



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb Lifestyle - Day 01							
Breakfast - Scramble egg whites & cheese with spinach.							
1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	2.0	large	Egg white	8.00	0.00	0.00	30.00
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
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
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
<i>Totals for Breakfast</i>				31.40	27.55	8.56	318.45
Snack 1 - Spread almond butter on sliced apple.							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	0.5	each	Apple	0.15	10.50	0.25	40.50
<i>Totals for Snack 1</i>				1.15	12.00	4.75	91.00
Lunch - Toss ingredients with spinach, oil and vinegar.							
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	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
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	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				38.46	16.58	11.48	302.40
Snack 2 - Thaw blueberries and mix with yogurt.							
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
<i>Totals for Snack 2</i>				8.54	14.51	0.24	101.33
Dinner - Stir fry chicken & vegetables. Over spagh squash.							
1	6.0	ounce(s)	Boneless chicken breast	39.00	0.00	2.40	186.00
6	0.8	cup	Broccoli	2.79	8.40	0.48	40.95
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
2	0.3	cup	Spaghetti squash, cooked	0.33	3.30	0.00	13.20
<i>Totals for Dinner</i>				43.50	15.54	17.00	389.85
Snack 3 - Enjoy apple slices topped with 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 3</i>				7.15	11.50	2.25	90.50
Totals For 1300 Calories Low Carb Lifestyle - Day 01				130.20	97.68	44.28	1293.53

1300 Calories Low Carb Lifestyle - Day 02**Breakfast - Top cereal w milk. Serve w egg & grapefruit.**

15	0.3	cup	Bran flakes	1.50	11.50	0.00	45.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				16.10	40.40	4.10	231.00

Snack 1 - Thaw blueberries and mix with yogurt.

7	0.3	cup	Frozen unsweetened blueberries	0.16	4.72	0.25	19.76
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
<i>Totals for Snack 1</i>				8.16	8.72	0.25	79.76

Lunch - Cook veg burger per directions. Top 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
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>				27.34	35.86	6.64	299.40

Snack 2 - Top lettuce w turkey/roll.

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
<i>Totals for Snack 2</i>				25.50	0.00	0.60	124.00

Dinner - Broil/grill salmon teriyaki. Rice & broccoli side

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
17	0.1	1 cup	Quinoa, cooked	1.02	4.93	0.44	27.75
1	6.0	ounce(s)	Salmon	36.00	0.00	24.00	360.00
0	1.0	tablespoon	Teriyaki sauce, ready to serve, low sodium	1.00	3.00	0.00	15.00
<i>Totals for Dinner</i>				39.88	13.53	24.76	430.05

Snack 3 - Top cottage cheese with nuts.

14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
<i>Totals for Snack 3</i>				11.74	3.30	6.39	116.62

Totals For 1300 Calories Low Carb Lifestyle - Day 02				128.72	101.81	42.74	1280.83
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1300 Calories Low Carb Lifestyle - Day 03

Breakfast - Top bread with peanut butter. With soy milk.

3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				15.00	26.50	12.65	275.00

Snack 1 - Chop pear into yogurt.

1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	each	Pear	0.35	12.55	0.00	49.00
<i>Totals for Snack 1</i>				8.35	16.55	0.00	109.00

Lunch - Cobb salad, toss all ingredients together.

1	1.0	large	Egg white	4.00	0.00	0.00	15.00
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	1.0	1 oz cooked, yield	Turkey bacon, cooked	4.74	0.50	4.46	61.12
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Lunch</i>				46.59	7.94	10.00	306.23

Snack 2 - Blend soy milk & strawberries with one ice cube.

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>				5.62	14.28	2.64	126.00

Dinner - Season pork, roast at 325F. Serve w/squash & veg.

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	0.05	0.01	0.28
13	8.0	ounce(s)	Pork, loin, lean, uncooked	40.00	0.00	16.00	280.00
2	0.7	cup	Spaghetti squash, cooked	0.66	6.60	0.00	26.40
<i>Totals for Dinner</i>				46.20	20.03	16.85	388.67

Snack 3 - Dip pepper slices into hummus.

4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 3</i>				3.91	11.55	4.78	103.52

Totals For 1300 Calories Low Carb Lifestyle - Day 03				125.67	96.85	46.92	1308.42
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1300 Calories Low Carb Lifestyle - Day 04

Breakfast - Top cottage cheese with berries, nuts and cereal.

15	0.3	cup	Bran flakes	1.50	11.50	0.00	45.00
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	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
<i>Totals for Breakfast</i>				<i>32.27</i>	<i>24.20</i>	<i>8.05</i>	<i>292.16</i>

Snack 1

7	0.3	cup	Frozen unsweetened blueberries	0.21	6.22	0.33	26.09
1	5.0	ounce(s)	Greek yogurt, plain, non fat	10.00	5.00	0.00	75.00
<i>Totals for Snack 1</i>				<i>10.21</i>	<i>11.22</i>	<i>0.33</i>	<i>101.09</i>

Lunch - Toss all ingredients together in a bowl.

6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	cup	Grated carrots	0.13	1.38	0.00	5.63
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
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>				<i>28.10</i>	<i>14.59</i>	<i>15.51</i>	<i>308.49</i>

Snack 2 - Turkey wrap.

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	1.0	ounce(s)	Turkey breast	8.50	0.00	0.20	38.00
<i>Totals for Snack 2</i>				<i>11.72</i>	<i>13.27</i>	<i>1.40</i>	<i>121.35</i>

Dinner - Season tilapia as desired;roast. cook veg in oil.

