



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2200 Calories] Lean and Tone Physique - Day 01							
Breakfast - Prepare oats w/milk, top w/nuts & fruit.							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Breakfast				33.50	52.55	10.15	428.00
Snack 1 - Spread almond butter on muffin, sprinkle w seeds.							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
14	0.3	1 oz	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
Totals for Snack 1				8.98	31.65	9.82	238.93
Lunch - Salad served with toast.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
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	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
16	4.0	each	Wheat melba toast	2.56	15.28	0.44	74.80
Totals for Lunch				69.40	34.33	8.54	501.50
Snack 2 - Bean, cheese burrito wrap.							
3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
Totals for Snack 2				23.52	38.61	6.30	299.09
Dinner - Roast tilapia, beans/quinoa, brocc/spinach salad.							
4	0.5	cup	Black beans	7.00	20.00	0.50	100.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	9.0	ounce(s)	Tilapia	54.00	0.00	0.00	225.00
Totals for Dinner				70.57	59.33	5.72	552.60
Snack 3 - Top cottage cheese w peaches.							
5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	0.5	cup	Sliced fresh peaches	0.77	8.11	0.22	33.15
Totals for Snack 3				21.02	14.11	4.72	175.65
Totals For 2200 Calories] Lean and Tone Physique - Day 01				226.99	230.58	45.25	2195.77

Breakfast - Egg white scramble, oats on the side.

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Breakfast</i>				46.28	61.64	9.32	479.20

Snack 1 - Protein smoothie.

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				23.50	16.20	3.60	202.00

Lunch - Tuna veggie pasta salad.

6	0.3	cup	Artichokes	1.65	6.60	0.17	29.70
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
3	0.8	cup	Whole wheat pasta, cooked	5.25	27.75	0.75	127.50
<i>Totals for Lunch</i>				49.90	44.35	8.92	432.20

Snack 2 - Turkey sandwich snack.

6	0.7	cup	Carrots	0.75	7.72	0.19	33.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
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
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Snack 2</i>				31.93	35.75	3.81	308.35

Dinner - Toss potatoes in oil/season/roast.

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	8.0	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
<i>Totals for Dinner</i>				63.48	53.48	13.99	546.70

Snack 3 - Top oats w milk.

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
17	0.3	1 cup	Oats	6.59	25.85	2.69	151.71
<i>Totals for Snack 3</i>				14.59	37.55	5.29	253.71
Totals For 2200 Calories] Lean and Tone Physique - Day 02				229.68	248.97	44.93	2222.16

Breakfast - Top waffle w fried egg/bacon/honey.

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
22	1.0	tablespoon	Honey	0.10	17.30	0.00	64.00
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
Totals for Breakfast				34.50	48.90	20.10	494.00

Snack 1 - Protein smoothie

7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Snack 1				16.47	33.09	1.12	198.67

Lunch - Roast turkey & potato/asparagus/spinach salad.

6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
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
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
1	8.0	ounce(s)	Turkey breast	68.00	0.00	1.60	304.00
Totals for Lunch				77.18	38.48	3.80	489.70

Snack 2 - Hummus tortilla wraps. With apple.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
Totals for Snack 2				9.63	55.31	7.00	309.20

Dinner - Roast chicken/vegetables w/oil.

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
23	1.8	tea spoon	Olive oil	0.00	0.00	7.88	70.00
6	0.5	1 small	Onions, raw	0.39	3.27	0.04	14.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
Totals for Dinner				60.84	46.36	11.81	521.60

Snack 3 - Protein Smoothie

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
7	1.0	cup	Fresh raspberries	1.00	15.00	1.00	60.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Snack 3				17.20	41.70	2.60	235.00
Totals For 2200 Calories] Lean and Tone Physique - Day 03				215.82	263.84	46.43	2248.17

Breakfast - Scramble w/side of fruit.

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	cup	Grapes	1.00	27.00	0.00	100.00
7	1.5	cup	Strawberries	1.50	13.50	0.00	90.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
Totals for Breakfast				36.05	68.66	7.85	495.10

Snack 1 - Open faced tuna sandwich w/carrots.

