



## Female Meal Plans

| Xchg   | Qty  | Measure          | Description  | Protein (gm) | Carbs (gm)    | Fats (gm)    | Calories       |
|--|------|------------------|--|--------------|---------------|--------------|----------------|
| <b>1300 Calories Heart Disease - Day 01</b>            |      |                  |  |              |               |              |                |
| <b>Breakfast</b>                                       |      |                  |  |              |               |              |                |
| 7  | 0.3  | each             | Banana - med 8"  | 0.30         | 6.68          | 0.15         | 26.25          |
| 0  | 8.0  | ounce(s)         | Grape juice - Welch's                                  | 0.00         | 40.00         | 0.00         | 160.00         |
| 15   | 0.5  | cup              | Kashi GoLEAN Cereal                                    | 6.50         | 15.00         | 0.50         | 70.00          |
| 5  | 0.5  | cup              | Milk - skim, no fat                                    | 4.20         | 5.95          | 0.20         | 43.00          |
| <i>Totals for Breakfast</i>                            |      |                  |  | <b>11.00</b> | <b>67.63</b>  | <b>0.85</b>  | <b>299.25</b>  |
| <b>Snack 1</b>   |      |                  |  |              |               |              |                |
| 9  | 0.3  | each             | Apple - medium with peel                               | 0.08         | 5.25          | 0.13         | 20.25          |
| 4  | 0.3  | 2 tablespoon     | Peanut butter, smooth style, without salt              | 1.78         | 1.78          | 4.11         | 47.84          |
| <i>Totals for Snack 1</i>                              |      |                  |  | <b>1.86</b>  | <b>7.03</b>   | <b>4.24</b>  | <b>68.09</b>   |
| <b>Lunch</b>   |      |                  |  |              |               |              |                |
| 7  | 0.3  | 1 cup, sliced    | Avocados, raw, all commercial varieties                | 0.73         | 3.11          | 5.35         | 58.40          |
| 6  | 8.0  | 1 large          | Carrots, baby, raw                                     | 0.77         | 9.89          | 0.16         | 42.00          |
| 12   | 1.0  | 3 oz             | Fish, tuna, white, canned in water, drained solids     | 20.08        | 0.00          | 2.52         | 108.80         |
| 7  | 10.0 | each             | Grapes - American                                      | 0.20         | 4.10          | 0.00         | 20.00          |
| 21   | 0.5  | tablespoon       | Mayonnaise - KRAFT Free, fat free                      | 0.00         | 1.50          | 0.00         | 4.00           |
| 6  | 0.5  | 1 tablespoon     | Pickle relish, sweet                                   | 0.03         | 2.63          | 0.04         | 9.75           |
| 6  | 0.5  | small            | Tomato - sm. w/peel, 2.5" diam.                        | 0.50         | 2.85          | 0.20         | 13.00          |
| 3  | 2.0  | each             | Tortilla 99% fat free, whole wheat, flour              | 4.00         | 24.00         | 0.00         | 120.00         |
| 0  | 4.0  | fluid ounce(s)   | Vegetable juice - V8, no salt                          | 0.67         | 5.33          | 0.00         | 24.00          |
| <i>Totals for Lunch</i>                                |      |                  |  | <b>26.98</b> | <b>53.41</b>  | <b>8.27</b>  | <b>399.95</b>  |
| <b>Snack 2</b>   |      |                  |  |              |               |              |                |
| 7  | 0.5  | 1 cup, halves    | Apricots, dried, sulfured, stewed, without added sugar | 1.50         | 27.69         | 0.23         | 106.25         |
| <i>Totals for Snack 2</i>                              |      |                  |  | <b>1.50</b>  | <b>27.69</b>  | <b>0.23</b>  | <b>106.25</b>  |
| <b>Dinner</b>  |      |                  |  |              |               |              |                |
| 6  | 1.0  | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt        | 1.86         | 5.60          | 0.32         | 27.30          |
| 12   | 1.0  | 3 oz             | Fish, salmon, pink, cooked, dry heat                   | 20.89        | 0.00          | 4.49         | 130.05         |
| 6  | 1.0  | cup              | Green salad w/ raw vegetables                          | 1.73         | 4.44          | 0.10         | 22.00          |
| 23   | 0.5  | tablespoon       | Olive Oil, Extra Virgin                                | 0.00         | 0.00          | 7.00         | 60.00          |
| 0  | 0.5  | 1 tablespoon     | Vinegar, cider   | 0.00         | 0.07          | 0.00         | 1.56           |
| 6  | 0.5  | 0.5 cup, cubes   | Yam, cooked, boiled, drained, or baked, without salt   | 0.51         | 9.34          | 0.05         | 39.44          |
| <i>Totals for Dinner</i>                               |      |                  |  | <b>24.99</b> | <b>19.45</b>  | <b>11.96</b> | <b>280.35</b>  |
| <b>Snack 3</b>   |      |                  |  |              |               |              |                |
| 14   | 10.0 | 1 almond         | Nuts, almonds  | 2.54         | 2.59          | 5.99         | 69.48          |
| 14   | 0.5  | 1 tablespoon     | Seeds, flaxseed  | 1.10         | 1.73          | 2.53         | 32.04          |
| 5  | 4.0  | ounce(s)         | Yogurt - Yoplait, Light, all flavors                   | 5.00         | 9.00          | 0.00         | 60.00          |
| <i>Totals for Snack 3</i>                              |      |                  |  | <b>8.64</b>  | <b>13.32</b>  | <b>8.52</b>  | <b>161.52</b>  |
| <b>Totals For 1300 Calories Heart Disease - Day 01</b> |      |                  |  | <b>74.97</b> | <b>188.53</b> | <b>34.07</b> | <b>1315.41</b> |

