



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Sustained Energy - Day 01							
Breakfast - Top cereal w/ walnuts and milk. w/ grapefruit.							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.01	25.38	0.66	60.00
14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
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
Totals for Breakfast				14.11	62.33	6.89	300.50
Snack 1 - Top muffin half with tomato and cheese. Broil							
5	0.3	ounce(s)	Mozzarella cheese, part skim	1.70	0.19	1.12	17.78
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
Totals for Snack 1				4.94	15.38	1.95	93.17
Lunch - Cut pita in half, stuff w/ spinach/tuna/tom.							
6	2.8	1 large	Carrots, baby, raw	0.26	3.40	0.05	14.44
6	1.3	cup	Chopped tomato	2.50	8.75	0.00	37.50
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
16	0.8	each	Pita - wheat	2.10	11.70	0.52	56.25
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
0	0.5	1 tablespoon	Vinegar, cider	0.00	0.07	0.00	1.56
Totals for Lunch				35.70	32.98	5.01	306.55
Snack 2 - Top yogurt with blueberries and pumkin seeds.							
7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
Totals for Snack 2				9.16	9.22	2.00	99.76
Dinner - Season/saute chicken in oil. Serve w/rice/aspara							
6	5.0	each	Asparagus spears	1.75	3.10	0.10	16.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	3.8	ounce(s)	Chicken Breast / White Meat	24.38	0.00	1.50	116.25
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
Totals for Dinner				32.86	53.04	6.45	399.25
Snack 3 - Spread almond butter on apple.							
21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals for Snack 3				1.65	12.75	7.00	116.25
Totals For 1300 Calories Sustained Energy - Day 01				98.42	185.70	29.30	1315.48

Breakfast - Scramble egg w/kale/cheese. Serve on muffin.

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
6	1.0	cup	Kale	2.21	6.71	0.47	33.50
1	0.5	slice	Kraft American Cheese 2% Milk	2.00	0.50	1.50	25.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				18.19	30.26	8.82	264.75

Snack 1

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
<i>Totals for Snack 1</i>				4.00	19.00	3.00	110.00

Lunch - Spread hummus/avocado on wrap. Top w/greens;roll.

4	0.8	tablespoon	Hummus	0.75	1.50	1.13	18.75
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	0.8	cup	Mixed vegetables (non starchy)	0.75	5.25	0.00	30.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	1.0	ounce(s)	Turkey breast	8.50	0.00	0.20	38.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				20.50	33.75	13.33	306.75

Snack 2 - Process almond milk w/fruit & icecube until smooth

1	0.8	cup	Almond Breeze, unsweetened vanilla almond milk	0.75	1.50	2.25	30.00
7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 2</i>				1.72	23.09	2.37	113.67

Dinner - Season/broil salmon. Serve w veg & quinoa.

6	0.8	cup	Broccoli	2.79	8.40	0.48	40.95
6	3.0	cup	Brussels sprouts	9.00	24.00	0.00	120.00
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
1	2.3	ounce(s)	Salmon	13.50	0.00	9.00	135.00
<i>Totals for Dinner</i>				29.36	52.10	11.26	406.95

Snack 3

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 3</i>				1.00	27.00	0.00	100.00
Totals For 1300 Calories Sustained Energy - Day 02				74.77	185.20	38.78	1302.12

1300 Calories Sustained Energy - Day 03

Breakfast - Scrambke egg spread. Top waffle w/jelly/egg/bacon.

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
1	1.3	ounce(s)	Canadian bacon, extra lean	7.50	1.25	1.25	43.75
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
16	1.3	each	Van's Whole Grain Waffles	3.13	15.63	3.13	93.75
<i>Totals for Breakfast</i>				18.83	44.28	7.58	305.17

Snack 1 - Top banana w/ peanut butter/walnuts.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
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>				2.50	13.00	5.25	100.00

Lunch - Top spinach w/ all ingredients.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	2.8	ounce(s)	Chicken Breast / White Meat	17.88	0.00	1.10	85.25
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	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
5	0.5	ounce(s)	Goat cheese	2.63	0.13	2.99	37.99
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
6	0.5	cup	Roasted beets	0.50	5.50	0.00	25.00
<i>Totals for Lunch</i>				27.91	28.19	7.52	286.24

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	5.00	100.00

Dinner - Roast pork & veg drizzled w/oil. W/lentil/rice.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
10	0.3	cup	Lentil - boiled	4.45	9.95	0.20	57.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	22.13	0.00	3.37	124.95
<i>Totals for Dinner</i>				33.36	49.49	9.85	412.05

Snack 3 - Prepare popcorn per package directions.

