



## Female Meal Plans

| Xchg  | Qty | Measure          | Description   | Protein (gm) | Carbs (gm)    | Fats (gm)    | Calories       |
|---|-----|------------------|---|--------------|---------------|--------------|----------------|
| <b>1300 Calories Kosher - Day 01</b>            |     |                  |   |              |               |              |                |
| <b>Breakfast</b>                                |     |                  |   |              |               |              |                |
| 15  | 0.8 | 1 cup, cooked    | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 4.16         | 20.48         | 2.39         | 119.34         |
| 22  | 0.5 | tea spoon        | Cinnamon  | 0.15         | 2.70          | 0.10         | 9.00           |
| 5   | 1.0 | cup              | Milk - skim, no fat   | 8.40         | 11.90         | 0.40         | 86.00          |
| 7   | 0.5 | 1 cup, halves    | Strawberries, raw   | 0.51         | 5.84          | 0.23         | 24.32          |
| <i>Totals for Breakfast</i>                     |     |                  |   | <b>13.22</b> | <b>40.92</b>  | <b>3.12</b>  | <b>238.66</b>  |
| <b>Snack 1</b>                                  |     |                  |   |              |               |              |                |
| 8   | 0.5 | cup              | Cottage Cheese - 1% fat   | 14.00        | 3.10          | 1.15         | 82.00          |
| 7   | 0.5 | 1 cup, slices    | Peaches, raw  | 0.77         | 8.11          | 0.21         | 33.15          |
| <i>Totals for Snack 1</i>                       |     |                  |   | <b>14.77</b> | <b>11.21</b>  | <b>1.36</b>  | <b>115.15</b>  |
| <b>Lunch</b>                                    |     |                  |   |              |               |              |                |
| 0   | 1.0 | each             | BR9 - Breakfast Blintzes  | 23.00        | 34.00         | 3.00         | 257.00         |
| 5   | 1.0 | 1 tablespoon     | Cream, sour, reduced fat, cultured  | 0.44         | 0.64          | 1.80         | 20.25          |
| 3   | 1.0 | medium           | Salad - med. garden w/tomato, onion   | 1.95         | 14.25         | 0.60         | 74.00          |
| 23  | 1.0 | 1 tablespoon     | Salad dressing, home recipe, vinegar and oil  | 0.00         | 0.40          | 8.02         | 71.84          |
| <i>Totals for Lunch</i>                         |     |                  |   | <b>25.39</b> | <b>49.29</b>  | <b>13.42</b> | <b>423.09</b>  |
| <b>Snack 2</b>                                  |     |                  |   |              |               |              |                |
| 10  | 1.0 | each             | Apple - medium with peel  | 0.30         | 21.00         | 0.50         | 81.00          |
| 21  | 0.5 | tablespoon       | peanut butter reduced fat   | 2.00         | 3.75          | 3.00         | 47.50          |
| <i>Totals for Snack 2</i>                       |     |                  |   | <b>2.30</b>  | <b>24.75</b>  | <b>3.50</b>  | <b>128.50</b>  |
| <b>Dinner</b>                                   |     |                  |   |              |               |              |                |
| 19  | 4.0 | ounce(s)         | Brisket - flat half, fat trimmed off  | 35.68        | 0.00          | 7.00         | 216.00         |
| 6   | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt   | 1.86         | 5.60          | 0.32         | 27.30          |
| 17  | 0.5 | 1 cup            | Rice, brown, long-grain, cooked   | 2.52         | 22.39         | 0.88         | 108.23         |
| <i>Totals for Dinner</i>                        |     |                  |   | <b>40.06</b> | <b>27.99</b>  | <b>8.20</b>  | <b>351.53</b>  |
| <b>Snack 3</b>                                  |     |                  |   |              |               |              |                |
| 0   | 2.0 | 1 cup            | Snacks, popcorn, air-popped   | 2.07         | 12.44         | 0.73         | 61.92          |
| <i>Totals for Snack 3</i>                       |     |                  |   | <b>2.07</b>  | <b>12.44</b>  | <b>0.73</b>  | <b>61.92</b>   |
| <b>Totals For 1300 Calories Kosher - Day 01</b> |     |                  |   | <b>97.81</b> | <b>166.60</b> | <b>30.33</b> | <b>1318.85</b> |

