



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Carb FastFood - 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							
14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				13.50	19.50	15.00	260.00
Lunch							
0	8.0	ounce(s)	Wendy's Chili -Small	17.00	23.00	6.00	220.00
0	1.0	pack	Wendy's reduced-fat Creamy Ranch Drsg	1.00	6.00	8.00	100.00
0	1.0	each	Wendy's Side Salad	1.00	8.00	0.00	35.00
<i>Totals for Lunch</i>				19.00	37.00	14.00	355.00
Snack 2							
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				1.02	11.67	0.46	48.64
Dinner							
2	0.8	cup	Brown Rice - cooked	3.68	37.28	0.90	174.00
5	2.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	16.00	2.00	10.00	160.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
<i>Totals for Dinner</i>				65.93	64.20	13.59	650.80
Snack 3							
8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
<i>Totals for Snack 3</i>				21.00	4.65	1.72	123.00
Totals For 1700 Calories Low Carb FastFood - Day 01				145.02	180.50	45.57	1717.44

Breakfast

7	1.5	1 cup	Blueberries, raw	1.64	32.17	0.73	126.54
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	2.0	cup	Milk - skim, no fat	16.80	23.80	0.80	172.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				23.11	74.50	3.53	401.54

Snack 1

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.70	23.10	1.20	138.00

Lunch

0	1.0	each	Subway Turkey Breast Wrap	24.00	18.00	6.00	190.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	18.00	6.00	190.00

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
21	3.0	tablespoon	Peanut butter - creamy. Peter Pan	12.90	8.55	24.60	285.00
Totals for Snack 2				25.80	47.40	25.70	495.00

Dinner

0	1.0	each	Burger King TenderGrill Garden Salad w/ light Ital. Drsg.	32.00	16.00	19.00	350.00
0	16.0	ounce(s)	Coca Cola - diet w/caffeine	0.00	0.53	0.00	0.00
Totals for Dinner				32.00	16.53	19.00	350.00

Snack 3

0	5.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.35	13.35	5.00	115.00
Totals for Snack 3				3.35	13.35	5.00	115.00
Totals For 1700 Calories Low Carb FastFood - Day 02				116.96	192.88	60.43	1689.54

1700 Calories Low Carb FastFood - Day 03

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
3	2.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	3.00	24.00	1.00	110.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				16.89	54.45	2.06	295.64

Snack 1

5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
Totals for Snack 1				12.58	1.12	10.61	155.00

Lunch

0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Spring Mix Salad with House Vinaig.	10.00	22.00	28.00	380.00
Totals for Lunch				10.00	22.00	28.00	380.00

Snack 2

7	2.0	each	Orange - medium	2.20	34.80	0.60	138.00
Totals for Snack 2				2.20	34.80	0.60	138.00

Dinner

6	1.5	4 spears (1/2" base)	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
12	2.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	37.57	0.00	21.00	350.20
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
21	1.0	tablespoon	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	5.00	0.00	30.00
2	0.8	cup	Yam -baked or boiled	1.50	28.20	0.15	118.50
Totals for Dinner				54.83	54.75	21.95	647.50

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 3				14.00	3.10	1.15	82.00
Totals For 1700 Calories Low Carb FastFood - Day 03				110.50	170.22	64.37	1698.14

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
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
Totals for Breakfast				28.07	43.78	0.80	297.00

Snack 1

8	1.3	cup	Cottage Cheese - 1% fat	35.00	7.75	2.87	205.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
Totals for Snack 1				36.57	36.67	2.94	315.00

Lunch

0	1.0	each	Subway Tuna Wrap	27.00	16.00	32.00	440.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Lunch				27.00	16.00	32.00	440.00

Snack 2

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
Totals for Snack 2				1.20	9.60	1.20	48.00

Dinner

0	1.0	each	McDonalds Cal. Cobb Salad w/ grilled chicken	35.00	12.00	11.00	280.00
0	1.0	each	McDonalds Fruit & Yogurt Parfait	4.00	31.00	2.00	160.00
0	1.0	pack	McDonalds Newman's Own Low-fat Balsamic Vinaigrette Drsg	0.00	4.00	3.00	40.00
Totals for Dinner				39.00	47.00	16.00	480.00

Snack 3

0	5.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.35	13.35	5.00	115.00
Totals for Snack 3				3.35	13.35	5.00	115.00
Totals For 1700 Calories Low Carb FastFood - Day 04				135.19	166.40	57.94	1695.00

Breakfast

7	1.3	1 cup	Blueberries, raw	1.37	26.81	0.61	105.45
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
Totals for Breakfast				18.64	63.19	3.21	337.45

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
Totals for Snack 1				13.20	29.55	25.10	366.00

Lunch

0	2.0	each	Taco Bell Fresco Style Taco Supreme	14.00	30.00	14.00	300.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Lunch				14.00	30.00	14.00	300.00

Snack 2

4	0.8	ounce(s)	Walnuts, dried	3.13	4.55	11.40	133.50
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				10.63	18.05	11.40	223.50

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
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
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Dinner				49.62	22.34	3.62	321.12

Snack 3

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
Totals for Snack 3				28.00	6.20	2.30	164.00
Totals For 1700 Calories Low Carb FastFood - Day 05				134.09	169.33	59.63	1712.07

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
3	2.0	1/2 cup	General Mills, Multi Grain Cheerios, dry	3.00	24.00	1.00	110.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				16.89	54.45	2.06	295.64

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
Totals for Snack 1				29.57	35.12	2.37	274.00

Lunch

0	1.0	each	Subway Turkey Breast Wrap	24.00	18.00	6.00	190.00
0	1.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	18.00	6.00	190.00

Snack 2

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
5	3.0	1 large	Egg, whole, cooked, hard-boiled	18.87	1.68	15.91	232.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Snack 2				28.47	23.18	17.51	366.50

Dinner

0	1.0	each	McDonalds Caesar Salad with Grilled Chicken	30.00	12.00	6.00	220.00
0	1.0	pack	McDonalds Newman's Own Creamy Caesar Drsg	2.00	4.00	18.00	190.00
Totals for Dinner				32.00	16.00	24.00	410.00

Snack 3

0	1.0	each	McDonalds Fruit & Yogurt Parfait	4.00	31.00	2.00	160.00
Totals for Snack 3				4.00	31.00	2.00	160.00
Totals For 1700 Calories Low Carb FastFood - Day 06				134.93	177.75	53.94	1696.14

1700 Calories Low Carb FastFood - Day 07

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
Totals for Breakfast				24.57	43.48	0.80	280.00

Snack 1

14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				13.50	19.50	15.00	260.00

Lunch

0	8.0	ounce(s)	Wendy's Chili -Small	17.00	23.00	6.00	220.00
0	1.0	pack	Wendy's reduced-fat Creamy Ranch Drsg	1.00	6.00	8.00	100.00
0	1.0	each	Wendy's Side Salad	1.00	8.00	0.00	35.00
Totals for Lunch				19.00	37.00	14.00	355.00

Snack 2

8	1.5	cup	Cottage Cheese - 1% fat	42.00	9.30	3.45	246.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 2				43.02	20.97	3.91	294.64

Dinner

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
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
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				44.11	52.97	4.68	433.60

Snack 3

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
Totals for Snack 3				2.68	10.68	4.00	92.00
Totals For 1700 Calories Low Carb FastFood - Day 07				146.88	184.60	42.39	1715.24