



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Low to High Glycemic R3 - Day 01</b>							
<b>Breakfast - Eggs with veg in spread.</b>							
1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
1	1.0	large	Egg white	4.00	0.00	0.00	15.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
6	0.3	cup	Kale	0.55	1.68	0.12	8.38
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.3	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	0.75	6.67
<b>Totals for Breakfast</b>				<b>19.55</b>	<b>26.48</b>	<b>2.37</b>	<b>197.05</b>
<b>Snack 1 - Top yogurt with berries and flax.</b>							
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
<b>Totals for Snack 1</b>				<b>1.00</b>	<b>1.00</b>	<b>3.50</b>	<b>40.00</b>
<b>Lunch - Toss all salad ing together for this tasty salad.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
1	1.0	ounce(s)	Turkey breast	8.50	0.00	0.20	38.00
<b>Totals for Lunch</b>				<b>19.60</b>	<b>16.99</b>	<b>12.62</b>	<b>265.30</b>
<b>Snack 2</b>							
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<b>Totals for Snack 2</b>				<b>0.15</b>	<b>10.50</b>	<b>0.25</b>	<b>40.50</b>
<b>Dinner - Chicken stir fry. Over brown rice and lentils.</b>							
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
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
4	0.3	1 cup	Lima beans, large, mature seeds, cooked, boiled, without salt	3.67	9.81	0.18	54.05
23	1.1	tablespoon	Olive oil	0.00	0.00	15.82	146.90
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	1.0	tablespoon	Soy sauce, Organic, Lite	0.00	1.30	0.00	11.00
<b>Totals for Dinner</b>				<b>52.13</b>	<b>64.68</b>	<b>19.30</b>	<b>632.40</b>
<b>Snack 3 - Spread peanut butter on toast.</b>							
9	0.5	each	Apple	0.15	10.50	0.25	40.50
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
<b>Totals for Snack 3</b>				<b>4.15</b>	<b>25.50</b>	<b>0.75</b>	<b>120.50</b>
<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 01</b>				<b>96.58</b>	<b>145.15</b>	<b>38.79</b>	<b>1295.75</b>

**Breakfast - Egg with prepared bacon. Serve w nuts and milk.**

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
14	2.0	1 almond	Nuts, almonds	0.51	0.52	1.20	13.90
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>19.51</b>	<b>10.52</b>	<b>10.20</b>	<b>208.90</b>

**Snack 1 - Add peaches to cottage cheese**

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.1	cup	Sliced fresh peaches	0.20	2.11	0.06	8.62
<i>Totals for Snack 1</i>				<b>7.20</b>	<b>3.66</b>	<b>0.63</b>	<b>49.62</b>

**Lunch - Tuna/veg in pita. With carrots.**

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
6	1.0	1 stalk, small (5" long)	Celery, raw	0.12	0.50	0.03	2.72
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
8	1.0	ounce(s)	Tuna Solid White -Water Sm. can	7.50	0.50	0.50	35.00
<i>Totals for Lunch</i>				<b>18.39</b>	<b>65.70</b>	<b>4.39</b>	<b>346.96</b>

**Snack 2 - Cheese and crackers.**

9	0.5	each	Apple	0.15	10.50	0.25	40.50
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
<i>Totals for Snack 2</i>				<b>7.05</b>	<b>11.04</b>	<b>2.23</b>	<b>89.55</b>

**Dinner - Season/saute beef in oil w/veg. Add sauce.**

1	4.0	ounce(s)	Beef, organic, extra lean	25.00	2.00	3.00	130.00
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
23	1.3	tablespoon	Olive oil	0.00	0.00	17.50	162.50
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				<b>42.71</b>	<b>48.20</b>	<b>24.62</b>	<b>564.65</b>

**Snack 3 - Chop fruit into yogurt. Sprinkle with nuts.**

5	0.3	cup	Non-fat yogurt-artificially sweetened	2.65	4.82	0.10	30.25
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Snack 3</i>				<b>2.90</b>	<b>7.07</b>	<b>0.10</b>	<b>45.25</b>

<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 02</b>				<b>97.76</b>	<b>146.19</b>	<b>42.17</b>	<b>1304.93</b>
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**Breakfast - Scramble egg/cheese/veg in 1/2 spread.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
6	0.3	cup	Mixed vegetables (non starchy)	0.25	1.75	0.00	10.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
<i>Totals for Breakfast</i>				<b>20.26</b>	<b>8.50</b>	<b>8.08</b>	<b>186.78</b>