**1300 Calories Kosher - Day 02****Breakfast**

|                             |     |                 |   |              |              |             |               |
|-----------------------------|-----|-----------------|---|--------------|--------------|-------------|---------------|
| 5                           | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby         | 6.88         | 0.54         | 1.98        | 48.87         |
| 1                           | 2.0 | each            | Egg Whites - scrambled/boiled             | 7.00         | 0.60         | 0.00        | 34.00         |
| 16                          | 0.5 | 1 muffin        | English muffins, whole-wheat, toasted     | 2.93         | 13.45        | 0.70        | 67.41         |
| 7                           | 0.5 | each            | Grapefruit - pink or red 4" diam.         | 0.60         | 11.90        | 0.10        | 46.00         |
| 5                           | 1.0 | cup             | Milk - skim, no fat                       | 8.40         | 11.90        | 0.40        | 86.00         |
| 6                           | 2.0 | tablespoon      | Onion - chopped                           | 0.20         | 1.80         | 0.00        | 8.00          |
| 6                           | 0.5 | cup             | Pepper - sweet bell, all colors, chopped, | 0.60         | 4.60         | 0.10        | 19.00         |
| 23                          | 0.5 | tablespoon      | Smart Balance LIGHT (Non-Dairy)           | 0.00         | 0.00         | 2.50        | 22.50         |
| <i>Totals for Breakfast</i> |     |                 |   | <b>26.61</b> | <b>44.79</b> | <b>5.78</b> | <b>331.78</b> |

**Snack 1**

|                           |     |                      |  |             |              |             |               |
|---------------------------|-----|----------------------|--|-------------|--------------|-------------|---------------|
| 5                         | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49        | 21.02        | 1.59        | 118.65        |
| <i>Totals for Snack 1</i> |     |                      |  | <b>5.49</b> | <b>21.02</b> | <b>1.59</b> | <b>118.65</b> |

**Lunch**

|                         |     |                            |  |              |              |             |               |
|-------------------------|-----|----------------------------|--|--------------|--------------|-------------|---------------|
| 16                      | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat   | 3.14         | 17.60        | 0.83        | 85.12         |
| 0                       | 1.0 | 1 teaspoon or 1 packet     | Mustard, prepared, yellow  | 0.19         | 0.29         | 0.17        | 3.00          |
| 0                       | 1.5 | 1 cup                      | Soup, vegetarian vegetable, canned, prepared with equal volume water | 3.11         | 17.68        | 2.86        | 101.22        |
| 1                       | 4.0 | ounce(s)                   | Turkey Breast / White Meat   | 34.00        | 0.00         | 0.80        | 152.00        |
| <i>Totals for Lunch</i> |     |                            |  | <b>40.44</b> | <b>35.57</b> | <b>4.66</b> | <b>341.34</b> |

**Snack 2**

|                           |     |                         |               |             |             |             |              |
|---------------------------|-----|-------------------------|---------------|-------------|-------------|-------------|--------------|
| 14                        | 0.5 | 1 oz (23 whole kernels) | Nuts, almonds | 3.00        | 3.05        | 7.08        | 82.07        |
| <i>Totals for Snack 2</i> |     |                         |               | <b>3.00</b> | <b>3.05</b> | <b>7.08</b> | <b>82.07</b> |

**Dinner**

|                          |     |            |  |              |              |             |               |
|--------------------------|-----|------------|--|--------------|--------------|-------------|---------------|
| 3                        | 1.0 | cup        | Asparagus/ Fresh - Boiled                      | 4.60         | 7.60         | 0.60        | 44.00         |
| 12                       | 1.0 | 3 oz       | Fish, salmon, Atlantic, wild, cooked, dry heat | 21.62        | 0.00         | 6.91        | 154.70        |
| 9                        | 5.0 | ounce(s)   | Potato - white medium                          | 3.50         | 34.25        | 0.15        | 150.00        |
| 23                       | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy)                | 0.00         | 0.00         | 1.67        | 14.99         |
| <i>Totals for Dinner</i> |     |            |  | <b>29.72</b> | <b>41.85</b> | <b>9.33</b> | <b>363.69</b> |

**Snack 3**

|                           |     |      |                 |             |              |             |              |
|---------------------------|-----|------|-----------------|-------------|--------------|-------------|--------------|
| 7                         | 1.0 | each | Orange - medium | 1.10        | 17.40        | 0.30        | 69.00        |
| <i>Totals for Snack 3</i> |     |      |                 | <b>1.10</b> | <b>17.40</b> | <b>0.30</b> | <b>69.00</b> |

|   |  |  |  |               |               |              |                |
|---|--|--|--|---------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Kosher - Day 02</b> |  |  |  | <b>106.36</b> | <b>163.68</b> | <b>28.74</b> | <b>1306.53</b> |
|---|--|--|--|---------------|---------------|--------------|----------------|

