



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2200 Calories Lean Bodybuilder - Day 01							
Breakfast							
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
5	8.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	9.33	41.33	0.00	200.00
<i>Totals for Breakfast</i>				59.73	119.83	8.00	753.00
Snack 1							
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<i>Totals for Snack 1</i>				37.00	22.00	2.00	250.00
Lunch							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				28.25	21.20	1.60	218.76
Snack 2							
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
4	0.5	cup	Pinto bean - boiled	7.00	21.80	0.40	116.00
2	3.0	each	Tortilla - corn, soft, 7" diam.	3.00	27.00	3.00	135.00
<i>Totals for Snack 2</i>				10.60	53.40	3.50	270.00
Dinner							
6	0.5	cup	Black Eyed Peas -boiled	6.70	17.90	0.50	100.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				41.06	24.45	2.82	287.06
Snack 3							
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<i>Totals for Snack 3</i>				37.00	22.00	2.00	250.00
Totals For 2200 Calories Lean Bodybuilder - Day 01				213.64	262.88	19.92	2028.82

2200 Calories Lean Bodybuilder - Day 02

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				30.49	40.23	3.77	304.34

Snack 1

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	2.0	biscuit	Shredded Wheat, Nabisco	4.00	38.00	2.00	160.00
7	4.0	ounce(s)	Strawberry - fresh, 1 medium	0.80	8.00	0.40	36.00
Totals for Snack 1				9.00	51.95	2.60	239.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals for Lunch				65.80	49.40	3.72	502.00

Snack 2

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
Totals for Snack 2				39.40	43.30	2.90	355.00

Dinner

20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				29.83	46.60	18.72	478.76

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2200 Calories Lean Bodybuilder - Day 02				211.52	253.48	33.71	2129.10

Breakfast

15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				40.67	35.53	9.50	407.00

Snack 1

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	3.0	ounce(s)	Strawberry - fresh, 1 medium	0.60	6.00	0.30	27.00
Totals for Snack 1				37.60	28.00	2.30	277.00

Lunch

16	1.0	1 cup	Croutons, plain	3.57	22.05	1.98	122.10
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	6.0	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
Totals for Lunch				59.37	52.80	5.18	508.86

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				50.00	65.00	20.30	620.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				28.80	28.35	1.72	252.76
Totals For 2200 Calories Lean Bodybuilder - Day 03				216.44	209.68	39.00	2065.62

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
Totals for Breakfast				57.40	109.50	8.00	703.00

Snack 1

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
Totals for Snack 1				39.40	43.30	2.90	355.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	0.5	cup	Rice - white cook steamed	2.25	20.25	0.00	90.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				34.75	21.20	2.00	249.76

Snack 2

6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
4	0.5	cup	Pinto bean - boiled	7.00	21.80	0.40	116.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Snack 2				8.60	35.40	1.50	180.00

Dinner

6	0.5	cup	Black Eyed Peas -boiled	6.70	17.90	0.50	100.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				33.64	24.45	14.82	364.06

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2200 Calories Lean Bodybuilder - Day 04				210.79	255.85	31.22	2101.82

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				72.31	62.64	7.53	592.82

Snack 1

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	2.0	biscuit	Shredded Wheat, Nabisco	4.00	38.00	2.00	160.00
Totals for Snack 1				12.40	49.90	2.40	246.00

Lunch

16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
21	2.0	tablespoon	Catsup - tomato	0.40	8.20	0.20	32.00
5	1.0	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	0.5	each	Orange - medium	0.60	7.70	0.10	31.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				48.70	41.45	4.90	406.76

Snack 2

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				37.00	22.00	2.00	250.00

Dinner

6	3.0	1 spear (about 5" long)	Broccoli, cooked, boiled, drained, without salt	2.64	7.97	0.46	38.85
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				29.67	27.17	19.06	389.61

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2200 Calories Lean Bodybuilder - Day 05				237.08	225.16	37.89	2135.19

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
10	0.7	cup	Oatmeal - quick, measure uncooked	8.71	36.83	3.96	196.02
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				32.60	49.16	4.73	351.86

Snack 1

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	2.0	biscuit	Shredded Wheat, Nabisco	4.00	38.00	2.00	160.00
7	4.0	ounce(s)	Strawberry - fresh, 1 medium	0.80	8.00	0.40	36.00
Totals for Snack 1				13.20	57.90	2.80	282.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				72.30	50.35	4.12	537.76

Snack 2

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				37.00	22.00	2.00	250.00

Dinner

20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
19	4.0	ounce(s)	Rib Eye - fat trimmed off, chioce	31.72	0.00	13.20	256.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				35.82	39.85	15.72	457.76

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00

Totals For 2200 Calories Lean Bodybuilder - Day 06				227.92	241.26	31.37	2129.38
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2200 Calories Lean Bodybuilder - Day 07

Breakfast

15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				40.67	35.53	9.50	407.00

Snack 1

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	2.0	ounce(s)	Strawberry - fresh, 1 medium	0.40	4.00	0.20	18.00
5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
Totals for Snack 1				44.40	57.00	2.20	418.00

Lunch

16	1.0	1 cup	Croutons, plain	3.57	22.05	1.98	122.10
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Lunch				50.87	52.80	4.98	470.86

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				50.00	65.00	20.30	620.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	1.0	ounce(s)	Potato - white medium	0.70	6.85	0.03	30.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Snack 3				26.70	7.80	1.63	162.76
Totals For 2200 Calories Lean Bodybuilder - Day 07				212.64	218.13	38.61	2078.62