



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
<b>1400 Calories] Wheat Sensitivity - Day 01</b>								
<b>Breakfast - Top cereal w/ sliced banana &amp; milk.</b>								
	5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
	15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
	7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Breakfast</i>					<b>11.90</b>	<b>63.90</b>	<b>0.40</b>	<b>311.00</b>
<b>Snack 1</b>								
	1	12.0	each	Almonds, unsalted	0.00	0.00	6.00	60.00
	7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>					<b>0.50</b>	<b>13.50</b>	<b>6.00</b>	<b>110.00</b>
<b>Lunch - Toss salad ingredients with oil and vinegar.</b>								
	20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
	6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
	23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
	6	1.0	each	Tomato	1.00	5.00	0.00	20.00
	11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
	1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>					<b>44.48</b>	<b>11.00</b>	<b>18.72</b>	<b>399.24</b>
<b>Snack 2</b>								
	14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>					<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>
<b>Dinner - Boil or grill shrimp. Top potato w/spread.</b>								
	2	1.0	each	Baked potato, small	3.00	29.00	0.00	130.00
	6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
	1	7.0	ounce(s)	Shrimp - boiled or steamed	41.44	0.00	2.10	196.00
	21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Dinner</i>					<b>48.16</b>	<b>40.20</b>	<b>4.24</b>	<b>395.60</b>
<b>Snack 3 - Core apple. Sprinkle sugar &amp; cinnamon. Micro 5min.</b>								
	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 1400 Calories] Wheat Sensitivity - Day 01</b>					<b>108.85</b>	<b>158.86</b>	<b>37.64</b>	<b>1408.16</b>

1400 Calories] Wheat Sensitivity - Day 02

**Breakfast - Prepare oats per package directions using milk.**

14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>16.00</b>	<b>44.50</b>	<b>9.25</b>	<b>305.00</b>

**Snack 1 - Spread almond butter on apple.**

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>0.96</b>	<b>21.99</b>	<b>3.47</b>	<b>114.33</b>

**Lunch - Toss salad ingredients together.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				<b>38.79</b>	<b>21.35</b>	<b>19.33</b>	<b>400.18</b>

**Snack 2 - Slice pepper, dip in hummus.**

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
<i>Totals for Snack 2</i>				<b>3.40</b>	<b>13.60</b>	<b>3.20</b>	<b>90.00</b>

**Dinner - Broil fish w/oil. Serve w/beets&veg.**

6	1.5	cup	Cauliflower	3.00	7.50	0.00	37.50
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.5	cup	Roasted beets	1.50	16.50	0.00	75.00
3	1.0	each	Sweet potato, baked with peel, small	1.00	12.00	0.00	50.00
<i>Totals for Dinner</i>				<b>46.48</b>	<b>36.00</b>	<b>4.50</b>	<b>400.50</b>

**Snack 3 - Top cereal with milk.**

15	0.5	cup	Rice Chex	1.00	13.50	0.00	60.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				<b>5.00</b>	<b>21.50</b>	<b>0.00</b>	<b>100.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 02</b>				<b>110.63</b>	<b>158.94</b>	<b>39.75</b>	<b>1410.01</b>
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1400 Calories] Wheat Sensitivity - Day 03

**Breakfast - Saute eggs, cheese & veg in spread.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				<b>29.54</b>	<b>37.82</b>	<b>5.72</b>	<b>310.30</b>

**Snack 1**

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
<i>Totals for Snack 1</i>				<b>0.66</b>	<b>5.94</b>	<b>5.00</b>	<b>89.60</b>

**Lunch - Top rice w/chopped chicken and remaining ing.**

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.7	cup	Brown rice, cooked	3.30	29.70	1.32	145.20
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<b>35.32</b>	<b>48.37</b>	<b>8.65</b>	<b>403.35</b>

**Snack 2**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

**Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake**

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	4.0	ounce(s)	Ground chicken breast, raw	24.00	0.00	1.00	100.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.88	5.00	0.13	27.50
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	2.0	ounce(s)	Mozzarella cheese, part skim	13.58	1.56	8.92	142.24
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				<b>44.65</b>	<b>39.55</b>	<b>11.47</b>	<b>412.21</b>

**Snack 3**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 03</b>				<b>114.23</b>	<b>161.34</b>	<b>38.52</b>	<b>1407.78</b>
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1400 Calories] Wheat Sensitivity - Day 04

