



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>2200 Calories] Lean and Tone Physique - Day 01</b>							
<b>Breakfast - Prepare oats w/milk, top w/nuts &amp; fruit.</b>							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>33.50</b>	<b>52.55</b>	<b>10.15</b>	<b>428.00</b>
<b>Snack 1 - Spread almond butter on muffin, sprinkle w seeds.</b>							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
14	0.3	1 oz	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Snack 1</i>				<b>8.98</b>	<b>31.65</b>	<b>9.82</b>	<b>238.93</b>
<b>Lunch - Salad served with toast.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
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	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
16	4.0	each	Wheat melba toast	2.56	15.28	0.44	74.80
<i>Totals for Lunch</i>				<b>69.40</b>	<b>34.33</b>	<b>8.54</b>	<b>501.50</b>
<b>Snack 2 - Bean, cheese burrito wrap.</b>							
3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Snack 2</i>				<b>23.52</b>	<b>38.61</b>	<b>6.30</b>	<b>299.09</b>
<b>Dinner - Roast tilapia, beans/quinoa, brocc/spinach salad.</b>							
4	0.5	cup	Black beans	7.00	20.00	0.50	100.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	9.0	ounce(s)	Tilapia	54.00	0.00	0.00	225.00
<i>Totals for Dinner</i>				<b>70.57</b>	<b>59.33</b>	<b>5.72</b>	<b>552.60</b>
<b>Snack 3 - Top cottage cheese w peaches.</b>							
5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	0.5	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
<i>Totals for Snack 3</i>				<b>21.02</b>	<b>14.11</b>	<b>4.72</b>	<b>175.65</b>
<b>Totals For 2200 Calories] Lean and Tone Physique - Day 01</b>				<b>226.99</b>	<b>230.58</b>	<b>45.25</b>	<b>2195.77</b>



2200 Calories] Lean and Tone Physique - Day 02

**Breakfast - Egg white scramble, oats on the side.**

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Breakfast</i>				<b>46.28</b>	<b>61.64</b>	<b>9.32</b>	<b>479.20</b>

**Snack 1 - Protein smoothie.**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>23.50</b>	<b>16.20</b>	<b>3.60</b>	<b>202.00</b>

**Lunch - Tuna veggie pasta salad.**

6	0.3	cup	Artichokes	1.65	6.60	0.17	29.70
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
3	0.8	cup	Whole wheat pasta, cooked	5.25	27.75	0.75	127.50
<i>Totals for Lunch</i>				<b>49.90</b>	<b>44.35</b>	<b>8.92</b>	<b>432.20</b>

**Snack 2 - Turkey sandwich snack.**

6	0.7	cup	Carrots	0.75	7.72	0.19	33.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Snack 2</i>				<b>31.93</b>	<b>35.75</b>	<b>3.81</b>	<b>308.35</b>

**Dinner - Toss potatos in oil/season/roast.**

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	8.0	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
<i>Totals for Dinner</i>				<b>63.48</b>	<b>53.48</b>	<b>13.99</b>	<b>546.70</b>

**Snack 3 - Top oats w milk.**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
17	0.3	1 cup	Oats	6.59	25.85	2.69	151.71
<i>Totals for Snack 3</i>				<b>14.59</b>	<b>37.55</b>	<b>5.29</b>	<b>253.71</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 02</b>				<b>229.68</b>	<b>248.97</b>	<b>44.93</b>	<b>2222.16</b>
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2200 Calories] Lean and Tone Physique - Day 03

**Breakfast - Top waffle w fried egg/bacon/honey.**

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
22	1.0	tablespoon	Honey	0.10	17.30	0.00	64.00
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
<i>Totals for Breakfast</i>				<b>34.50</b>	<b>48.90</b>	<b>20.10</b>	<b>494.00</b>

**Snack 1 - Protein smoothie**

7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>16.47</b>	<b>33.09</b>	<b>1.12</b>	<b>198.67</b>

**Lunch - Roast turkey & potato/asparagus/spinach salad.**

6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
1	8.0	ounce(s)	Turkey breast	68.00	0.00	1.60	304.00
<i>Totals for Lunch</i>				<b>77.18</b>	<b>38.48</b>	<b>3.80</b>	<b>489.70</b>

**Snack 2 - Hummus tortilla wraps. With apple.**

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Snack 2</i>				<b>9.63</b>	<b>55.31</b>	<b>7.00</b>	<b>309.20</b>

**Dinner - Roast chicken/vegetables w/oil.**

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
23	1.8	tea spoon	Olive oil	0.00	0.00	7.88	70.00
6	0.5	1 small	Onions, raw	0.39	3.27	0.04	14.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
<i>Totals for Dinner</i>				<b>60.84</b>	<b>46.36</b>	<b>11.81</b>	<b>521.60</b>

**Snack 3 - Protein Smoothie**

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
7	1.0	cup	Fresh raspberries	1.00	15.00	1.00	60.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>17.20</b>	<b>41.70</b>	<b>2.60</b>	<b>235.00</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 03</b>				<b>215.82</b>	<b>263.84</b>	<b>46.43</b>	<b>2248.17</b>
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2200 Calories] Lean and Tone Physique - Day 04

**Breakfast - Scramble w/side of fruit.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
7	1.5	cup	Strawberries	1.50	13.50	0.00	90.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Breakfast</i>				<b>36.05</b>	<b>68.66</b>	<b>7.85</b>	<b>495.10</b>