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	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
6	0.8	cup	White mushrooms, sliced	1.50	1.50	0.00	11.25
<i>Totals for Dinner</i>				<i>39.04</i>	<i>26.41</i>	<i>11.87</i>	<i>361.35</i>

Snack 3 - Prepare edamame per package directions.

6	0.7	1 cup	Edamame, frozen, prepared	11.13	10.17	5.32	124.81
<i>Totals for Snack 3</i>				<i>11.13</i>	<i>10.17</i>	<i>5.32</i>	<i>124.81</i>
Totals For 1300 Calories Low Carb Lifestyle - Day 04				132.47	99.86	42.48	1309.25

1300 Calories Low Carb Lifestyle - Day 05

Breakfast - Cook egg and bacon in spread, place on muffin.

1	1.0	ounce(s)	Canadian bacon, extra lean	6.00	1.00	1.00	35.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
16	1.0	1 muffin	English muffins, wheat	4.96	25.54	1.14	127.11
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>				24.27	39.27	5.44	290.15

Snack 1

1	12.0	each	Almonds, unsalted	0.00	0.00	6.00	60.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
<i>Totals for Snack 1</i>				6.00	3.00	6.00	105.00

Lunch - Top wrap with mayo, turkey and cheese.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
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	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				46.32	19.20	5.24	306.65

Snack 2 - Top cottage cheese with blueberries.

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>				14.33	6.07	1.15	101.80

Dinner - Season chicken, drizzle w/oil. 400F 20min.

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
0	0.3	tablespoon	Garlic powder	0.35	1.52	0.03	7.00
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
0	0.1	tea spoon	Ground black pepper	0.00	0.00	0.00	0.00
23	1.3	tablespoon	Olive oil	0.00	0.00	17.50	162.50
0	0.3	tea spoon	Paprika	0.08	0.29	0.07	1.52
<i>Totals for Dinner</i>				35.68	16.56	20.35	403.52

Snack 3 - Top bread w cheese & tomato. Melt under broiler.

1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
3	1.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	15.00	0.50	80.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
<i>Totals for Snack 3</i>				7.84	17.36	1.64	113.40

Totals For 1300 Calories Low Carb Lifestyle - Day 05				134.44	101.46	39.82	1320.52
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1300 Calories Low Carb Lifestyle - Day 06

Breakfast - Cook oats w/milk per directions.Top straw/almonds.

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
3	0.3	cup	Dry steel cut oats	3.30	17.82	1.65	99.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
<i>Totals for Breakfast</i>				11.96	39.76	8.65	288.60

Snack 1 - Cheese and crackers

1	7.0	each	Almonds, unsalted	0.00	0.00	3.50	35.00
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 1</i>				8.00	1.00	9.50	115.00

Lunch - Mix tuna, mayo and celery. Spread on bread.

3	0.5	each	100% whole wheat sandwich thin	2.50	11.00	0.50	50.00
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	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	5.0	ounce(s)	Water packed white tuna	35.00	0.00	5.00	175.00
<i>Totals for Lunch</i>				38.91	25.49	7.75	302.80

Snack 2 - You can add peaches to cottage cheese

8	0.3	cup	Cottage Cheese - 1% fat	9.24	2.05	0.76	54.12
7	0.3	cup	Sliced fresh peaches	0.39	4.05	0.11	16.58
<i>Totals for Snack 2</i>				9.63	6.10	0.87	70.70

Dinner - Top chick w/ seasoning/tomato; roast 350F 20min.

1	8.0	ounce(s)	Boneless chicken breast	52.00	0.00	3.20	248.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
5	2.0	tablespoon	Grated parmesan cheese	3.84	0.40	2.86	43.10
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	0.3	cup	Whole wheat spaghetti, cooked	1.87	9.29	0.19	43.40
<i>Totals for Dinner</i>				61.57	22.29	10.07	424.30

Snack 3

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

Totals For 1300 Calories Low Carb Lifestyle - Day 06				133.43	99.20	44.52	1295.72
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1300 Calories Low Carb Lifestyle - Day 07

Breakfast

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
1	5.0	large	Egg white	20.00	0.00	0.00	75.00
7	0.5	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Breakfast</i>				38.46	35.02	3.54	305.50

Snack 1 - Open faced peanut butter & jelly.

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>				4.05	13.62	3.55	104.90

Lunch - Mushroom broccoli cheese muffin pizza. Broil.

6	0.3	cup	Broccoli	0.93	2.80	0.16	13.65
6	0.3	cup	Fresh white mushrooms	0.54	0.57	0.06	3.85
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
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
5	2.5	ounce(s)	Mozzarella cheese, part skim	16.97	1.95	11.15	177.80
6	2.0	tablespoon	Tomato sauce	0.00	2.00	0.00	10.00
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Lunch</i>				21.59	26.40	13.06	303.54

Snack 2

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

Dinner - Season meat, sautew/onion. Over quinoa. Green/dres

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	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	5.0	ounce(s)	Lean ground beef	29.95	0.00	7.00	191.80
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
23	0.1	cup	Sliced avocado	0.38	1.50	2.63	28.75
<i>Totals for Dinner</i>				46.97	20.00	15.52	412.55

Snack 3 - Turkey lettuce wraps.

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	2.0	ounce(s)	Turkey breast	17.00	0.00	0.40	76.00
<i>Totals For 1300 Calories Low Carb Lifestyle - Day 07</i>				131.62	99.89	43.92	1309.81