakfast				11.19	43.68	4.86	254.14

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	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	medium	Peach - medium, approx 4 oz.	0.30	4.85	0.05	18.50
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				23.89	54.84	12.17	403.40

Snack 2

14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Snack 2				9.29	33.54	10.10	253.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	1.0	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				32.27	40.62	9.22	355.67

Snack 3

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
Totals for Snack 3				4.83	61.09	8.47	333.36
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 05				81.47	233.77	44.82	1600.07

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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
Totals for Breakfast				21.05	48.83	9.13	358.14

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	0.3	1 cup	Fish, tuna salad	8.22	4.82	4.75	95.84
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
0	10.0	each	Pretzels - Featherweight, low salt	1.50	11.50	0.50	60.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				24.86	70.13	18.30	535.51

Snack 2

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	0.5	1 tablespoon	Cheese, cream, low fat	0.59	0.61	1.15	15.08
Totals for Snack 2				2.59	8.61	1.15	55.08

Dinner

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	0.5	1 slice (1 oz)	Cheese, mozzarella, low moisture, part-skim	3.44	0.89	2.76	42.14
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	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
1	1.0	ounce(s)	Turkey, ground, extra lean	6.50	0.00	0.38	28.00
Totals for Dinner				27.67	67.10	11.46	472.55

Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
Totals for Snack 3				2.08	22.78	4.61	128.84
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 06				78.25	217.45	44.65	1550.12

1600 Calories Child Healthy Habits(9-13 years) - Day 07

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, POST Raisin Bran Cereal	4.48	46.55	0.94	191.16
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
Totals for Breakfast				13.98	75.85	1.64	346.16

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
9	7.0	each	Grapes - American	0.14	2.87	0.07	14.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
6	12.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.80	7.94	0.41	36.72
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
Totals for Lunch				45.34	55.95	12.81	516.62

Snack 2

5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
7	0.5	medium	Peach - medium, approx 4 oz.	0.30	4.85	0.05	18.50
Totals for Snack 2				14.31	7.90	1.18	99.86

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
16	0.5	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	1.57	9.20	0.85	47.88
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, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
Totals for Dinner				24.19	57.42	22.24	524.20

Snack 3

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				5.41	26.18	4.45	158.58
Totals For 1600 Calories Child Healthy Habits(9-13 years) - Day 07				103.23	223.30	42.32	1645.42