



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Low Carb Italian - Day 01</b>							
<b>Breakfast</b>							
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>				<b>19.77</b>	<b>25.63</b>	<b>0.50</b>	<b>191.00</b>
<b>Snack 1</b>							
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>
<b>Lunch</b>							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
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>				<b>19.26</b>	<b>32.10</b>	<b>5.90</b>	<b>252.93</b>
<b>Snack 2</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
<i>Totals for Snack 2</i>				<b>4.60</b>	<b>23.85</b>	<b>8.70</b>	<b>176.00</b>
<b>Dinner</b>							
3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
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>				<b>38.30</b>	<b>25.00</b>	<b>9.66</b>	<b>343.56</b>
<b>Snack 3</b>							
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>				<b>14.40</b>	<b>17.90</b>	<b>15.40</b>	<b>256.00</b>
<b>Totals For 1300 Calories Low Carb Italian - Day 01</b>				<b>103.83</b>	<b>137.98</b>	<b>40.16</b>	<b>1309.49</b>

1300 Calories Low Carb Italian - Day 02

**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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				<b>12.11</b>	<b>32.12</b>	<b>2.83</b>	<b>199.07</b>

**Snack 1**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 1</i>				<b>14.00</b>	<b>3.10</b>	<b>1.15</b>	<b>82.00</b>

**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	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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>				<b>18.55</b>	<b>25.55</b>	<b>20.66</b>	<b>363.56</b>

**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>				<b>9.50</b>	<b>29.30</b>	<b>0.70</b>	<b>155.00</b>

**Dinner**

17	0.5	cup	Angel hair - whole wheat, cooked, De Boles	4.50	20.00	1.00	105.00
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>				<b>35.49</b>	<b>24.51</b>	<b>16.66</b>	<b>396.24</b>

**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>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>

<b>Totals For 1300 Calories Low Carb Italian - Day 02</b>				<b>97.15</b>	<b>128.08</b>	<b>42.00</b>	<b>1285.87</b>
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1300 Calories Low Carb Italian - Day 03

**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				<b>13.50</b>	<b>41.52</b>	<b>2.46</b>	<b>230.86</b>

**Snack 1**

5	4.0	1 cubic inch	Cheese, monterey, low fat	19.18	0.48	14.69	212.84
<i>Totals for Snack 1</i>				<b>19.18</b>	<b>0.48</b>	<b>14.69</b>	<b>212.84</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	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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
<i>Totals for Lunch</i>				<b>49.94</b>	<b>51.70</b>	<b>6.63</b>	<b>448.12</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, cubes	Melons, cantaloupe, raw	0.67	6.53	0.15	27.20
<i>Totals for Snack 2</i>				<b>14.67</b>	<b>9.63</b>	<b>1.30</b>	<b>109.20</b>

**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>				<b>33.02</b>	<b>22.10</b>	<b>6.00</b>	<b>284.60</b>

**Snack 3**

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

<b>Totals For 1300 Calories Low Carb Italian - Day 03</b>				<b>130.71</b>	<b>133.63</b>	<b>31.08</b>	<b>1325.62</b>
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## 1300 Calories Low Carb Italian - Day 04

### Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>16.30</b>	<b>26.45</b>	<b>6.00</b>	<b>225.90</b>

### 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>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>

### Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
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>				<b>38.20</b>	<b>31.30</b>	<b>4.80</b>	<b>322.00</b>

### Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 2</i>				<b>8.90</b>	<b>26.70</b>	<b>16.90</b>	<b>271.00</b>

### Dinner

0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
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
<i>Totals for Dinner</i>				<b>16.36</b>	<b>39.00</b>	<b>10.40</b>	<b>313.30</b>

### Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 3</i>				<b>14.00</b>	<b>3.10</b>	<b>1.15</b>	<b>82.00</b>

<b>Totals For 1300 Calories Low Carb Italian - Day 04</b>				<b>101.26</b>	<b>140.05</b>	<b>39.25</b>	<b>1304.20</b>
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**1300 Calories Low Carb Italian - Day 05****Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
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>				<b>16.27</b>	<b>25.33</b>	<b>0.50</b>	<b>174.00</b>

**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>				<b>6.00</b>	<b>6.00</b>	<b>15.00</b>	<b>170.00</b>

**Lunch**

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	2 slices	Pastrami, turkey	9.29	1.90	3.54	79.23
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
<i>Totals for Lunch</i>				<b>18.80</b>	<b>30.37</b>	<b>10.96</b>	<b>295.75</b>

**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>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>

**Dinner**

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
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>				<b>38.54</b>	<b>56.70</b>	<b>15.99</b>	<b>518.68</b>

**Snack 3**

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 3</i>				<b>1.02</b>	<b>11.67</b>	<b>0.46</b>	<b>48.64</b>

<b>Totals For 1300 Calories Low Carb Italian - Day 05</b>				<b>88.13</b>	<b>143.57</b>	<b>42.91</b>	<b>1297.07</b>
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1300 Calories Low Carb Italian - Day 06

**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				<b>13.50</b>	<b>41.52</b>	<b>2.46</b>	<b>230.86</b>

**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>				<b>7.90</b>	<b>21.70</b>	<b>0.00</b>	<b>130.00</b>

**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	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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>				<b>18.55</b>	<b>25.55</b>	<b>20.66</b>	<b>363.56</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 2</i>				<b>14.00</b>	<b>3.10</b>	<b>1.15</b>	<b>82.00</b>

**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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				<b>34.10</b>	<b>34.17</b>	<b>11.21</b>	<b>366.62</b>

**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>				<b>14.38</b>	<b>0.36</b>	<b>11.02</b>	<b>159.63</b>

<b>Totals For 1300 Calories Low Carb Italian - Day 06</b>				<b>102.43</b>	<b>126.40</b>	<b>46.50</b>	<b>1332.67</b>
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1300 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	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
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>				<b>12.11</b>	<b>32.12</b>	<b>2.83</b>	<b>199.07</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 1</i>				<b>8.90</b>	<b>26.70</b>	<b>16.90</b>	<b>271.00</b>

**Lunch**

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.5	2 slices	Pastrami, turkey	13.94	2.86	5.31	118.85
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
<i>Totals for Lunch</i>				<b>23.45</b>	<b>31.33</b>	<b>12.73</b>	<b>335.37</b>

**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>				<b>7.50</b>	<b>13.50</b>	<b>0.00</b>	<b>90.00</b>

**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>				<b>37.29</b>	<b>25.21</b>	<b>9.51</b>	<b>340.56</b>

**Snack 3**

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals For 1300 Calories Low Carb Italian - Day 07</i>				<b>97.65</b>	<b>140.76</b>	<b>42.37</b>	<b>1322.00</b>