**Breakfast - Enjoy luna bar w berries & soy milk.**

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
0	1.0	each	luna bar	10.00	26.00	4.50	180.00
4	1.0	1 cup	SILK Plain, soymilk	7.00	7.99	4.01	99.63
<i>Totals for Breakfast</i>				<b>17.54</b>	<b>44.50</b>	<b>8.75</b>	<b>320.96</b>

**Snack 1**

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
<i>Totals for Snack 1</i>				<b>9.33</b>	<b>5.52</b>	<b>5.07</b>	<b>110.80</b>

**Lunch - Spinach, broccoli, salmon cobb salad.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
11	1.5	ounce(s)	Turkey bacon	7.11	0.75	6.69	91.68
<i>Totals for Lunch</i>				<b>38.91</b>	<b>13.62</b>	<b>17.74</b>	<b>380.73</b>

**Snack 2**

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				<b>1.00</b>	<b>27.00</b>	<b>0.00</b>	<b>100.00</b>

**Dinner - Saute beef w/ veg and soy. Serve over beef.**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	5.0	ounce(s)	Extra lean beef	31.25	2.50	3.75	162.50
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.04	0.00	0.20
17	0.1	1 cup	Quinoa, cooked	1.02	4.93	0.44	27.75
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				<b>41.33</b>	<b>50.33</b>	<b>5.01</b>	<b>380.80</b>

**Snack 3 - Mix prepared popcorn with raisin.**

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 3</i>				<b>1.34</b>	<b>21.34</b>	<b>2.00</b>	<b>116.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 04</b>				<b>109.45</b>	<b>162.31</b>	<b>38.57</b>	<b>1409.29</b>
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1400 Calories] Wheat Sensitivity - Day 05

**Breakfast - Top cereal w milk & sliced banana.**

15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Breakfast</i>				<b>11.50</b>	<b>68.00</b>	<b>0.00</b>	<b>305.00</b>

**Snack 1**

7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
<i>Totals for Snack 1</i>				<b>6.25</b>	<b>7.75</b>	<b>4.00</b>	<b>85.00</b>

**Lunch - Toss ingredients and place on rice. Serve w/greens**

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Lunch</i>				<b>37.74</b>	<b>29.26</b>	<b>11.53</b>	<b>363.38</b>

**Snack 2 - Prepare per package directions.**

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
<i>Totals for Snack 2</i>				<b>9.90</b>	<b>8.58</b>	<b>4.62</b>	<b>118.80</b>

**Dinner - Saute tilapia w/veg. Serve over 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	3.5	tea spoon	Olive oil	0.00	0.00	15.75	140.00
1	4.5	ounce(s)	Tilapia	27.00	0.00	0.00	112.50
<i>Totals for Dinner</i>				<b>33.56</b>	<b>29.66</b>	<b>17.23</b>	<b>403.70</b>

**Snack 3 - Top yogurt w sliced banana & nuts.**

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 3</i>				<b>9.50</b>	<b>16.00</b>	<b>2.25</b>	<b>130.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 05</b>				<b>108.45</b>	<b>159.25</b>	<b>39.63</b>	<b>1405.88</b>
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1400 Calories] Wheat Sensitivity - Day 06

**Breakfast - Scramble eggs 1/2 spread. Remain spread on bread.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
16	1.0	slice	Udi's Millet-Chia Bread	3.00	12.00	2.25	75.00
<i>Totals for Breakfast</i>				<b>36.58</b>	<b>31.40</b>	<b>14.97</b>	<b>391.24</b>

**Snack 1**

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

**Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi**

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
<i>Totals for Lunch</i>				<b>45.00</b>	<b>20.39</b>	<b>7.22</b>	<b>304.40</b>

**Snack 2**

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				<b>1.00</b>	<b>27.00</b>	<b>0.00</b>	<b>100.00</b>

**Dinner - Roast halibut. Cook lentils w/ onions&carrots.**

6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	0.7	cup	Cooked lentils	11.88	26.40	0.66	151.80
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	4.0	ounce(s)	Halibut, raw	16.00	0.00	16.00	200.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				<b>29.30</b>	<b>40.39</b>	<b>16.96</b>	<b>412.03</b>

**Snack 3 - Mixed berry 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 3</i>				<b>1.54</b>	<b>22.51</b>	<b>0.74</b>	<b>101.33</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 06</b>				<b>113.72</b>	<b>162.69</b>	<b>40.39</b>	<b>1390.00</b>
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1400 Calories] Wheat Sensitivity - Day 07