**Snack 1 - Mix soy nuts/raisins.**

0	0.5	1/4 cup	Genisoy Soy nuts	5.50	4.50	3.00	65.00
<i>Totals for Snack 1</i>				<b>5.50</b>	<b>4.50</b>	<b>3.00</b>	<b>65.00</b>

**Lunch - Toss pasta salad ingredients together.**

6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	cup	Grated carrots	0.13	1.43	0.00	5.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	2.0	ounce(s)	Salmon - broiled	12.54	0.00	7.00	116.00
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
6	6.0	each	Tomato slice	1.02	5.58	0.42	25.20
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
3	0.3	cup	Whole wheat pasta, cooked	1.75	9.25	0.25	42.50
<i>Totals for Lunch</i>				<b>16.54</b>	<b>19.56</b>	<b>10.89</b>	<b>232.51</b>

**Snack 2**

6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 2</i>				<b>3.45</b>	<b>10.12</b>	<b>3.34</b>	<b>82.37</b>

**Dinner - Season meat. Into patty.Broil. w/veg/apple/quinoa**

9	0.5	each	Apple	0.15	10.50	0.25	40.50
6	1.5	cup	Broccoli	5.39	16.24	0.93	79.17
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
2	1.0	cup	Spaghetti squash, cooked	1.00	10.00	0.00	40.00
1	6.0	ounce(s)	Turkey, ground, extra lean	39.00	0.00	2.25	168.00
<i>Totals for Dinner</i>				<b>57.24</b>	<b>88.98</b>	<b>7.62</b>	<b>619.67</b>

**Snack 3**

8	0.1	cup	Cottage Cheese - 1% fat	3.50	0.77	0.29	20.50
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
<i>Totals for Snack 3</i>				<b>4.70</b>	<b>24.57</b>	<b>0.49</b>	<b>112.50</b>
<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 03</b>				<b>107.69</b>	<b>156.23</b>	<b>33.42</b>	<b>1298.83</b>

Breakfast - Yogurt/berry/seed sundae. Bread w/PB.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	2.0	ounce(s)	Greek yogurt, plain, non fat	4.00	2.00	0.00	30.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				20.41	36.47	15.00	354.76

Snack 1

8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
Totals for Snack 1				8.00	1.00	6.00	80.00

Lunch - Top quinoa w/ingredients.

1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.3	cup	Grated carrots	0.33	3.63	0.00	14.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
17	1.3	1 cup	Quinoa, cooked	10.18	49.26	4.44	277.50
Totals for Lunch				31.78	59.56	6.87	422.00

Snack 2 - Turkey lettuce wraps.

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
6	1.0	each	Tomato slice	0.17	0.93	0.07	4.20
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
Totals for Snack 2				17.17	0.93	0.47	90.20

Dinner - Season/roast/broil fish. Roast pot.

6	8.0	each	Asparagus spears	2.80	4.96	0.16	25.60
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	2.0	ounce(s)	Salmon	12.00	0.00	8.00	120.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
Totals for Dinner				20.39	34.50	9.58	284.90

Snack 3

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
9	0.5	each	Apple	0.15	10.50	0.25	40.50
Totals for Snack 3				3.65	11.00	1.25	65.50
Totals For 1300 Calories Low to High Glycemic R3 - Day 04				101.40	143.46	39.17	1297.36

**Breakfast - Enjoy egg and bacon breakfast.**

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
0	0.5	cup	Silk Plain Soy Milk	3.50	4.00	2.00	50.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
<i>Totals for Breakfast</i>				<b>15.75</b>	<b>8.25</b>	<b>7.00</b>	<b>160.00</b>

**Snack 1 - Cottage cheese snack.**

8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
<i>Totals for Snack 1</i>				<b>9.24</b>	<b>2.05</b>	<b>0.76</b>	<b>54.12</b>

**Lunch - Open faced Bacon avocado sandwich.**

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
7	1.0	1 medium (2-3/8" dia)	Tangerines, (mandarin oranges), raw	0.68	11.21	0.26	44.52
6	0.5	each	Tomato	0.50	2.50	0.00	10.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
<i>Totals for Lunch</i>				<b>16.21</b>	<b>37.80</b>	<b>16.05</b>	<b>346.16</b>

**Snack 2**

9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 2</i>				<b>0.15</b>	<b>10.50</b>	<b>0.25</b>	<b>40.50</b>