**Snack 1 - Open faced tuna sandwich w/carrots.**

6	6.0	each	Baby carrots	0.60	4.80	0.60	24.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
1	0.3	cup	Tuna Solid White in water	15.00	0.00	1.00	70.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				<b>18.33</b>	<b>18.68</b>	<b>3.01</b>	<b>173.00</b>

**Lunch - Salmon quinoa salad.**

1	6.0	ounce(s)	Canned salmon	42.00	0.00	6.00	240.00
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	Chopped tomato	1.00	3.50	0.00	15.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
<i>Totals for Lunch</i>				<b>52.06</b>	<b>42.14</b>	<b>10.83</b>	<b>484.30</b>

**Snack 2 - Peanut butter wraps.**

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
<i>Totals for Snack 2</i>				<b>16.00</b>	<b>39.70</b>	<b>10.60</b>	<b>302.00</b>

**Dinner - Season roasted tilapia.**

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	10.0	ounce(s)	Tilapia	60.00	0.00	0.00	250.00
<i>Totals for Dinner</i>				<b>69.50</b>	<b>55.50</b>	<b>7.25</b>	<b>577.50</b>

**Snack 3 - Mix together.**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>23.00</b>	<b>11.70</b>	<b>3.60</b>	<b>172.00</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 04</b>				<b>214.94</b>	<b>236.38</b>	<b>43.14</b>	<b>2203.90</b>
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2200 Calories] Lean and Tone Physique - Day 05

**Breakfast - Almond Butter w/bread, bar and fruit.**

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
8	1.0	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7.00	17.00	13.00	200.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				<b>19.33</b>	<b>53.98</b>	<b>21.11</b>	<b>465.00</b>

**Snack 1 - Top yogurt w/sliced banana.**

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				<b>17.00</b>	<b>31.00</b>	<b>0.00</b>	<b>210.00</b>

**Lunch - Top rice w/chicken and veggies.**

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<b>57.25</b>	<b>36.00</b>	<b>9.45</b>	<b>470.50</b>

**Snack 2 - Turkey wraps.**

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Snack 2</i>				<b>46.06</b>	<b>19.34</b>	<b>2.14</b>	<b>307.50</b>

**Dinner - Chicken over pasta.**

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	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
1	9.0	ounce(s)	Lean ground turkey, raw	63.00	0.00	0.00	270.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				<b>78.54</b>	<b>61.66</b>	<b>9.26</b>	<b>624.45</b>

**Snack 3 - Protein smoothie**

1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 3</i>				<b>16.00</b>	<b>9.00</b>	<b>1.00</b>	<b>130.00</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 05</b>				<b>234.18</b>	<b>210.98</b>	<b>42.96</b>	<b>2207.45</b>
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2200 Calories] Lean and Tone Physique - Day 06

**Breakfast - Egg white scramble, oats with milk.**

6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	5.0	large	Egg white	20.00	0.00	0.00	75.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
5	1.3	cup	Milk - 1%	10.64	15.56	3.46	135.66
10	0.8	cup	Oatmeal - quick, measure uncooked	9.90	41.85	4.50	222.75
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Breakfast</i>				<b>43.82</b>	<b>77.45</b>	<b>9.78</b>	<b>533.11</b>

**Snack 1 - Top cottage cheese w/peaches.**

5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<b>21.80</b>	<b>22.22</b>	<b>4.93</b>	<b>208.80</b>

**Lunch - Loaded baked potato.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
2	0.5	each	Baked potato, large	3.50	31.50	0.00	140.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
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
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				<b>60.50</b>	<b>52.72</b>	<b>5.49</b>	<b>504.59</b>

**Snack 2 - Bean, cheese & salsa wraps.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Snack 2</i>				<b>19.52</b>	<b>31.61</b>	<b>3.80</b>	<b>209.09</b>

**Dinner - Grilled beef & Salad**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	9.0	ounce(s)	Extra lean beef	56.25	4.50	6.75	292.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				<b>69.71</b>	<b>59.28</b>	<b>15.68</b>	<b>632.90</b>

**Snack 3 - Protein Smoothie**

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>15.49</b>	<b>14.15</b>	<b>1.74</b>	<b>129.29</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 06</b>				<b>230.84</b>	<b>257.43</b>	<b>41.42</b>	<b>2217.78</b>
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2200 Calories] Lean and Tone Physique - Day 07

**Breakfast - Oatmeal cooked w/milk, protein shake.**

3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
0	16.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>48.25</b>	<b>56.30</b>	<b>10.90</b>	<b>508.00</b>

**Snack 1 - Blend together as a smoothie.**

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>31.33</b>	<b>10.97</b>	<b>1.00</b>	<b>209.80</b>

**Lunch - Apple cheddar turkey wraps.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
0	2.0	tea spoon	Mustard	0.44	0.54	0.40	6.70
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				<b>68.42</b>	<b>47.26</b>	<b>5.88</b>	<b>487.50</b>

**Snack 2**

7	1.3	cup	Grapes	1.33	35.91	0.00	133.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				<b>4.69</b>	<b>40.47</b>	<b>7.68</b>	<b>227.32</b>

**Dinner - Chicken w/veggies & quinoa.**

6	12.0	each	Asparagus spears	4.20	7.44	0.24	38.40
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
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				<b>81.20</b>	<b>60.44</b>	<b>8.11</b>	<b>627.70</b>

**Snack 3 - Berries w/glass of milk.**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				<b>5.10</b>	<b>27.30</b>	<b>1.79</b>	<b>135.36</b>

<b>Totals For 2200 Calories] Lean and Tone Physique - Day 07</b>				<b>238.99</b>	<b>242.74</b>	<b>35.36</b>	<b>2195.68</b>
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