**Breakfast - Top yogurt with melon, seeds and raisins.**

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Breakfast</i>				<b>21.31</b>	<b>38.73</b>	<b>7.30</b>	<b>323.04</b>

**Snack 1**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				<b>0.50</b>	<b>13.50</b>	<b>4.00</b>	<b>90.00</b>

**Lunch - Gluten free avocado turkey wrap.**

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
16	1.0	each	Udi's Small Tortilla	3.00	15.00	2.00	90.00
<i>Totals for Lunch</i>				<b>39.00</b>	<b>27.50</b>	<b>13.30</b>	<b>384.50</b>

**Snack 2 - Slice pepper dip into hummus.**

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.5	tablespoon	Hummus	2.50	5.00	3.75	62.50
<i>Totals for Snack 2</i>				<b>3.90</b>	<b>14.60</b>	<b>3.95</b>	<b>102.50</b>

**Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese**

1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
17	1.3	cup	Rice pasta, cooked	0.00	13.75	0.00	62.50
<i>Totals for Dinner</i>				<b>39.56</b>	<b>38.73</b>	<b>11.13</b>	<b>412.12</b>

**Snack 3**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 07</b>				<b>104.97</b>	<b>158.16</b>	<b>39.68</b>	<b>1410.16</b>
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1400 Calories] Wheat Sensitivity - Day 08

**Breakfast**

1	3.0	ounce(s)	2% milkfat cheddar cheese	21.00	3.00	6.00	150.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	1.3	cup	Strawberries	1.25	11.25	0.00	75.00
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
<i>Totals for Breakfast</i>				<b>47.05</b>	<b>31.34</b>	<b>10.62</b>	<b>416.90</b>

**Snack 1**

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>1.30</b>	<b>22.50</b>	<b>5.00</b>	<b>131.50</b>

**Lunch**

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	each	Cooked egg white	16.00	0.00	0.00	60.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
<i>Totals for Lunch</i>				<b>64.46</b>	<b>18.58</b>	<b>13.48</b>	<b>427.40</b>

**Snack 2**

7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
<i>Totals for Snack 2</i>				<b>13.07</b>	<b>27.01</b>	<b>0.48</b>	<b>172.65</b>

**Dinner**

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	0.8	cup	Fresh mushrooms	1.62	1.71	0.18	11.55
23	2.0	tablespoon	Olive oil	0.00	0.00	28.00	260.00
2	1.0	cup	Spaghetti squash, cooked	1.00	10.00	0.00	40.00
<i>Totals for Dinner</i>				<b>52.14</b>	<b>25.61</b>	<b>31.62</b>	<b>595.15</b>

**Snack 3**

1	1.8	ounce(s)	2% milkfat cheddar cheese	12.25	1.75	3.50	87.50
9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 3</i>				<b>12.55</b>	<b>22.75</b>	<b>4.00</b>	<b>168.50</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 08</b>				<b>190.57</b>	<b>147.79</b>	<b>65.20</b>	<b>1912.10</b>
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1400 Calories] Wheat Sensitivity - Day 09

**Breakfast**

15	0.8	cup	Bran flakes	4.50	34.50	0.00	135.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.5	each	Hard boiled egg	9.00	1.50	6.00	90.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				<i>22.70</i>	<i>75.80</i>	<i>6.20</i>	<i>397.00</i>

**Snack 1**

7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
<i>Totals for Snack 1</i>				<i>12.65</i>	<i>24.86</i>	<i>0.99</i>	<i>169.05</i>

**Lunch**

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
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>				<i>27.34</i>	<i>35.86</i>	<i>6.64</i>	<i>299.40</i>

**Snack 2**

6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
<i>Totals for Snack 2</i>				<i>51.00</i>	<i>0.00</i>	<i>1.20</i>	<i>248.00</i>

**Dinner**

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
17	0.1	1 cup	Quinoa, cooked	1.06	5.12	0.46	28.86
1	8.0	ounce(s)	Salmon	48.00	0.00	32.00	480.00
0	2.0	tablespoon	Teriyaki sauce, ready to serve, low sodium	2.00	6.00	0.00	30.00
<i>Totals for Dinner</i>				<i>54.78</i>	<i>22.32</i>	<i>33.10</i>	<i>593.46</i>