1300 Calories Heart Disease - Day 02

**Breakfast**

|                             |     |  |   |              |              |             |               |
|-----------------------------|-----|--|---|--------------|--------------|-------------|---------------|
| 15                          | 1.0 | 0.5 cup                                | Cereals, QUAKER, Quick Oats, Dry                                    | 5.48         | 27.27        | 2.75        | 148.40        |
| 22                          | 0.5 | tea spoon                              | Cinnamon  | 0.15         | 2.70         | 0.10        | 9.00          |
| 7                           | 1.0 | 1 wedge, large<br>(1/8 of large melon) | Melons, cantaloupe, raw   | 0.86         | 8.32         | 0.19        | 34.68         |
| 7                           | 0.3 | 50 raisins                             | Raisins, seedless   | 0.20         | 5.15         | 0.03        | 19.44         |
| 4                           | 1.0 | 1 cup                                  | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D | 6.00         | 10.06        | 0.10        | 68.04         |
| 4                           | 0.5 | 1 cup                                  | Soymilk, original and vanilla, unfortified                          | 3.97         | 7.63         | 2.13        | 65.61         |
| <i>Totals for Breakfast</i> |     |  |   | <b>16.66</b> | <b>61.13</b> | <b>5.30</b> | <b>345.17</b> |

**Snack 1**

|                           |     |         |   |             |             |             |              |
|---------------------------|-----|---------|---|-------------|-------------|-------------|--------------|
| 8                         | 0.5 | 1/2 cup | LUCERNE No Salt added 1% Fat Cottage Cheese | 7.00        | 2.00        | 1.00        | 40.00        |
| 7                         | 0.5 | cup     | Strawberries                                | 0.50        | 4.50        | 0.00        | 30.00        |
| <i>Totals for Snack 1</i> |     |         |   | <b>7.50</b> | <b>6.50</b> | <b>1.00</b> | <b>70.00</b> |

**Lunch**

|                         |     |                            |                                    |              |              |             |               |
|-------------------------|-----|----------------------------|------------------------------------|--------------|--------------|-------------|---------------|
| 16                      | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat           | 3.14         | 17.60        | 0.83        | 85.12         |
| 6                       | 8.0 | 1 large                    | Carrots, baby, raw                 | 0.77         | 9.89         | 0.16        | 42.00         |
| 5                       | 0.5 | 1 oz                       | Cheese, mozzarella, part skim milk | 3.44         | 0.39         | 2.26        | 36.00         |
| 1                       | 2.0 | ounce(s)                   | Chicken Breast / White Meat        | 13.00        | 0.00         | 0.80        | 62.00         |
| 0                       | 0.5 | 1 tablespoon               | Sauce, salsa, ready-to-serve       | 0.12         | 0.54         | 0.01        | 2.32          |
| 6                       | 1.0 | 1 leaf                     | Spinach, raw                       | 0.29         | 0.36         | 0.04        | 2.30          |
| 6                       | 0.5 | small                      | Tomato - sm. w/peel, 2.5" diam.    | 0.50         | 2.85         | 0.20        | 13.00         |
| <i>Totals for Lunch</i> |     |                            |                                    | <b>21.26</b> | <b>31.63</b> | <b>4.30</b> | <b>242.74</b> |

**Snack 2**

|                           |     |          |                          |             |              |             |               |
|---------------------------|-----|----------|--------------------------|-------------|--------------|-------------|---------------|
| 9                         | 1.0 | each     | Apple - medium with peel | 0.30        | 21.00        | 0.50        | 81.00         |
| 4                         | 0.5 | ounce(s) | Walnuts, dried           | 2.09        | 3.04         | 7.60        | 89.00         |
| <i>Totals for Snack 2</i> |     |          |                          | <b>2.39</b> | <b>24.04</b> | <b>8.10</b> | <b>170.00</b> |