0	4.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				2.68	10.68	4.00	92.00
<i>Totals For 1300 Calories Sustained Energy - Day 03</i>				85.78	159.14	39.20	1295.46

Breakfast - Prepare oatmeal w/milk/almond. W/sausage/fruit.

1	0.5	cup	Almond Breeze, unsweetened vanilla almond milk	0.50	1.00	1.50	20.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
1	1.5	each	Vegetarian sausage link	6.00	3.00	2.25	52.50
<i>Totals for Breakfast</i>				12.96	47.59	8.25	306.22

Snack 1 - Top cottage cheese w/ berries.

7	0.8	1 cup, unthawed	Blueberries, raw	0.80	15.76	0.36	61.99
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
<i>Totals for Snack 1</i>				7.80	17.31	0.93	102.99

Lunch - Spread avocado on bread/top w/chicken/bacon.

1	1.8	ounce(s)	Chicken Breast / White Meat	11.38	0.00	0.70	54.25
3	1.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	6.00	22.50	0.75	120.00
6	2.5	each	Lettuce leaf	0.00	0.00	0.00	12.50
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
6	1.8	each	Tomato slice	0.30	1.63	0.12	7.35
11	0.8	slice	Turkey bacon	3.55	0.38	3.35	45.84
<i>Totals for Lunch</i>				21.98	27.51	10.17	297.44

Snack 2

6	8.0	each	Baby carrots	0.80	6.40	0.80	32.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				2.80	10.40	3.80	82.00

Dinner - Toss pasta,shrimp,veg&1/2 dressing/vinegar.w/salad

6	0.5	cup	Green salad w/ raw vegetables	0.86	2.22	0.05	11.00
17	0.8	1 cup elbow shaped	Macaroni, whole-wheat, cooked	5.60	27.87	0.57	130.20
6	0.3	cup	Mixed vegetables (non starchy)	0.25	1.75	0.00	10.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
23	0.8	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.27	2.36	5.13	57.60
1	2.5	ounce(s)	Shrimp - boiled or steamed	14.80	0.00	0.75	70.00
<i>Totals for Dinner</i>				33.78	35.20	15.50	408.80

Snack 3

7	2.0	cup	Watermelon - fresh, diced	2.00	23.00	1.40	102.00
<i>Totals for Snack 3</i>				2.00	23.00	1.40	102.00
Totals For 1300 Calories Sustained Energy - Day 04				81.32	161.01	40.05	1299.45

1300 Calories Sustained Energy - Day 05

Breakfast - Top muffin w/spread. Mix fruit. Serve w/egg.

16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Breakfast</i>				<i>11.24</i>	<i>54.18</i>	<i>8.00</i>	<i>307.12</i>

Snack 1 - Blend milk,cherry and flax until smooth.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
<i>Totals for Snack 1</i>				<i>3.44</i>	<i>9.72</i>	<i>8.19</i>	<i>121.58</i>

Lunch - Chicken/cheese/salsa/tortilla. Heat soup.

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	1.5	ounce(s)	Chicken Breast / White Meat	9.75	0.00	0.60	46.50
6	1.5	tablespoon	Onion - chopped	0.15	1.35	0.00	6.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
0	0.5	1 cup	Soup, black bean, canned, prepared with equal volume water	2.99	9.52	0.82	56.81
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				<i>29.89</i>	<i>31.87</i>	<i>7.92</i>	<i>291.31</i>

Snack 2 - Top yogurt with sliced fruit.