**Snack 3**

14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
<i>Totals for Snack 3</i>				<i>23.50</i>	<i>5.90</i>	<i>7.35</i>	<i>185.50</i>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 09</b>				<b>191.97</b>	<b>164.74</b>	<b>55.48</b>	<b>1892.41</b>
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1400 Calories] Wheat Sensitivity - Day 10

**Breakfast**

3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>23.00</b>	<b>45.00</b>	<b>21.30</b>	<b>450.00</b>

**Snack 1**

1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				<b>12.70</b>	<b>31.10</b>	<b>0.00</b>	<b>188.00</b>

**Lunch**

1	5.0	large	Egg white	20.00	0.00	0.00	75.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
14	1.0	tablespoon	Sunflower seeds	2.00	2.00	4.00	45.00
11	2.0	1 oz cooked, yield	Turkey bacon, cooked	9.47	0.99	8.93	122.24
1	7.0	ounce(s)	Turkey breast	59.50	0.00	1.40	266.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Lunch</i>				<b>92.82</b>	<b>8.43</b>	<b>15.07</b>	<b>541.35</b>

**Snack 2**

0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 2</i>				<b>5.62</b>	<b>14.28</b>	<b>2.64</b>	<b>126.00</b>

**Dinner**

6	0.5	cup	Cauliflower	1.00	2.50	0.00	12.50
0	0.5	tea spoon	Dried rosemary	0.03	0.38	0.09	1.99
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
0	0.1	tea spoon	Ground dried sage	0.01	0.06	0.01	0.29
13	9.0	ounce(s)	Pork, loin, lean, uncooked	45.00	0.00	18.00	315.00
2	1.3	cup	Spaghetti squash, cooked	1.25	12.50	0.00	50.00
<i>Totals for Dinner</i>				<b>51.79</b>	<b>25.94</b>	<b>18.85</b>	<b>447.28</b>

**Snack 3**

4	5.0	tablespoon	Hummus	5.00	10.00	7.50	125.00
6	1.5	cup	Red pepper	1.37	8.33	0.42	42.78
<i>Totals for Snack 3</i>				<b>6.37</b>	<b>18.33</b>	<b>7.92</b>	<b>167.78</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 10</b>				<b>192.30</b>	<b>143.08</b>	<b>65.78</b>	<b>1920.41</b>
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1400 Calories] Wheat Sensitivity - Day 11

**Breakfast**

15	0.5	cup	Bran flakes	3.00	23.00	0.00	90.00
14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
<i>Totals for Breakfast</i>				<b>34.57</b>	<b>51.46</b>	<b>8.41</b>	<b>399.15</b>

**Snack 1**

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	5.0	ounce(s)	Greek yogurt, plain, non fat	10.00	5.00	0.00	75.00
<i>Totals for Snack 1</i>				<b>10.49</b>	<b>19.15</b>	<b>0.74</b>	<b>134.29</b>

**Lunch**

6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	cup	Grated carrots	0.13	1.43	0.00	5.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	7.0	ounce(s)	Salmon - broiled	43.89	0.00	24.50	406.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
3	0.3	cup	Whole wheat pasta, cooked	1.75	9.25	0.25	42.50
<i>Totals for Lunch</i>				<b>46.91</b>	<b>14.64</b>	<b>26.01</b>	<b>482.71</b>

**Snack 2**

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
<i>Totals for Snack 2</i>				<b>28.72</b>	<b>13.27</b>	<b>1.80</b>	<b>197.35</b>

**Dinner**

6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	8.0	ounce(s)	Tilapia	48.00	0.00	0.00	200.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
6	1.0	cup	White mushrooms, sliced	2.00	2.00	0.00	15.00
<i>Totals for Dinner</i>				<b>61.61</b>	<b>46.61</b>	<b>13.64</b>	<b>551.10</b>

**Snack 3**

6	0.8	1 cup	Edamame, frozen, prepared	12.65	11.56	6.04	141.83
<i>Totals for Snack 3</i>				<b>12.65</b>	<b>11.56</b>	<b>6.04</b>	<b>141.83</b>
<b>Totals For 1400 Calories] Wheat Sensitivity - Day 11</b>				<b>194.95</b>	<b>156.69</b>	<b>56.64</b>	<b>1906.43</b>

1400 Calories] Wheat Sensitivity - Day 12

**Breakfast**

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
16	2.0	1 muffin	English muffins, wheat	9.92	51.07	2.28	254.22
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				<b>45.23</b>	<b>66.80</b>	<b>8.58</b>	<b>502.26</b>