6	6.0	each	Baby carrots	0.60	4.80	0.60	24.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
1	0.3	cup	Tuna Solid White in water	15.00	0.00	1.00	70.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
Totals for Snack 1				18.33	18.68	3.01	173.00

Lunch - Salmon quinoa salad.

1	6.0	ounce(s)	Canned salmon	42.00	0.00	6.00	240.00
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	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
Totals for Lunch				52.06	42.14	10.83	484.30

Snack 2 - Peanut butter wraps.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
Totals for Snack 2				16.00	39.70	10.60	302.00

Dinner - Season roasted tilapia.

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	10.0	ounce(s)	Tilapia	60.00	0.00	0.00	250.00
Totals for Dinner				69.50	55.50	7.25	577.50

Snack 3 - Mix together.

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Snack 3				23.00	11.70	3.60	172.00

Totals For 2200 Calories] Lean and Tone Physique - Day 04				214.94	236.38	43.14	2203.90
---	--	--	--	--------	--------	-------	---------

Breakfast - Almond Butter w/bread, bar and fruit.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
8	1.0	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7.00	17.00	13.00	200.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				19.33	53.98	21.11	465.00

Snack 1 - Top yogurt w/sliced banana.

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				17.00	31.00	0.00	210.00

Lunch - Top rice w/chicken and veggies.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				57.25	36.00	9.45	470.50

Snack 2 - Turkey wraps.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Snack 2</i>				46.06	19.34	2.14	307.50

Dinner - Chicken over pasta.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
1	9.0	ounce(s)	Lean ground turkey, raw	63.00	0.00	0.00	270.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				78.54	61.66	9.26	624.45

Snack 3 - Protein smoothie

1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 3</i>				16.00	9.00	1.00	130.00
Totals For 2200 Calories] Lean and Tone Physique - Day 05				234.18	210.98	42.96	2207.45

Breakfast - Egg white scramble, oats with milk.

6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	5.0	large	Egg white	20.00	0.00	0.00	75.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
5	1.3	cup	Milk - 1%	10.64	15.56	3.46	135.66
10	0.8	cup	Oatmeal - quick, measure uncooked	9.90	41.85	4.50	222.75
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Breakfast</i>				43.82	77.45	9.78	533.11

Snack 1 - Top cottage cheese w/peaches.

5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				21.80	22.22	4.93	208.80

Lunch - Loaded baked potato.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
2	0.5	each	Baked potato, large	3.50	31.50	0.00	140.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	7.0	ounce(s)	Chicken Breast / White Meat	45.50	0.00	2.80	217.00
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				60.50	52.72	5.49	504.59

Snack 2 - Bean, cheese & salsa wraps.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Snack 2</i>				19.52	31.61	3.80	209.09

Dinner - Grilled beef & Salad

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
1	9.0	ounce(s)	Extra lean beef	56.25	4.50	6.75	292.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				69.71	59.28	15.68	632.90

Snack 3 - Protein Smoothie

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				15.49	14.15	1.74	129.29

Totals For 2200 Calories] Lean and Tone Physique - Day 06				230.84	257.43	41.42	2217.78
--	--	--	--	---------------	---------------	--------------	----------------

Breakfast - Oatmeal cooked w/milk, protein shake.

3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
0	16.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				48.25	56.30	10.90	508.00

Snack 1 - Blend together as a smoothie.

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				31.33	10.97	1.00	209.80

Lunch - Apple cheddar turkey wraps.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
0	2.0	tea spoon	Mustard	0.44	0.54	0.40	6.70
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				68.42	47.26	5.88	487.50

Snack 2

7	1.3	cup	Grapes	1.33	35.91	0.00	133.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				4.69	40.47	7.68	227.32

Dinner - Chicken w/veggies & quinoa.

6	12.0	each	Asparagus spears	4.20	7.44	0.24	38.40
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				81.20	60.44	8.11	627.70

Snack 3 - Berries w/glass of milk.

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				5.10	27.30	1.79	135.36
Totals For 2200 Calories] Lean and Tone Physique - Day 07				238.99	242.74	35.36	2195.68