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
<i>Totals for Snack 2</i>				<i>8.77</i>	<i>12.11</i>	<i>0.22</i>	<i>93.15</i>

Dinner - season fish and veg saute oil. serve over quinoa.

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	1 cup, sliced	Onions, raw	0.63	5.37	0.06	23.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	2.5	ounce(s)	Tilapia	15.00	0.00	0.00	62.50
<i>Totals for Dinner</i>				<i>24.54</i>	<i>54.12</i>	<i>9.87</i>	<i>392.00</i>

Snack 3 - Spread apple with peanut butter.

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1	1.5	tea spoon	Peanut butter	1.50	1.50	4.50	45.00
<i>Totals for Snack 3</i>				<i>1.65</i>	<i>12.00</i>	<i>4.75</i>	<i>85.50</i>

<i>Totals For 1300 Calories Sustained Energy - Day 05</i>				<i>79.53</i>	<i>174.00</i>	<i>38.95</i>	<i>1290.66</i>
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Breakfast - Cereal w/milk/berries.

16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
Totals for Breakfast				20.75	62.75	1.00	305.00

Snack 1 - Pulse all ingredients until smooth .

0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
21	0.3	tablespoon	Peanut Butter	1.32	1.16	2.69	31.35
0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
Totals for Snack 1				6.19	8.69	5.33	112.35

Lunch - Heat burger.Topw/cheese. On bun. W/salad.

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	0.8	ounce(s)	2% milkfat cheddar cheese	5.25	0.75	1.50	37.50
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
19	1.0	each	Boca Vegan Veggie Burgers	13.00	9.00	2.50	100.00
3	0.5	large	Salad - lrg. garden w/tomato & onion	1.30	9.50	0.40	49.00
6	1.5	each	Tomato slice	0.26	1.40	0.11	6.30
Totals for Lunch				24.81	44.65	5.51	302.80

Snack 2

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
Totals for Snack 2				0.75	20.25	4.00	115.00

Dinner - Season beef. Saute carrot/onion/lentils.

1	1.8	ounce(s)	Beef, organic, extra lean	10.94	0.88	1.31	56.88
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.5	tablespoon	Chopped onion	0.15	1.35	0.00	6.00
3	0.8	cup	Cooked lentils	13.50	30.00	0.75	172.50
23	0.8	tablespoon	Olive oil	0.00	0.00	10.50	97.50
Totals for Dinner				25.72	43.92	12.85	382.88

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
Totals for Snack 3				3.36	4.56	7.68	94.32
Totals For 1300 Calories Sustained Energy - Day 06				81.58	184.82	36.37	1312.35

Breakfast - Prepare eggs w/tomato/beans.Roll wrap w/avocado/sa

6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
4	2.0	tablespoon	PROGRESSO Black Beans	1.75	4.25	0.25	27.50
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Breakfast</i>				22.05	46.25	7.25	304.48

Snack 1 - Top yogurt with berries and flax.

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
<i>Totals for Snack 1</i>				9.00	15.23	1.29	114.68

Lunch - Salad topped w cheese/beans. Heat soup.

20	0.3	tablespoon	Balsamic Vinegar	0.00	0.50	0.00	2.50
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
6	0.8	cup	Green salad w/ raw vegetables	1.29	3.33	0.07	16.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
0	0.8	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	3.14	9.92	0.96	60.69
<i>Totals for Lunch</i>				14.33	30.44	10.37	265.29

Snack 2 - Berry fruit salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 2</i>				1.54	22.51	0.74	101.33

Dinner - Season/saute turkey. Serve w potato/steamed veg.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Dinner</i>				32.72	33.20	15.49	401.10

Snack 3 - Top sandwich thin with peanut butter.

3	0.5	each	100% whole wheat sandwich thin	2.50	11.00	0.50	50.00
21	0.5	tablespoon	peanut butter reduced fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 3</i>				4.50	14.75	3.50	97.50
Totals For 1300 Calories Sustained Energy - Day 07				84.14	162.38	38.64	1284.38