



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Womens Healthy Aging - Day 01</b>							
<b>Breakfast - Cereal/milk/walnuts/cafe latte w/ 4 fl oz milk.</b>							
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<b>Totals for Breakfast</b>				<b>10.93</b>	<b>31.58</b>	<b>8.41</b>	<b>252.50</b>
<b>Snack 1</b>							
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<b>Totals for Snack 1</b>				<b>1.00</b>	<b>23.00</b>	<b>0.00</b>	<b>90.00</b>
<b>Lunch</b>							
0	5.0	each	Baked potato chips	0.00	10.00	0.00	50.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	0.4	cup	Tuna Solid White in water	24.00	0.00	1.60	112.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<b>Totals for Lunch</b>				<b>33.56</b>	<b>39.84</b>	<b>4.24</b>	<b>312.00</b>
<b>Snack 2</b>							
6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<b>Totals for Snack 2</b>				<b>3.40</b>	<b>13.60</b>	<b>3.20</b>	<b>90.00</b>
<b>Dinner - Season chicken, grill drizzled w oil. Quinoa/beans</b>							
1	6.3	ounce(s)	Boneless chicken breast	40.63	0.00	2.50	193.75
6	1.3	cup	Green beans, steamed or boiled	3.75	8.75	0.63	56.25
23	1.1	tablespoon	Olive oil	0.00	0.00	15.82	146.90
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
<b>Totals for Dinner</b>				<b>46.42</b>	<b>18.60</b>	<b>19.84</b>	<b>452.40</b>
<b>Snack 3</b>							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<b>Totals for Snack 3</b>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>
<b>Totals For 1300 Calories Womens Healthy Aging - Day 01</b>				<b>98.67</b>	<b>131.18</b>	<b>43.37</b>	<b>1291.22</b>

1300 Calories Womens Healthy Aging - Day 02

**Breakfast**

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
3	0.5	cup	Dry steel cut oats	4.50	24.30	2.25	135.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Breakfast</i>				<b>19.50</b>	<b>50.30</b>	<b>3.25</b>	<b>310.00</b>

**Snack 1**

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
<i>Totals for Snack 1</i>				<b>8.32</b>	<b>13.43</b>	<b>0.50</b>	<b>99.53</b>

**Lunch - Turkey Swiss w green salad.**

20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	1.0	ounce(s)	Low fat Swiss cheese	15.90	1.90	2.86	96.88
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
0	0.5	tea spoon	Mustard	0.11	0.14	0.10	1.67
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Lunch</i>				<b>52.74</b>	<b>16.92</b>	<b>5.67</b>	<b>337.05</b>

**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>				<b>0.50</b>	<b>13.50</b>	<b>5.00</b>	<b>100.00</b>

**Dinner**

6	5.0	each	Asparagus spears	1.75	3.10	0.10	16.00
1	3.0	ounce(s)	Salmon	18.00	0.00	12.00	180.00
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Dinner</i>				<b>23.75</b>	<b>40.10</b>	<b>15.10</b>	<b>386.00</b>

**Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
<i>Totals for Snack 3</i>				<b>0.45</b>	<b>25.70</b>	<b>0.60</b>	<b>98.00</b>

<b>Totals For 1300 Calories Womens Healthy Aging - Day 02</b>				<b>105.26</b>	<b>159.95</b>	<b>30.12</b>	<b>1330.58</b>
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1300 Calories Womens Healthy Aging - Day 03

**Breakfast - Spread nut butter on bagel. W/sausage/milk**

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
4	1.0	1 cup	SILK Light Vanilla, soymilk	6.00	10.01	1.99	80.19
1	1.0	each	Vegetarian sausage link	4.00	2.00	1.50	35.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Breakfast</i>				<b>17.00</b>	<b>39.01</b>	<b>13.24</b>	<b>341.19</b>

**Snack 1**

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

**Lunch - Chicken bowl with spinach balsamic salad.**

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<b>30.50</b>	<b>25.78</b>	<b>7.75</b>	<b>295.40</b>

**Snack 2 - Top yogurt with strawberries.**

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Snack 2</i>				<b>8.75</b>	<b>10.75</b>	<b>0.00</b>	<b>105.00</b>

