



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
1700 Calories High to Low Glycemic R3 - Day 01								
Breakfast - Oatmeal cooked w/milk.								
	14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
	22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
	3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
	5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
	7	1.0	1 medium (2-1/2" dia)	Tangerines, (mandarin oranges), raw	0.71	11.74	0.27	46.64
	Totals for Breakfast				18.76	67.84	9.02	416.64
Snack 1 - Top yogurt with berries and flax.								
	7	0.3	cup	Fresh blueberries	0.35	6.93	0.16	27.27
	7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
	1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
	14	0.5	1 teaspoon, ground	Seeds, flaxseed	0.23	0.36	0.53	6.68
	Totals for Snack 1				13.08	20.79	1.19	153.95
Lunch - Toss all salad ing together for this tasty salad.								
	20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
	4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	3.90	10.68	1.54	69.70
	6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
	3	0.3	cup	Kidney beans, cooked or canned	4.95	13.20	0.33	72.60
	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	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
	Totals for Lunch				51.00	34.78	13.92	478.80
Snack 2								
	7	1.7	cup	Sliced fresh peaches	2.57	26.93	0.71	110.06
	Totals for Snack 2				2.57	26.93	0.71	110.06
Dinner - Chicken stir fry. Over lentils.								
	6	1.3	cup	Broccoli	4.65	14.00	0.80	68.25
	1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
	3	0.3	cup	Cooked lentils	4.50	10.00	0.25	57.50
	6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
	23	1.1	tablespoon	Olive oil	0.00	0.00	15.75	146.25
	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
	Totals for Dinner				48.89	27.67	19.26	480.85
Snack 3								
	14	12.0	each	Pistachio nuts	1.68	2.28	3.84	47.16
	Totals for Snack 3				1.68	2.28	3.84	47.16
	Totals For 1700 Calories High to Low Glycemic R3 - Day 01				135.98	180.29	47.94	1687.46

1700 Calories High to Low Glycemic R3 - Day 02

Breakfast - Top cereal w/berries.

15	1.0	cup	Bran flakes	6.00	46.00	0.00	180.00
1	1.5	ounce(s)	Canadian bacon, extra lean	9.00	1.50	1.50	52.50
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				24.60	83.20	2.10	410.50

Snack 1 - Add peaches to cottage cheese

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch - Tuna/veg in pita. With carrots.

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
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
3	1.0	each	Ezekiel 4:9 Sesame Sprouted Grain Burger Buns	9.00	32.00	1.50	170.00
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
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
<i>Totals for Lunch</i>				43.52	73.40	6.03	488.72

Snack 2

7	0.1	cup	Grapes	0.13	3.38	0.00	12.50
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 2</i>				8.13	4.38	6.00	92.50

Dinner - Saute beef with veg. Serve with salad.

1	5.0	ounce(s)	Beef, organic, extra lean	31.25	2.50	3.75	162.50
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
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	2.0	tablespoon	Olive oil	0.00	0.00	28.00	260.00
6	0.3	cup	Zucchini, Frozen, Boiled, Drained	0.86	2.65	0.10	12.64
<i>Totals for Dinner</i>				36.22	17.35	33.04	499.04

Snack 3

1	0.3	cup	Edamame, shelled	5.00	3.50	1.75	50.00
<i>Totals for Snack 3</i>				5.00	3.50	1.75	50.00

Totals For 1700 Calories High to Low Glycemic R3 - Day 02				133.02	201.15	50.50	1689.06
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1700 Calories High to Low Glycemic R3 - Day 03

Breakfast - Scramble egg/cheese/veg.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
6	0.1	cup	Mixed vegetables (non starchy)	0.13	0.88	0.00	5.00
7	1.0	each	Pear	0.70	25.10	0.00	98.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
<i>Totals for Breakfast</i>				32.57	57.48	7.46	419.12

Snack 1 - Mix soy nuts/raisins.

0	0.8	1/4 cup	Genisoy Soy nuts	8.25	6.75	4.50	97.50
7	1.0	1 large (2-1/2" dia)	Tangerines, (mandarin oranges), raw	0.79	13.07	0.30	51.94
<i>Totals for Snack 1</i>				9.04	19.82	4.80	149.44

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	1.38	0.00	5.63
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	3.5	ounce(s)	Salmon - broiled	21.94	0.00	12.25	203.00
23	0.1	cup	Sliced avocado	0.38	1.50	2.63	28.75
7	1.0	1 medium (2-3/8" dia)	Tangerines, (mandarin oranges), raw	0.68	11.21	0.26	44.52
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	1.0	cup	Whole wheat pasta, cooked	7.00	37.00	1.00	170.00
<i>Totals for Lunch</i>				31.95	58.77	17.68	497.06

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Season meat. Into patty.Broil. Top w/cheese.W/veg

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	1.3	cup	Green beans, steamed or boiled	3.75	8.75	0.63	56.25
23	2.3	tea spoon	Olive oil	0.00	0.00	10.13	90.00
1	7.0	ounce(s)	Turkey, ground, extra lean	45.50	0.00	2.63	196.00
<i>Totals for Dinner</i>				62.39	32.39	16.49	499.15

Snack 3 - Dip pepper strips into hummus.

4	1.5	tablespoon	Hummus	1.50	3.00	2.25	37.50
6	0.7	cup	Red pepper	0.60	3.66	0.18	18.82
<i>Totals for Snack 3</i>				2.10	6.66	2.43	56.32

Totals For 1700 Calories High to Low Glycemic R3 - Day 03				138.75	200.22	48.86	1719.09
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1700 Calories High to Low Glycemic R3 - Day 04

Breakfast - Cereal w/milk. Toast w/ peanut butter.