**Dinner**

|                          |     |              |   |              |              |              |               |
|--------------------------|-----|--------------|---|--------------|--------------|--------------|---------------|
| 6                        | 1.0 | 0.5 cup      | Asparagus, cooked, boiled, drained        | 2.16         | 3.70         | 0.20         | 19.80         |
| 6                        | 1.0 | cup          | Green salad w/ raw vegetables             | 1.73         | 4.44         | 0.10         | 22.00         |
| 6                        | 0.3 | 1 cup pieces | Mushrooms, shiitake, cooked, without salt | 0.57         | 5.22         | 0.08         | 20.30         |
| 23                       | 1.0 | tablespoon   | Olive Oil, Extra Virgin                   | 0.00         | 0.00         | 14.00        | 120.00        |
| 17                       | 1.0 | 1 cup        | Rice, brown, long-grain, cooked           | 5.03         | 44.77        | 1.75         | 216.45        |
| 1                        | 2.0 | ounce(s)     | Turkey Breast / White Meat                | 17.00        | 0.00         | 0.40         | 76.00         |
| 0                        | 1.0 | 1 tablespoon | Vinegar, cider                            | 0.00         | 0.14         | 0.00         | 3.13          |
| <i>Totals for Dinner</i> |     |              |   | <b>26.49</b> | <b>58.27</b> | <b>16.53</b> | <b>477.68</b> |

**Snack 3**

|                           |     |       |  |             |             |             |              |
|---------------------------|-----|-------|--|-------------|-------------|-------------|--------------|
| 0                         | 1.0 | 1 cup | Snacks, popcorn, air-popped, white popcorn | 0.96        | 6.23        | 0.34        | 30.56        |
| <i>Totals for Snack 3</i> |     |       |  | <b>0.96</b> | <b>6.23</b> | <b>0.34</b> | <b>30.56</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Heart Disease - Day 02</b> |  |  |  | <b>75.26</b> | <b>187.80</b> | <b>35.57</b> | <b>1336.15</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Heart Disease - Day 03

**Breakfast**

|                             |     |              |  |              |              |             |               |
|-----------------------------|-----|--------------|--|--------------|--------------|-------------|---------------|
| 16                          | 2.0 | 1 slice      | Bread, oat bran, toasted                       | 6.16         | 23.60        | 2.59        | 139.86        |
| 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                           | 1.0 | cup          | Milk - skim, no fat                            | 8.40         | 11.90        | 0.40        | 86.00         |
| 14                          | 0.3 | 1 tablespoon | Nuts, almond butter, plain, without salt added | 0.84         | 0.75         | 2.22        | 24.56         |
| <i>Totals for Breakfast</i> |     |              |  | <b>27.10</b> | <b>60.95</b> | <b>5.41</b> | <b>393.42</b> |

**Snack 1**

|                           |     |                 |  |             |              |             |              |
|---------------------------|-----|-----------------|--|-------------|--------------|-------------|--------------|
| 7                         | 0.3 | 1 cup, unthawed | Blueberries, raw                                 | 0.27        | 5.25         | 0.12        | 20.66        |
| 15                        | 0.3 | 1 oz            | Cereals ready-to-eat, wheat germ, toasted, plain | 2.06        | 3.52         | 0.76        | 27.07        |
| 5                         | 2.0 | ounce(s)        | Yogurt - Yoplait, Light, all flavors             | 2.50        | 4.50         | 0.00        | 30.00        |
| <i>Totals for Snack 1</i> |     |                 |  | <b>4.83</b> | <b>13.27</b> | <b>0.88</b> | <b>77.73</b> |

**Lunch**

|                         |     |                |  |              |              |              |               |
|-------------------------|-----|----------------|--|--------------|--------------|--------------|---------------|
| 3                       | 2.0 | spear          | Broccoli   | 10.00        | 8.00         | 2.00         | 80.00         |
| 4                       | 0.3 | 1 cup          | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw | 10.23        | 31.48        | 3.02         | 189.00        |
| 6                       | 1.0 | cup            | Green salad w/ raw vegetables                              | 1.73         | 4.44         | 0.10         | 22.00         |
| 23                      | 0.5 | tablespoon     | Olive Oil, Extra Virgin                                    | 0.00         | 0.00         | 7.00         | 60.00         |
| 6                       | 0.8 | 1 cup, chopped | Peppers, sweet, red, raw                                   | 1.11         | 6.74         | 0.34         | 34.64         |
| 0                       | 1.0 | 1 tablespoon   | Vinegar, cider   | 0.00         | 0.14         | 0.00         | 3.13          |
| <i>Totals for Lunch</i> |     |                |  | <b>23.07</b> | <b>50.80</b> | <b>12.46</b> | <b>388.77</b> |

**Snack 2**

|                           |     |      |                     |             |              |             |              |
|---------------------------|-----|------|---------------------|-------------|--------------|-------------|--------------|
| 7                         | 0.5 | each | Pear -medium w/peel | 0.35        | 12.55        | 0.00        | 49.00        |
| <i>Totals for Snack 2</i> |     |      |                     | <b>0.35</b> | <b>12.55</b> | <b>0.00</b> | <b>49.00</b> |

