



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Organic Low Fat - Day 01							
Breakfast							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	pack	Hot Cereal Instant, Nature's Path Organic Apple & Cinnamon	6.00	38.00	2.00	190.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				14.55	61.72	2.24	312.18
Snack 1							
0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
<i>Totals for Snack 1</i>				1.00	18.00	0.50	80.00
Lunch							
6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
0	1.0	ounce(s)	Kettle, Organic Tortilla chips, Brown rice and black bean w/ garlic	3.00	16.00	6.00	120.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	1.0	each	Tortilla, Rudi's Organic Bakery, whole spelt	5.00	28.00	3.00	150.00
11	3.0	ounce(s)	Turkey Breast slices, Organic Prairie	21.00	0.00	0.75	75.00
<i>Totals for Lunch</i>				36.05	51.85	17.00	466.00
Snack 2							
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 2</i>				6.00	25.00	1.50	130.00
Dinner							
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
12	3.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
6	0.5	cup	Sweetpotato, organic, cooked, baked in skin, no salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				24.63	26.71	7.06	274.70
Snack 3							
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 3</i>				1.10	17.40	0.30	69.00
Totals For 1300 Calories Organic Low Fat - Day 01				83.33	200.68	28.60	1331.88

1300 Calories Organic Low Fat - Day 02

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	cup	Cereal, Kashi Organic Promise, Strawberry Fields	2.00	28.00	0.00	120.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				10.60	54.35	0.30	252.50

Snack 1

5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				6.00	25.00	1.50	130.00

Lunch

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
0	1.5	cup	soup, Amy's Oganic Vegetable Barley Soup	3.00	19.50	1.50	105.00
Totals for Lunch				16.00	23.50	4.00	205.00

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 2				4.30	24.00	8.50	186.00

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
21	1.0	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00
20	1.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				38.30	30.50	12.50	400.50

Snack 3

0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
6	8.0	fluid ounce(s)	Vegetable Juice, Campbell's Organic Tomato Juice	2.00	10.00	0.00	50.00
Totals for Snack 3				3.00	28.00	0.50	130.00
Totals For 1300 Calories Organic Low Fat - Day 02				78.20	185.35	27.30	1304.00

Breakfast

16	1.0	slice	bread, Light Rye, Rudi's Organic Bakery	4.00	20.00	1.00	100.00
19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	0.5	tablespoon	peanut butter, organic, Smuckers	2.00	1.50	4.00	52.50
Totals for Breakfast				20.60	46.40	10.10	348.50

Snack 1

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
Totals for Snack 1				0.30	6.15	0.00	30.00

Lunch

5	1.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
4	1.0	1/2 cup	refried beans, Amy's Organic Traditional Refried Beans	7.00	21.00	3.00	140.00
20	1.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
21	3.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
16	1.0	each	Tortilla, Rudi's Organic Bakery, whole spelt	5.00	28.00	3.00	150.00
Totals for Lunch				21.80	65.00	17.40	494.00

Snack 2

5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 2				6.00	25.00	1.50	130.00

Dinner

21	1.0	tablespoon	BBQ sauce, organic	0.00	4.50	0.50	22.50
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
0	3.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00
Totals for Dinner				23.33	24.50	8.42	274.17

Snack 3

7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 3				0.51	5.84	0.23	24.32
Totals For 1300 Calories Organic Low Fat - Day 03				72.54	172.89	37.65	1300.99

1300 Calories Organic Low Fat - Day 04

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	pack	Hot Cereal Instant, Nature's Path Organic Apple & Cinnamon	6.00	38.00	2.00	190.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				14.55	61.72	2.24	312.18

Snack 1

5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				6.00	25.00	1.50	130.00

Lunch

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
0	1.0	cup	soup, Amy's Organic Minestrone Soup	3.00	17.00	1.50	90.00
Totals for Lunch				16.00	21.00	4.00	190.00

Snack 2

0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
6	8.0	fluid ounce(s)	Vegetable Juice, Campbell's Organic Tomato Juice	2.00	10.00	0.00	50.00
Totals for Snack 2				3.00	28.00	0.50	130.00