15	1.0	cup	Bran flakes	6.00	46.00	0.00	180.00
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				20.00	79.00	6.50	400.00

Snack 1

7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 1</i>				1.50	22.50	0.00	110.00

Lunch - Top quinoa w/ingredients.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
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
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Lunch</i>				42.74	51.70	15.78	518.50

Snack 2 - Turkey lettuce wraps.

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Snack 2</i>				17.34	1.86	0.54	94.40

Dinner - Season/roast/broil fish.

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	2.0	cup	Broccoli	7.44	22.40	1.28	109.20
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
1	5.0	ounce(s)	Salmon	30.00	0.00	20.00	300.00
<i>Totals for Dinner</i>				45.79	40.97	22.75	508.00

Snack 3

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
<i>Totals for Snack 3</i>				7.00	1.00	2.00	50.00

Totals For 1700 Calories High to Low Glycemic R3 - Day 04				134.37	197.03	47.57	1680.90
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1700 Calories High to Low Glycemic R3 - Day 05

Breakfast - Waffles topped with yogurt/fruit/nuts.

7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
7	0.8	cup	Frozen unsweetened strawberries	0.71	15.14	0.18	58.01
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
<i>Totals for Breakfast</i>				19.36	66.00	9.67	417.06

Snack 1 - Top cottage cheese w peaches.

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				15.55	19.32	1.58	148.30

Lunch - Open faced bacon avocado sandwich.

3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
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
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	0.1	cup	Sliced avocado	0.38	1.50	2.63	28.75
6	0.5	each	Tomato	0.50	2.50	0.00	10.00
11	3.0	ounce(s)	Turkey bacon	14.22	1.50	13.38	183.36
<i>Totals for Lunch</i>				25.00	57.99	18.43	483.01

Snack 2

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
<i>Totals for Snack 2</i>				13.81	1.08	3.97	98.09

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

6	2.0	cup	Broccoli	7.44	22.40	1.28	109.20
10	0.1	cup	Brown rice - cooked	0.61	6.21	0.15	29.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
6	1.3	cup	Summer squash, cooked	2.50	10.00	0.63	43.75
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>				51.55	47.17	16.54	512.80

Snack 3 - Thaw cherries slightly. Pour over yogurt.

1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
7	0.1	cup	Unsweetened frozen cherries	0.13	2.13	0.06	8.75
<i>Totals for Snack 3</i>				6.13	5.13	0.06	53.75

Totals For 1700 Calories High to Low Glycemic R3 - Day 05				131.40	196.69	50.25	1713.01
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1700 Calories High to Low Glycemic R3 - Day 06

Breakfast - Top cereal w nut/milk. Serve w bacon.

15	1.0	cup	Bran flakes	6.00	46.00	0.00	180.00
1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
7	0.3	cup	Fresh raspberries	0.25	3.75	0.25	15.00
5	6.0	fluid ounce(s)	Skim milk	6.00	12.00	0.00	60.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
<i>Totals for Breakfast</i>				22.25	65.25	11.50	405.00

Snack 1 - Peanut butter banana wrap.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				4.50	25.50	4.00	145.00

Lunch - Toss all salad ingredients together.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	6.0	ounce(s)	Boneless chicken breast	39.00	0.00	2.40	186.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
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	0.50	2.03	0.05	8.74
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				59.35	47.40	10.68	506.89

Snack 2 - Top apple with almond butter.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 2</i>				1.15	12.00	4.75	91.00

Dinner - Season/roast fish w/oil. Steam veg.

20	3.0	tablespoon	Balsamic Vinegar	0.00	6.00	0.00	30.00
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
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	5.0	ounce(s)	Halibut - broiled	37.50	0.00	5.00	200.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
<i>Totals for Dinner</i>				49.98	36.57	16.07	480.10

Snack 3

9	0.5	each	Apple	0.15	10.50	0.25	40.50
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 3</i>				1.15	11.50	3.25	70.50

Totals For 1700 Calories High to Low Glycemic R3 - Day 06				138.38	198.22	50.25	1698.49
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1700 Calories High to Low Glycemic R3 - Day 07

Breakfast - Prepare oats w/milk. Top w/cinnamon/nut/raisins.

22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
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	1.5	tablespoon	Slivered almonds	1.50	1.50	5.25	60.00
<i>Totals for Breakfast</i>				16.25	66.90	8.45	397.00

Snack 1 - Pulse berries and milk together.

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 1</i>				8.00	17.00	4.00	160.00

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	0.8	tablespoon	Olive oil	0.00	0.00	10.50	97.50
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	8.0	ounce(s)	Shrimp	32.00	0.00	0.00	160.00
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Lunch</i>				38.39	31.55	19.33	483.35

Snack 2

7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
<i>Totals for Snack 2</i>				1.20	23.80	0.20	92.00

Dinner - Stir fry chicken/tofu/veg. Over lentils.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	7.0	ounce(s)	Chicken Breast / White Meat	45.50	0.00	2.80	217.00
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
4	0.3	0.5 cup	Tofu, raw, firm, prepared with calcium sulfate	4.97	1.35	2.75	45.68
<i>Totals for Dinner</i>				64.17	36.86	13.54	517.13

Snack 3

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
<i>Totals for Snack 3</i>				0.15	10.50	0.25	40.50

Totals For 1700 Calories High to Low Glycemic R3 - Day 07				128.16	186.61	45.77	1689.98
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