



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Gluten Free - Day 01							
Breakfast							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	24.00	1.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				11.00	49.25	1.70	248.50
Snack 1							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	0.5	tablespoon	Peanut Butter, Jif Reduced Fat	2.00	3.75	3.00	47.50
<i>Totals for Snack 1</i>				2.30	24.75	3.50	128.50
Lunch							
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
5	1.0	ounce(s)	Kraft, cheese, mozzarella natural shredded part-skim	6.00	1.00	5.00	80.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
1	3.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
<i>Totals for Lunch</i>				24.75	31.05	8.60	353.00
Snack 2							
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
<i>Totals for Snack 2</i>				5.00	19.00	0.00	100.00
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	9.00	2.00	50.00
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Dinner</i>				30.28	48.27	10.31	406.10
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1300 Calories Gluten Free - Day 01				75.34	180.33	27.11	1305.10

1300 Calories Gluten Free - Day 02

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				10.87	48.84	0.95	244.43

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				14.60	12.80	1.25	119.00

Lunch

2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
6	10.0	1 medium	Carrots, baby, raw	0.64	8.24	0.13	35.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<i>Totals for Lunch</i>				33.17	59.98	14.58	404.50

Snack 2

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 2</i>				1.31	12.73	0.30	53.04

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				30.86	37.67	12.29	381.29

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				2.00	18.00	0.00	80.00
<i>Totals For 1300 Calories Gluten Free - Day 02</i>				92.81	190.02	29.37	1282.26

1300 Calories Gluten Free - Day 03

Breakfast

5	1.0	1 large	Egg, whole, cooked, scrambled	6.09	0.98	6.70	90.89
16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
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>				<i>16.09</i>	<i>46.78</i>	<i>14.20</i>	<i>312.89</i>

Snack 1

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 1</i>				<i>1.31</i>	<i>12.73</i>	<i>0.30</i>	<i>53.04</i>

Lunch

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
<i>Totals for Lunch</i>				<i>27.65</i>	<i>36.42</i>	<i>6.38</i>	<i>315.76</i>

Snack 2

14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				<i>1.95</i>	<i>12.64</i>	<i>3.65</i>	<i>83.55</i>

Dinner

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
17	2.0	ounce(s)	Lundberg Organic Brown Rice Pasta	4.00	44.00	2.00	210.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
<i>Totals for Dinner</i>				<i>26.85</i>	<i>63.69</i>	<i>12.05</i>	<i>472.50</i>

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				<i>2.01</i>	<i>8.01</i>	<i>3.00</i>	<i>69.00</i>
<i>Totals For 1300 Calories Gluten Free - Day 03</i>				<i>75.86</i>	<i>180.27</i>	<i>39.58</i>	<i>1306.74</i>

1300 Calories Gluten Free - Day 04

Breakfast

2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				15.42	52.07	8.86	339.64

Snack 1

5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
Totals for Snack 1				5.00	19.00	0.00	100.00

Lunch

20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
0	1.0	cup	soup, Campbell's Select Savory Lentil	8.00	27.00	0.50	140.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	3.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	13.50	1.50	0.00	67.50
Totals for Lunch				24.83	56.41	12.88	331.10

Snack 2

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 2				2.00	18.00	0.00	80.00

Dinner

12	1.3	3 oz	Fish, swordfish, cooked, dry heat	24.92	0.00	8.43	182.75
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
9	3.0	ounce(s)	Potato - white medium	2.10	20.55	0.09	90.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	2.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	4.00	2.00	35.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				30.42	42.95	14.22	423.42

Snack 3

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
Totals for Snack 3				0.40	8.20	0.00	40.00

Totals For 1300 Calories Gluten Free - Day 04				78.07	196.63	35.96	1314.16
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1300 Calories Gluten Free - Day 05

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
2	1.0	slice	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	21.00	2.00	110.00
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
Totals for Breakfast				12.60	64.48	4.32	346.68

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 1				14.60	12.80	1.25	119.00

Lunch

6	8.0	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
20	2.0	tablespoon	Hellman's Light Mayo	0.00	2.00	9.00	90.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	3.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
Totals for Lunch				18.76	40.51	17.93	305.10

Snack 2

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
Totals for Snack 2				6.02	20.03	2.40	127.79

Dinner

18	1.0	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	23.65	0.00	7.07	164.90
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Italian	0.00	2.00	1.00	17.50
6	0.5	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.51	5.01	0.20	20.93
Totals for Dinner				26.91	19.89	8.87	269.43

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
Totals for Snack 3				2.00	19.00	7.00	148.00

Totals For 1300 Calories Gluten Free - Day 05				80.89	176.71	41.77	1316.00
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Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	3/4 cup	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	24.00	1.00	110.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				11.00	49.25	1.70	248.50

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	6.0	ounce(s)	Yoplait Light Yogurt (no granola or graham crx)	5.00	19.00	0.00	100.00
Totals for Snack 1				5.55	29.72	0.24	142.18

Lunch

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
20	1.0	tablespoon	Salad dressing, Wishbone Light Thousand Island	0.00	4.50	1.00	25.00
0	1.0	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	2.00	19.00	7.00	140.00
Totals for Lunch				9.28	57.75	18.97	431.71

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
Totals for Snack 2				6.29	0.56	5.30	77.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
17	1.0	ounce(s)	Lundberg Organic Brown Rice Pasta	2.00	22.00	1.00	105.00
13	1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	33.37	0.00	4.48	182.33
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				41.44	29.64	6.54	338.73

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1300 Calories Gluten Free - Day 06				74.90	172.26	34.75	1284.62

1300 Calories Gluten Free - Day 07

Breakfast

16	1.0	each	GF Blueberry Muffin- Kinnikinnick	1.00	22.00	7.00	90.00
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
Totals for Breakfast				10.00	45.80	7.50	222.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
Totals for Snack 1				4.30	28.50	6.50	176.00

Lunch

6	8.0	1 medium	Carrots, baby, raw	0.51	6.59	0.10	28.00
20	1.0	tablespoon	Hellman's Light Mayo	0.00	1.00	4.50	45.00
16	1.0	each	Mission Corn Tortilla- 6 in	2.00	22.00	7.50	55.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	0.5	ounce(s)	Tostitos Bite Size Gold Tortilla Chips	1.00	9.50	3.50	70.00
1	4.0	ounce(s)	Turkey, Honeysuckle, FF oven prepared Turkey Breast	18.00	2.00	0.00	90.00
Totals for Lunch				22.84	46.00	15.98	311.60

Snack 2

0	1.0	cup	soup, Campbell's Select Savory Lentil	8.00	27.00	0.50	140.00
Totals for Snack 2				8.00	27.00	0.50	140.00

Dinner

2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				39.04	33.87	7.49	366.00

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 3				2.00	18.00	0.00	80.00

Totals For 1300 Calories Gluten Free - Day 07				86.18	199.17	37.97	1295.60
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