**Dinner**

|                          |     |              |   |              |              |              |               |
|--------------------------|-----|--------------|---|--------------|--------------|--------------|---------------|
| 6                        | 1.0 | cup          | Green salad w/ raw vegetables   | 1.73         | 4.44         | 0.10         | 22.00         |
| 23                       | 0.3 | tablespoon   | Olive Oil, Extra Virgin   | 0.00         | 0.00         | 3.50         | 30.00         |
| 17                       | 0.5 | cup          | Spaghetti - whole wheat, cooked, Health Valley                            | 4.50         | 20.00        | 0.50         | 85.00         |
| 21                       | 0.3 | cup          | Spaghetti sauce - no salt, Prego  | 1.00         | 5.50         | 3.00         | 30.00         |
| 4                        | 1.0 | 0.5 cup      | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 10.32        | 2.13         | 5.25         | 88.20         |
| 0                        | 0.5 | 1 tablespoon | Vinegar, cider  | 0.00         | 0.07         | 0.00         | 1.56          |
| 6                        | 2.0 | 1/2 cup      | zucchini, boiled, drained   | 1.15         | 7.07         | 0.09         | 28.80         |
| <i>Totals for Dinner</i> |     |              |   | <b>18.70</b> | <b>39.21</b> | <b>12.44</b> | <b>285.56</b> |

**Snack 3**

|                           |     |            |                               |             |              |             |              |
|---------------------------|-----|------------|-------------------------------|-------------|--------------|-------------|--------------|
| 23                        | 0.3 | tablespoon | Flaxseed Oil (linseed)        | 0.00        | 0.00         | 3.50        | 30.00        |
| 7                         | 0.5 | 1 cup      | Raspberries, raw              | 0.74        | 7.34         | 0.40        | 31.98        |
| 5                         | 4.0 | ounce(s)   | Soy Milk, fat-free w/ calcium | 3.00        | 4.00         | 0.00        | 30.00        |
| <i>Totals for Snack 3</i> |     |            |                               | <b>3.74</b> | <b>11.34</b> | <b>3.90</b> | <b>91.98</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Heart Disease - Day 03</b> |  |  |  | <b>77.79</b> | <b>188.12</b> | <b>35.09</b> | <b>1286.46</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Heart Disease - Day 04

**Breakfast**

|                             |     |                        |                                    |              |              |             |               |
|-----------------------------|-----|------------------------|------------------------------------|--------------|--------------|-------------|---------------|
| 7                           | 1.0 | 1 cup, unthawed        | Blueberries, raw                   | 1.07         | 21.01        | 0.48        | 82.65         |
| 15                          | 1.0 | 1 cup (1 NLEA serving) | Cereals ready-to-eat, KASHI GOLEAN | 12.94        | 34.94        | 1.14        | 161.72        |
| 0                           | 1.0 | ounce(s)               | Grape juice - Welch's              | 0.00         | 5.00         | 0.00        | 20.00         |
| 5                           | 1.0 | cup                    | Milk - skim, no fat                | 8.40         | 11.90        | 0.40        | 86.00         |
| <i>Totals for Breakfast</i> |     |                        |                                    | <b>22.41</b> | <b>72.85</b> | <b>2.02</b> | <b>350.37</b> |

**Snack 1**

|                           |     |          |               |             |             |             |             |
|---------------------------|-----|----------|---------------|-------------|-------------|-------------|-------------|
| 14                        | 1.0 | 1 almond | Nuts, almonds | 0.25        | 0.26        | 0.60        | 6.95        |
| <i>Totals for Snack 1</i> |     |          |               | <b>0.25</b> | <b>0.26</b> | <b>0.60</b> | <b>6.95</b> |

**Lunch**

|                         |     |                |  |              |              |             |               |
|-------------------------|-----|----------------|--|--------------|--------------|-------------|---------------|
| 7                       | 0.3 | 1 cup, sliced  | Avocados, raw, all commercial varieties            | 0.73         | 3.11         | 5.35        | 58.40         |
| 12                      | 0.5 | 3 oz           | Fish, tuna, white, canned in water, drained solids | 10.04        | 0.00         | 1.26        | 54.40         |
| 21                      | 1.0 | tablespoon     | Mayonnaise - KRAFT Free, fat free                  | 0.00         | 3.00         | 0.00        | 8.00          |
| 6                       | 1.0 | 1 tablespoon   | Pickle relish, sweet                               | 0.06         | 5.26         | 0.07        | 19.50         |
| 7                       | 5.0 | ounce(s)       | Tangerine - fresh peeled                           | 1.00         | 16.00        | 0.50        | 60.00         |
| 6                       | 0.5 | small          | Tomato - sm. w/peel, 2.5" diam.                    | 0.50         | 2.85         | 0.20        | 13.00         |
| 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         |
| <i>Totals for Lunch</i> |     |                |  | <b>15.33</b> | <b>50.22</b> | <b>7.38</b> | <b>309.30</b> |