**Dinner - Season/roast pork. Serve w sweet pot/gr bean/salad**

9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	4.0	ounce(s)	Pork loin, raw	24.00	0.00	8.00	140.00
6	1.0	each	Salad	1.00	3.00	0.00	10.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
<i>Totals for Dinner</i>				<b>30.30</b>	<b>50.50</b>	<b>10.00</b>	<b>366.00</b>

**Snack 3 - Prepare popcorn per package directions.**

0	4.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.68	10.68	4.00	92.00
<i>Totals for Snack 3</i>				<b>2.68</b>	<b>10.68</b>	<b>4.00</b>	<b>92.00</b>

<b>Totals For 1300 Calories Womens Healthy Aging - Day 03</b>				<b>89.93</b>	<b>161.82</b>	<b>34.99</b>	<b>1297.59</b>
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1300 Calories Womens Healthy Aging - Day 04

**Breakfast - Cook egg white w/cheese/ 1/2 spread.**

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				<b>20.10</b>	<b>42.40</b>	<b>5.10</b>	<b>291.00</b>

**Snack 1 - Top yogurt with sliced strawberries.**

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Snack 1</i>				<b>8.75</b>	<b>10.75</b>	<b>0.00</b>	<b>105.00</b>

**Lunch - Prepare veg burger per directions w cheese.**

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
6	10.0	each	Baby carrots	1.00	8.00	1.00	40.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0	1.0	tablespoon	Fresh basil	0.00	0.00	0.00	1.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	1.0	each	Vegetable burger	15.00	9.00	3.50	130.00
<i>Totals for Lunch</i>				<b>28.34</b>	<b>43.86</b>	<b>7.64</b>	<b>339.40</b>

**Snack 2 - Top cottage cheese w pineapple/walnuts.**

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
7	0.1	cup	Pineapple - canned, chunks	0.00	4.68	0.00	18.20
<i>Totals for Snack 2</i>				<b>11.24</b>	<b>7.73</b>	<b>5.26</b>	<b>122.32</b>

**Dinner - Season beef, stir fry in oil w veg. Serve w/quinoa**

18	4.0	ounce(s)	Beef, lean	24.00	0.00	4.00	140.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.3	cup	Carrots	0.28	2.92	0.07	12.50
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
3	0.3	cup	Snow peas	0.66	1.65	0.00	8.25
<i>Totals for Dinner</i>				<b>28.84</b>	<b>20.02</b>	<b>19.28</b>	<b>373.55</b>

**Snack 3**

9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 3</i>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

<b>Totals For 1300 Calories Womens Healthy Aging - Day 04</b>				<b>97.57</b>	<b>145.76</b>	<b>37.78</b>	<b>1312.27</b>
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1300 Calories Womens Healthy Aging - Day 05

**Breakfast - Egg white w/veg in spread. Top muffin.**

6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
5	0.5	ounce(s)	Feta cheese	2.02	0.58	3.02	37.42
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
6	0.3	cup	Fresh spinach	0.20	0.27	0.03	1.73
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Breakfast</i>				<b>23.63</b>	<b>30.12</b>	<b>10.00</b>	<b>292.20</b>

**Snack 1**

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
<i>Totals for Snack 1</i>				<b>1.85</b>	<b>22.95</b>	<b>0.46</b>	<b>91.20</b>

**Lunch - Spread mayo/mustard on wraps/top w/meat/cheese/veg**

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	0.5	ounce(s)	Low fat Swiss cheese	7.95	0.95	1.43	48.44
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				<b>45.17</b>	<b>18.22</b>	<b>4.43</b>	<b>318.79</b>

**Snack 2 - Process for a tasty blueberry shake.**

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
4	8.0	fluid ounce(s)	Vanilla light soy milk	8.00	8.00	0.00	80.00
<i>Totals for Snack 2</i>				<b>8.32</b>	<b>17.43</b>	<b>0.50</b>	<b>119.53</b>

**Dinner - Top fish w/vin/tom/onion mix. rice/bean/broccoli**

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
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	ounce(s)	Flounder - broiled	20.49	0.00	0.00	99.00
23	2.5	tea spoon	Olive oil	0.00	0.00	11.25	100.00
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
<i>Totals for Dinner</i>				<b>30.16</b>	<b>38.25</b>	<b>12.89</b>	<b>396.60</b>

**Snack 3**

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 3</i>				<b>0.50</b>	<b>13.50</b>	<b>5.00</b>	<b>100.00</b>