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
13	4.0	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	31.89	0.00	5.45	185.87
20	1.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
6	0.5	cup	Sweetpotato, organic, cooked, baked in skin, no salt	2.01	20.71	0.15	90.00
Totals for Dinner				37.20	35.21	8.00	372.37

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 3				4.30	24.00	8.50	186.00
Totals For 1300 Calories Organic Low Fat - Day 04				81.05	194.93	24.74	1320.55

1300 Calories Organic Low Fat - Day 05

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	cup	Cereal, Kashi Organic Promise, Strawberry Fields	2.00	28.00	0.00	120.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				10.60	54.35	0.30	252.50

Snack 1

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	6.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.75	7.50	2.25	48.75
Totals for Snack 1				8.75	8.50	7.25	128.75

Lunch

6	6.0	medium	baby carrots, organic	0.36	4.92	0.60	24.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	1.0	each	Tortilla, Rudi's Oganic Bakery, whole spelt	5.00	28.00	3.00	150.00
11	3.0	ounce(s)	Turkey Breast slices, Organic Prairie	21.00	0.00	0.75	75.00
Totals for Lunch				26.91	34.77	4.60	260.00

Snack 2

5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 2				6.00	25.00	1.50	130.00

Dinner

5	1.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
0	1.0	cup	Chili, Amy's Organic Medium Chili	13.00	30.00	9.00	250.00
0	0.5	ounce(s)	Organic Tortilla chips, Kettle, Brown rice and black bean w/ garlic	1.50	8.00	3.00	60.00
20	1.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				22.80	49.50	23.40	491.50

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
Totals for Snack 3				0.30	6.15	0.15	30.00

Totals For 1300 Calories Organic Low Fat - Day 05				75.36	178.27	37.20	1292.75
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1300 Calories Organic Low Fat - Day 06

Breakfast

16	1.0	slice	bread, Light Rye, Rudi's Organic Bakery	4.00	20.00	1.00	100.00
19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	0.5	tablespoon	peanut butter, organic, Smuckers	2.00	1.50	4.00	52.50
Totals for Breakfast				20.60	46.40	10.10	348.50

Snack 1

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 1				13.60	13.70	2.60	137.00

Lunch

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	3.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	1.0	each	Tortilla, Rudi's Organic Bakery, whole spelt	5.00	28.00	3.00	150.00
Totals for Lunch				33.55	37.85	15.50	416.00

Snack 2

6	8.0	fluid ounce(s)	Vegetable Juice, Campbell's Organic Tomato Juice	2.00	10.00	0.00	50.00
Totals for Snack 2				2.00	10.00	0.00	50.00

Dinner

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
Totals for Dinner				22.83	35.00	4.87	284.67

Snack 3

0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
Totals for Snack 3				1.00	18.00	0.50	80.00
Totals For 1300 Calories Organic Low Fat - Day 06				93.58	160.95	33.57	1316.17

1300 Calories Organic Low Fat - Day 07

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	cup	Cereal, Kashi Organic Promise, Strawberry Fields	2.00	28.00	0.00	120.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				10.60	54.35	0.30	252.50

Snack 1

5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				6.00	25.00	1.50	130.00

Lunch

6	8.0	medium	baby carrots, organic	0.48	6.56	0.80	32.00
5	1.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
4	1.0	1/2 cup	refried beans, Amy's Organic Traditional Refried Beans	7.00	21.00	3.00	140.00
21	3.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
16	1.0	each	Tortilla, Rudi's Organic Bakery, whole spelt	5.00	28.00	3.00	150.00
Totals for Lunch				20.98	61.06	15.80	454.50

Snack 2

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	8.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
Totals for Snack 2				9.00	11.00	8.00	145.00

Dinner

6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
12	3.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
20	1.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				24.92	22.50	9.31	286.20

Snack 3

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 3				0.60	9.70	0.10	37.00
Totals For 1300 Calories Organic Low Fat - Day 07				72.10	183.61	35.01	1305.20