**Dinner - Season fish. Cook in oil w/veg. Over quinoa.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	0.7	tablespoon	Olive oil	0.00	0.00	9.24	85.80
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	6.0	ounce(s)	Tilapia	36.00	0.00	0.00	150.00
6	0.8	cup	White mushrooms, sliced	1.50	1.50	0.00	11.25
<i>Totals for Dinner</i>				<b>54.66</b>	<b>65.36</b>	<b>14.41</b>	<b>590.25</b>

**Snack 3 - Thaw cherries slightly. Pour over yogurt.**

7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
1	2.5	ounce(s)	Greek yogurt, plain, non fat	5.00	2.50	0.00	37.50
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
7	0.5	cup	Unsweetened frozen cherries	0.50	8.50	0.25	35.00
<i>Totals for Snack 3</i>				<b>6.25</b>	<b>15.25</b>	<b>2.25</b>	<b>107.50</b>

<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 05</b>				<b>102.26</b>	<b>139.21</b>	<b>40.72</b>	<b>1298.53</b>
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**Breakfast - Prepare egg with spread.**

1	1.0	large	Egg white	4.00	0.00	0.00	15.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
1	2.0	each	Vegetarian sausage patty	20.00	6.00	6.00	160.00
<i>Totals for Breakfast</i>				<b>24.60</b>	<b>17.90</b>	<b>9.10</b>	<b>247.67</b>

**Snack 1**

1	5.0	each	Almonds, unsalted	0.00	0.00	2.50	25.00
7	0.3	1 cup, halves or slices	Peaches, canned, water pack, solids and liquids	0.27	3.73	0.04	14.64
<i>Totals for Snack 1</i>				<b>0.27</b>	<b>3.73</b>	<b>2.54</b>	<b>39.64</b>

**Lunch - Toss all salad ingredients together.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
3	0.3	cup	Cooked lentils	5.94	13.20	0.33	75.90
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
23	0.1	cup	Sliced avocado	0.30	1.20	2.10	23.00
<i>Totals for Lunch</i>				<b>36.36</b>	<b>38.88</b>	<b>6.16</b>	<b>340.64</b>

**Snack 2**

9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

**Dinner - Season/roast fish w/oil. Steam veg. Roast pot.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
6	0.3	cup	Zucchini	0.50	1.25	0.00	6.25
<i>Totals for Dinner</i>				<b>35.76</b>	<b>59.62</b>	<b>8.93</b>	<b>451.75</b>

**Snack 3 - Top bread with peanut butter and sliced banana.**

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	1.3	tea spoon	Peanut butter	1.33	1.33	3.99	39.90
7	0.3	each	Small banana	0.25	5.75	0.00	22.50
<i>Totals for Snack 3</i>				<b>5.58</b>	<b>22.08</b>	<b>4.49</b>	<b>142.40</b>
<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 06</b>				<b>102.87</b>	<b>163.21</b>	<b>31.72</b>	<b>1303.10</b>



**Breakfast - Layer fruit nuts and yogurt.**

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
7	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
<i>Totals for Breakfast</i>				<b>8.52</b>	<b>13.00</b>	<b>4.87</b>	<b>130.66</b>

**Snack 1**

0	0.5	cup	Silk Plain Soy Milk	3.50	4.00	2.00	50.00
<i>Totals for Snack 1</i>				<b>3.50</b>	<b>4.00</b>	<b>2.00</b>	<b>50.00</b>

**Lunch - Toss shrimp w/oil/vin/veg/quinoa.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.7	tablespoon	Olive oil	0.00	0.00	9.24	85.80
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	7.0	ounce(s)	Shrimp	28.00	0.00	0.00	140.00
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Lunch</i>				<b>32.36</b>	<b>21.70</b>	<b>17.18</b>	<b>396.15</b>

**Snack 2 - Dip pepper slices into hummus..**

4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 2</i>				<b>2.91</b>	<b>9.55</b>	<b>3.28</b>	<b>78.52</b>

**Dinner - Stir fry chicken/tofu/veg. Over rice.**

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
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
6	0.1	1 cup, chopped	Onions, raw	0.23	1.94	0.02	8.32
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				<b>50.53</b>	<b>63.56</b>	<b>6.46</b>	<b>501.27</b>

**Snack 3 - Spread nut 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
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
<i>Totals for Snack 3</i>				<b>2.32</b>	<b>23.53</b>	<b>7.40</b>	<b>159.29</b>
<b>Totals For 1300 Calories Low to High Glycemic R3 - Day 07</b>				<b>100.14</b>	<b>135.34</b>	<b>41.19</b>	<b>1315.89</b>