<b>Totals For 1300 Calories Womens Healthy Aging - Day 05</b>				<b>109.63</b>	<b>140.47</b>	<b>33.28</b>	<b>1318.32</b>
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1300 Calories Womens Healthy Aging - Day 06

**Breakfast - Top waffle w/yogurt/thawed cherries/nuts. w/milk**

14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
4	4.0	fluid ounce(s)	Vanilla light soy milk	4.00	4.00	0.00	40.00
<i>Totals for Breakfast</i>				<b>18.75</b>	<b>26.75</b>	<b>11.63</b>	<b>292.50</b>

**Snack 1 - Cheese and crackers**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
16	3.0	each	Wheat melba toast	1.92	11.46	0.33	56.10
<i>Totals for Snack 1</i>				<b>8.92</b>	<b>12.46</b>	<b>2.33</b>	<b>106.10</b>

**Lunch**

0	10.0	each	Baked potato chips	0.00	20.00	0.00	100.00
6	0.1	cup	Celery	0.11	0.46	0.03	2.50
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
3	1.0	each	Whole wheat pita bread	2.80	15.60	0.70	75.00
<i>Totals for Lunch</i>				<b>30.91</b>	<b>43.06</b>	<b>6.73</b>	<b>362.50</b>

**Snack 2 - You can add peaches to cottage cheese**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	each	Fresh peach	0.89	9.35	0.25	38.22
<i>Totals for Snack 2</i>				<b>14.89</b>	<b>12.45</b>	<b>1.40</b>	<b>120.22</b>

**Dinner - Season/saute chick/oil. Add sauce/squash/over past**

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	0.5	cup	Whole wheat spaghetti, cooked	3.73	18.58	0.38	86.80
6	0.5	cup	Zucchini	1.00	2.50	0.00	12.50
<i>Totals for Dinner</i>				<b>34.65</b>	<b>29.28</b>	<b>12.41</b>	<b>354.85</b>

**Snack 3**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Fresh cantaloupe	0.98	9.55	0.23	39.78
<i>Totals for Snack 3</i>				<b>0.98</b>	<b>9.55</b>	<b>4.23</b>	<b>79.78</b>

<b>Totals For 1300 Calories Womens Healthy Aging - Day 06</b>				<b>109.10</b>	<b>133.55</b>	<b>38.73</b>	<b>1315.95</b>
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1300 Calories Womens Healthy Aging - Day 07

**Breakfast - Top cereal w/nut/milk. Prepare sausage as directed**

0	1.0	each	Applegate Naturals, Natural Chicken and Apple Breakfast Sausage	3.33	1.00	2.30	40.00
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.39	20.50	1.88	105.28
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
14	2.0	tablespoon	Slivered almonds	2.00	2.00	7.00	80.00
<i>Totals for Breakfast</i>				<b>16.72</b>	<b>39.50</b>	<b>11.18</b>	<b>305.28</b>

**Snack 1 - Apple and cheese.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 1</i>				<b>7.15</b>	<b>11.50</b>	<b>2.25</b>	<b>90.50</b>

**Lunch - Toss all ingredients together.**

1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Grated carrots	0.33	3.63	0.00	14.85
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
17	0.3	1 cup	Quinoa, cooked	2.69	13.00	1.17	73.26
0	1.0	tablespoon	Red wine vinegar	0.01	0.04	0.00	2.83
<i>Totals for Lunch</i>				<b>37.14</b>	<b>21.78</b>	<b>3.40</b>	<b>270.19</b>

**Snack 2 - Apple with peanut butter.**

9	0.5	each	Apple	0.15	10.50	0.25	40.50
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
<i>Totals for Snack 2</i>				<b>2.15</b>	<b>12.50</b>	<b>6.25</b>	<b>100.50</b>

**Dinner - Season saute tilapia w/veg. Over brown rice.**

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
<i>Totals for Dinner</i>				<b>36.56</b>	<b>29.66</b>	<b>15.48</b>	<b>406.20</b>

**Snack 3 - Top cottage cheese w/ pineapple.**

5	0.3	cup	Cottage cheese	8.91	2.64	1.98	62.70
7	0.3	cup	Pineapple - canned, chunks	0.00	11.88	0.00	46.20
<i>Totals For 1300 Calories Womens Healthy Aging - Day 07</i>				<b>108.63</b>	<b>129.46</b>	<b>40.54</b>	<b>1281.57</b>