**Snack 2**

|                           |     |         |   |             |             |             |              |
|---------------------------|-----|---------|---|-------------|-------------|-------------|--------------|
| 8                         | 0.5 | 1/2 cup | LUCERNE No Salt added 1% Fat Cottage Cheese | 7.00        | 2.00        | 1.00        | 40.00        |
| <i>Totals for Snack 2</i> |     |         |   | <b>7.00</b> | <b>2.00</b> | <b>1.00</b> | <b>40.00</b> |

**Dinner**

|                          |     |              |   |              |              |              |               |
|--------------------------|-----|--------------|---|--------------|--------------|--------------|---------------|
| 5                        | 1.0 | ounce(s)     | Cheddar, mild shredded, KRAFT Lite Naturals | 8.00         | 1.00         | 5.00         | 80.00         |
| 1                        | 2.0 | ounce(s)     | Chicken Breast / White Meat                 | 13.00        | 0.00         | 0.80         | 62.00         |
| 6                        | 1.5 | cup          | Green salad w/ raw vegetables               | 2.59         | 6.67         | 0.15         | 33.00         |
| 23                       | 0.5 | tablespoon   | Olive Oil, Extra Virgin                     | 0.00         | 0.00         | 7.00         | 60.00         |
| 17                       | 1.5 | 1 cup        | Rice, brown, long-grain, cooked             | 7.55         | 67.16        | 2.63         | 324.68        |
| 21                       | 2.0 | tablespoon   | Salsa - Chunky medium, Pace                 | 0.00         | 0.00         | 0.00         | 4.00          |
| 0                        | 1.0 | 1 tablespoon | Vinegar, cider                              | 0.00         | 0.14         | 0.00         | 3.13          |
| <i>Totals for Dinner</i> |     |              |   | <b>31.14</b> | <b>74.97</b> | <b>15.58</b> | <b>566.81</b> |

**Snack 3**

|                           |     |       |  |             |             |             |              |
|---------------------------|-----|-------|--|-------------|-------------|-------------|--------------|
| 0                         | 1.0 | 1 cup | Snacks, popcorn, air-popped, white popcorn | 0.96        | 6.23        | 0.34        | 30.56        |
| <i>Totals for Snack 3</i> |     |       |  | <b>0.96</b> | <b>6.23</b> | <b>0.34</b> | <b>30.56</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Heart Disease - Day 04</b> |  |  |  | <b>77.09</b> | <b>206.53</b> | <b>26.92</b> | <b>1303.99</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Heart Disease - Day 05

**Breakfast**

|                             |     |            |                                  |              |              |             |               |
|-----------------------------|-----|------------|----------------------------------|--------------|--------------|-------------|---------------|
| 15                          | 1.0 | 0.5 cup    | Cereals, QUAKER, Quick Oats, Dry | 5.48         | 27.27        | 2.75        | 148.40        |
| 22                          | 1.0 | tea spoon  | Cinnamon                         | 0.30         | 5.40         | 0.20        | 18.00         |
| 5                           | 1.0 | cup        | Milk - skim, no fat              | 8.40         | 11.90        | 0.40        | 86.00         |
| 7                           | 0.3 | 50 raisins | Raisins, seedless                | 0.20         | 5.15         | 0.03        | 19.44         |
| <i>Totals for Breakfast</i> |     |            |                                  | <b>14.38</b> | <b>49.72</b> | <b>3.38</b> | <b>271.84</b> |

**Snack 1**

|                           |     |                      |                                     |             |              |             |              |
|---------------------------|-----|----------------------|-------------------------------------|-------------|--------------|-------------|--------------|
| 5                         | 0.3 | 1 oz                 | Cheese, cheddar                     | 1.70        | 0.09         | 2.40        | 28.78        |
| 7                         | 1.0 | 1 small (2-1/4" dia) | Tangerines, (mandarin oranges), raw | 0.62        | 10.14        | 0.24        | 40.28        |
| <i>Totals for Snack 1</i> |     |                      |                                     | <b>2.32</b> | <b>10.23</b> | <b>2.64</b> | <b>69.06</b> |