**Snack 1**

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
<i>Totals for Snack 1</i>				<b>6.00</b>	<b>3.00</b>	<b>7.00</b>	<b>115.00</b>

**Lunch**

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
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
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
<i>Totals for Lunch</i>				<b>66.32</b>	<b>32.20</b>	<b>6.64</b>	<b>452.65</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
<i>Totals for Snack 2</i>				<b>14.33</b>	<b>6.07</b>	<b>1.15</b>	<b>101.80</b>

**Dinner**

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
0	0.3	tablespoon	Garlic powder	0.35	1.52	0.03	7.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
0	0.1	tea spoon	Ground black pepper	0.00	0.00	0.00	0.00
23	1.5	tablespoon	Olive oil	0.00	0.00	21.00	195.00
0	0.3	tea spoon	Paprika	0.08	0.29	0.07	1.52
<i>Totals for Dinner</i>				<b>50.58</b>	<b>23.66</b>	<b>25.06</b>	<b>538.12</b>

**Snack 3**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
3	1.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	6.00	22.50	0.75	120.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
<i>Totals for Snack 3</i>				<b>13.34</b>	<b>25.36</b>	<b>2.89</b>	<b>178.40</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 12</b>				<b>195.80</b>	<b>157.09</b>	<b>51.32</b>	<b>1888.23</b>
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1400 Calories] Wheat Sensitivity - Day 13

**Breakfast**

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
<i>Totals for Breakfast</i>				<b>20.25</b>	<b>71.25</b>	<b>10.75</b>	<b>460.00</b>

**Snack 1**

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 1</i>				<b>8.00</b>	<b>1.00</b>	<b>13.00</b>	<b>150.00</b>

**Lunch**

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
6	12.0	each	Baby carrots	1.20	9.60	1.20	48.00
6	0.3	cup	Celery	0.21	0.89	0.05	4.80
21	1.5	tablespoon	Low fat mayonnaise	0.00	6.00	1.50	37.50
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
<i>Totals for Lunch</i>				<b>48.41</b>	<b>38.49</b>	<b>9.75</b>	<b>400.30</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 2</i>				<b>15.55</b>	<b>19.32</b>	<b>1.58</b>	<b>148.30</b>

**Dinner**

1	10.0	ounce(s)	Boneless chicken breast	65.00	0.00	4.00	310.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
5	3.0	tablespoon	Grated parmesan cheese	5.76	0.60	4.29	64.65
0	0.3	tea spoon	Italian seasoning medley	0.00	0.00	0.00	0.00
23	0.3	tablespoon	Olive oil	0.00	0.00	3.50	32.50
3	0.5	cup	Whole wheat spaghetti, cooked	3.73	18.58	0.38	86.80
<i>Totals for Dinner</i>				<b>80.21</b>	<b>37.38</b>	<b>12.81</b>	<b>578.55</b>

**Snack 3**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 13</b>				<b>175.78</b>	<b>172.00</b>	<b>55.57</b>	<b>1831.47</b>
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1400 Calories] Wheat Sensitivity - Day 14

**Breakfast**

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Breakfast</i>				<b>49.12</b>	<b>42.39</b>	<b>4.69</b>	<b>382.02</b>

**Snack 1**

21	0.3	tea spoon	All fruit jelly	0.00	0.75	0.00	3.75
21	0.3	tablespoon	Smooth peanut butter	1.32	0.99	2.64	34.65
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				<b>4.05</b>	<b>13.62</b>	<b>3.55</b>	<b>104.90</b>

**Lunch**

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.5	cup	Fresh white mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	3.0	ounce(s)	Mozzarella cheese, part skim	20.37	2.34	13.38	213.36
6	2.0	tablespoon	Tomato sauce	0.00	2.00	0.00	10.00
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Lunch</i>				<b>29.62</b>	<b>47.24</b>	<b>17.21</b>	<b>444.84</b>

**Snack 2**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>

**Dinner**

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
1	7.0	ounce(s)	Lean ground beef	41.93	0.00	9.80	268.52
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Dinner</i>				<b>63.39</b>	<b>42.20</b>	<b>23.71</b>	<b>639.02</b>

**Snack 3**

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
<i>Totals for Snack 3</i>				<b>51.19</b>	<b>0.29</b>	<b>1.37</b>	<b>241.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 14</b>				<b>200.73</b>	<b>150.30</b>	<b>58.21</b>	<b>1906.10</b>
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