**Lunch**

|                         |      |                        |  |             |              |             |               |
|-------------------------|------|------------------------|--|-------------|--------------|-------------|---------------|
| 6                       | 0.5  | 1 cup, slices          | Beets, pickled, canned, solids and liquids | 0.91        | 18.48        | 0.09        | 73.78         |
| 16                      | 1.0  | 1 pita, small (4" dia) | Bread, pita, whole-wheat                   | 2.74        | 15.40        | 0.73        | 74.48         |
| 1                       | 1.0  | each                   | Egg Whites - scrambled/boiled              | 3.50        | 0.30         | 0.00        | 17.00         |
| 7                       | 16.0 | each                   | Grapes - American                          | 0.32        | 6.56         | 0.00        | 32.00         |
| 21                      | 1.0  | tablespoon             | Mayonnaise - KRAFT Free, fat free          | 0.00        | 3.00         | 0.00        | 8.00          |
| 16                      | 0.5  | each                   | Pita - wheat                               | 1.40        | 7.80         | 0.35        | 37.50         |
| 21                      | 0.5  | tablespoon             | Relish - pickle                            | 0.05        | 2.65         | 0.05        | 10.00         |
| <i>Totals for Lunch</i> |      |                        |  | <b>8.92</b> | <b>54.19</b> | <b>1.22</b> | <b>252.76</b> |

**Snack 2**

|                           |     |            |  |             |              |             |               |
|---------------------------|-----|------------|--|-------------|--------------|-------------|---------------|
| 7                         | 1.0 | each       | Apple - medium with peel                 | 0.30        | 21.10        | 0.00        | 81.00         |
| 21                        | 0.5 | tablespoon | Peanut Butter - all natural smooth style | 2.00        | 1.50         | 4.00        | 52.50         |
| <i>Totals for Snack 2</i> |     |            |  | <b>2.30</b> | <b>22.60</b> | <b>4.00</b> | <b>133.50</b> |

**Dinner**

|                          |     |                                 |  |              |              |              |               |
|--------------------------|-----|---------------------------------|--|--------------|--------------|--------------|---------------|
| 6                        | 1.0 | 1 can (11.5 oz), prepared       | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 5.70         | 9.84         | 0.22         | 51.52         |
| 6                        | 1.0 | 0.5 cup (1" pieces)             | Cauliflower, cooked, boiled, drained, without salt               | 1.14         | 2.55         | 0.28         | 14.26         |
| 12                       | 1.0 | 3 oz                            | Fish, trout, mixed species, cooked, dry heat                     | 22.64        | 0.00         | 7.20         | 161.50        |
| 6                        | 1.5 | cup                             | Green salad w/ raw vegetables                                    | 2.59         | 6.67         | 0.15         | 33.00         |
| 23                       | 0.5 | tablespoon                      | Olive Oil, Extra Virgin  | 0.00         | 0.00         | 7.00         | 60.00         |
| 6                        | 0.5 | 1 medium (2" dia, 5" long, raw) | Sweet potato, cooked, baked in skin, flesh, without salt         | 1.15         | 11.80        | 0.09         | 51.30         |
| 0                        | 1.0 | 1 tablespoon                    | Vinegar, cider   | 0.00         | 0.14         | 0.00         | 3.13          |
| <i>Totals for Dinner</i> |     |                                 |  | <b>33.22</b> | <b>31.00</b> | <b>14.94</b> | <b>374.71</b> |

**Snack 3**

|                           |     |              |                               |             |              |             |               |
|---------------------------|-----|--------------|-------------------------------|-------------|--------------|-------------|---------------|
| 7                         | 0.5 | each         | Banana - med 8"               | 0.60        | 13.35        | 0.30        | 52.50         |
| 23                        | 0.3 | tablespoon   | Flaxseed Oil (linseed)        | 0.00        | 0.00         | 3.50        | 30.00         |
| 14                        | 1.0 | 1 tablespoon | Seeds, flaxseed               | 2.19        | 3.47         | 5.06        | 64.08         |
| 5                         | 1.0 | ounce(s)     | Soy Milk, fat-free w/ calcium | 0.75        | 1.00         | 0.00        | 7.50          |
| <i>Totals for Snack 3</i> |     |              |                               | <b>3.54</b> | <b>17.82</b> | <b>8.86</b> | <b>154.08</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Heart Disease - Day 05</b> |  |  |  | <b>64.68</b> | <b>185.56</b> | <b>35.04</b> | <b>1255.95</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Heart Disease - Day 06

**Breakfast**

|                             |     |              |   |              |              |             |               |
|-----------------------------|-----|--------------|---|--------------|--------------|-------------|---------------|
| 16                          | 1.0 | 1 slice      | Bread, oat bran, toasted                    | 3.08         | 11.80        | 1.30        | 69.93         |
| 1                           | 1.0 | each         | Egg Whites - scrambled/boiled               | 3.50         | 0.30         | 0.00        | 17.00         |
| 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         |
| 14                          | 0.5 | 1 tablespoon | Nuts, almond butter, plain, with salt added | 1.68         | 1.51         | 4.44        | 49.12         |
| <i>Totals for Breakfast</i> |     |              |   | <b>17.26</b> | <b>37.41</b> | <b>6.24</b> | <b>268.05</b> |

**Snack 1**

|                           |     |               |  |             |              |             |               |
|---------------------------|-----|---------------|--|-------------|--------------|-------------|---------------|
| 7                         | 0.5 | 1 cup, halves | Apricots, dried, sulfured, stewed, without added sugar | 1.50        | 27.69        | 0.23        | 106.25        |
| <i>Totals for Snack 1</i> |     |               |  | <b>1.50</b> | <b>27.69</b> | <b>0.23</b> | <b>106.25</b> |

**Lunch**

|                         |     |                |   |              |              |             |               |
|-------------------------|-----|----------------|---|--------------|--------------|-------------|---------------|
| 4                       | 0.5 | 1 cup          | Beans, pinto, mature seeds, cooked, boiled, with salt     | 7.70         | 22.42        | 0.56        | 122.27        |
| 6                       | 6.0 | 1 large        | Carrots, baby, raw  | 0.58         | 7.42         | 0.12        | 31.50         |
| 5                       | 1.0 | ounce(s)       | Cheddar, mild shredded, KRAFT Lite Naturals               | 8.00         | 1.00         | 5.00        | 80.00         |
| 6                       | 0.3 | 1 cup, chopped | Onions, spring or scallions (includes tops and bulb), raw | 0.46         | 1.84         | 0.05        | 8.00          |
| 21                      | 2.0 | tablespoon     | Salsa - Chunky medium, Pace                               | 0.00         | 0.00         | 0.00        | 4.00          |
| 6                       | 0.3 | 1/2 cup        | tomato, diced   | 0.19         | 1.04         | 0.07        | 4.75          |
| 3                       | 1.0 | each           | Tortilla 99% fat free, whole wheat, flour                 | 2.00         | 12.00        | 0.00        | 60.00         |
| <i>Totals for Lunch</i> |     |                |   | <b>18.93</b> | <b>45.72</b> | <b>5.80</b> | <b>310.52</b> |

**Snack 2**

|                           |     |          |  |              |              |             |               |
|---------------------------|-----|----------|--|--------------|--------------|-------------|---------------|
| 15                        | 0.5 | 1 oz     | Cereals ready-to-eat, wheat germ, toasted, plain | 4.12         | 7.03         | 1.52        | 54.15         |
| 7                         | 0.5 | 1 cup    | Raspberries, raw                                 | 0.74         | 7.34         | 0.40        | 31.98         |
| 5                         | 6.0 | ounce(s) | Yogurt - Yoplait, Light, all flavors             | 7.50         | 13.50        | 0.00        | 90.00         |
| <i>Totals for Snack 2</i> |     |          |  | <b>12.36</b> | <b>27.87</b> | <b>1.92</b> | <b>176.13</b> |

**Dinner**

|                          |     |              |  |              |              |              |               |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 6                        | 0.5 | 0.5 cup      | Asparagus, cooked, boiled, drained             | 1.08         | 1.85         | 0.10         | 9.90          |
| 5                        | 1.0 | 1 tablespoon | Cheese, parmesan, grated                       | 1.42         | 0.70         | 1.39         | 21.00         |
| 6                        | 1.0 | 1 cup pieces | Mushrooms, shiitake, cooked, without salt      | 2.26         | 20.87        | 0.32         | 81.20         |
| 23                       | 1.0 | tablespoon   | Olive Oil, Extra Virgin                        | 0.00         | 0.00         | 14.00        | 120.00        |
| 17                       | 0.5 | cup          | Spaghetti - whole wheat, cooked, Health Valley | 4.50         | 20.00        | 0.50         | 85.00         |
| 0                        | 1.0 | ounce(s)     | Tofu - soybean curd cake                       | 2.30         | 0.50         | 1.40         | 22.00         |
| 6                        | 1.0 | 1/2 cup      | tomato, diced                                  | 0.76         | 4.18         | 0.30         | 19.00         |
| <i>Totals for Dinner</i> |     |              |  | <b>12.32</b> | <b>48.10</b> | <b>18.01</b> | <b>358.10</b> |

**Snack 3**

|                           |     |       |  |             |              |             |              |
|---------------------------|-----|-------|--|-------------|--------------|-------------|--------------|
| 0                         | 3.0 | 1 cup | Snacks, popcorn, air-popped, white popcorn | 2.88        | 18.70        | 1.01        | 91.68        |
| <i>Totals for Snack 3</i> |     |       |  | <b>2.88</b> | <b>18.70</b> | <b>1.01</b> | <b>91.68</b> |

|  |  |  |  |              |               |              |                |
|--|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Heart Disease - Day 06</b> |  |  |  | <b>65.25</b> | <b>205.49</b> | <b>33.21</b> | <b>1310.73</b> |
|--|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Heart Disease - Day 07

**Breakfast**

|                             |     |                        |                                    |              |              |             |               |
|-----------------------------|-----|------------------------|------------------------------------|--------------|--------------|-------------|---------------|
| 7                           | 0.5 | each                   | Banana - med 8"                    | 0.60         | 13.35        | 0.30        | 52.50         |
| 15                          | 1.0 | 1 cup (1 NLEA serving) | Cereals ready-to-eat, KASHI GOLEAN | 12.94        | 34.94        | 1.14        | 161.72        |
| 0                           | 1.0 | ounce(s)               | Grape juice - Welch's              | 0.00         | 5.00         | 0.00        | 20.00         |
| 5                           | 0.5 | cup                    | Milk - skim, no fat                | 4.20         | 5.95         | 0.20        | 43.00         |
| <i>Totals for Breakfast</i> |     |                        |                                    | <b>17.74</b> | <b>59.24</b> | <b>1.64</b> | <b>277.22</b> |

**Snack 1**

|                           |     |      |                     |             |              |             |               |
|---------------------------|-----|------|---------------------|-------------|--------------|-------------|---------------|
| 5                         | 0.5 | 1 oz | Cheese, cheddar     | 3.41        | 0.19         | 4.79        | 57.55         |
| 7                         | 1.0 | each | Pear -medium w/peel | 0.70        | 25.10        | 0.00        | 98.00         |
| <i>Totals for Snack 1</i> |     |      |                     | <b>4.11</b> | <b>25.29</b> | <b>4.79</b> | <b>155.55</b> |

**Lunch**

|                         |     |                           |   |              |              |              |               |
|-------------------------|-----|---------------------------|---|--------------|--------------|--------------|---------------|
| 4                       | 0.5 | 1 cup                     | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 7.27         | 22.48        | 2.12         | 134.48        |
| 6                       | 1.0 | cup                       | Green salad w/ raw vegetables   | 1.73         | 4.44         | 0.10         | 22.00         |
| 23                      | 1.0 | tablespoon                | Olive Oil, Extra Virgin   | 0.00         | 0.00         | 14.00        | 120.00        |
| 6                       | 0.3 | 1 can (11.5 oz), prepared | Spinach, raw  | 0.21         | 0.27         | 0.03         | 1.73          |
| 7                       | 5.0 | ounce(s)                  | Tangerine - fresh peeled  | 1.00         | 16.00        | 0.50         | 60.00         |
| 0                       | 6.0 | fluid ounce(s)            | Vegetable juice - V8, no salt   | 1.00         | 8.00         | 0.00         | 36.00         |
| 0                       | 1.0 | 1 tablespoon              | Vinegar, cider  | 0.00         | 0.14         | 0.00         | 3.13          |
| <i>Totals for Lunch</i> |     |                           |   | <b>11.21</b> | <b>51.33</b> | <b>16.75</b> | <b>377.34</b> |

**Snack 2**

|                           |     |               |   |              |              |             |               |
|---------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 8                         | 1.0 | 1/2 cup       | LUCERNE No Salt added 1% Fat Cottage Cheese | 14.00        | 4.00         | 2.00        | 80.00         |
| 7                         | 0.5 | 1 cup, slices | Peaches, raw                                | 0.77         | 8.11         | 0.21        | 33.15         |
| <i>Totals for Snack 2</i> |     |               |   | <b>14.77</b> | <b>12.11</b> | <b>2.21</b> | <b>113.15</b> |

**Dinner**

|                          |     |                |  |              |              |             |               |
|--------------------------|-----|----------------|--|--------------|--------------|-------------|---------------|
| 6                        | 1.0 | 0.5 cup slices | Carrots, cooked, boiled, drained, without salt | 0.59         | 6.41         | 0.14        | 27.30         |
| 1                        | 3.0 | ounce(s)       | Chicken Breast / White Meat                    | 19.50        | 0.00         | 1.20        | 93.00         |
| 6                        | 1.0 | 0.5 cup pieces | Mushrooms, white, raw                          | 1.08         | 1.14         | 0.12        | 7.70          |
| 17                       | 0.5 | 1 cup          | Rice, brown, long-grain, cooked                | 2.52         | 22.39        | 0.88        | 108.23        |
| 6                        | 1.0 | 1/2 cup        | zucchini, boiled, drained                      | 0.58         | 3.54         | 0.05        | 14.40         |
| <i>Totals for Dinner</i> |     |                |  | <b>24.27</b> | <b>33.48</b> | <b>2.39</b> | <b>250.63</b> |

**Snack 3**

|  |     |                 |   |              |               |              |                |
|--|-----|-----------------|---|--------------|---------------|--------------|----------------|
| 7  | 0.3 | 1 cup, unthawed | Blueberries, raw  | 0.27         | 5.25          | 0.12         | 20.66          |
| 14   | 0.5 | 1 tablespoon    | Seeds, flaxseed   | 1.10         | 1.73          | 2.53         | 32.04          |
| 4  | 1.0 | 1 cup           | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D | 6.00         | 10.06         | 0.10         | 68.04          |
| <i>Totals For 1300 Calories Heart Disease - Day 07</i> |     |                 |   | <b>79.47</b> | <b>198.49</b> | <b>30.53</b> | <b>1294.63</b> |