**1300 Calories Kosher - Day 03****Breakfast**

|                             |     |               |   |              |              |             |               |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 7                           | 0.5 | 1 cup         | Blueberries, raw  | 0.55         | 10.72        | 0.24        | 42.18         |
| 15                          | 0.8 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 4.16         | 20.48        | 2.39        | 119.34        |
| 22                          | 0.5 | tea spoon     | Cinnamon  | 0.15         | 2.70         | 0.10        | 9.00          |
| 5                           | 1.0 | cup           | Milk - skim, no fat   | 8.40         | 11.90        | 0.40        | 86.00         |
| <i>Totals for Breakfast</i> |     |               |   | <b>13.26</b> | <b>45.80</b> | <b>3.13</b> | <b>256.52</b> |

**Snack 1**

|                           |     |            |                           |             |              |             |               |
|---------------------------|-----|------------|---------------------------|-------------|--------------|-------------|---------------|
| 10                        | 1.0 | each       | Apple - medium with peel  | 0.30        | 21.00        | 0.50        | 81.00         |
| 21                        | 1.0 | tablespoon | peanut butter reduced fat | 4.00        | 7.50         | 6.00        | 95.00         |
| <i>Totals for Snack 1</i> |     |            |                           | <b>4.30</b> | <b>28.50</b> | <b>6.50</b> | <b>176.00</b> |

**Lunch**

|                         |     |                  |   |              |              |             |               |
|-------------------------|-----|------------------|---|--------------|--------------|-------------|---------------|
| 16                      | 1.0 | 1 bagel (3" dia) | Bagels, oat bran                              | 6.10         | 30.38        | 0.68        | 145.35        |
| 6                       | 4.0 | each             | Celery - raw stalk, trimmed                   | 2.00         | 8.00         | 0.00        | 40.00         |
| 12                      | 4.0 | 1 oz             | Fish, salmon, chinook, smoked, (lox), regular | 20.73        | 0.00         | 4.90        | 132.68        |
| <i>Totals for Lunch</i> |     |                  |   | <b>28.83</b> | <b>38.38</b> | <b>5.58</b> | <b>318.03</b> |

**Snack 2**

|                           |     |     |                         |              |             |             |              |
|---------------------------|-----|-----|-------------------------|--------------|-------------|-------------|--------------|
| 8                         | 0.5 | cup | Cottage Cheese - 1% fat | 14.00        | 3.10        | 1.15        | 82.00        |
| <i>Totals for Snack 2</i> |     |     |                         | <b>14.00</b> | <b>3.10</b> | <b>1.15</b> | <b>82.00</b> |

**Dinner**

|                          |     |                 |  |              |              |              |               |
|--------------------------|-----|-----------------|--|--------------|--------------|--------------|---------------|
| 1                        | 4.0 | ounce(s)        | Chicken Breast / White Meat                  | 26.00        | 0.00         | 1.60         | 124.00        |
| 3                        | 4.0 | ounce(s)        | Green beans - string boiled & drained        | 2.10         | 8.90         | 0.30         | 40.00         |
| 17                       | 0.5 | 1 cup           | Rice, brown, long-grain, cooked              | 2.52         | 22.39        | 0.88         | 108.23        |
| 3                        | 1.0 | small           | Salad - sm. garden w/tomato, onion           | 1.30         | 9.50         | 0.40         | 49.00         |
| 23                       | 1.0 | 1 tablespoon    | Salad dressing, home recipe, vinegar and oil | 0.00         | 0.40         | 8.02         | 71.84         |
| 0                        | 0.3 | 1 cup (8 fl oz) | Sauce, barbecue                              | 0.51         | 25.48        | 0.39         | 107.50        |
| <i>Totals for Dinner</i> |     |                 |  | <b>32.43</b> | <b>66.67</b> | <b>11.59</b> | <b>500.57</b> |

**Snack 3**

|                           |     |              |                         |             |              |             |              |
|---------------------------|-----|--------------|-------------------------|-------------|--------------|-------------|--------------|
| 7                         | 1.0 | 1 cup, cubes | Melons, cantaloupe, raw | 1.34        | 13.06        | 0.30        | 54.40        |
| <i>Totals for Snack 3</i> |     |              |                         | <b>1.34</b> | <b>13.06</b> | <b>0.30</b> | <b>54.40</b> |

|   |  |  |  |              |               |              |                |
|---|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Kosher - Day 03</b> |  |  |  | <b>94.16</b> | <b>195.51</b> | <b>28.25</b> | <b>1387.52</b> |
|---|--|--|--|--------------|---------------|--------------|----------------|

**1300 Calories Kosher - Day 04****Breakfast**

|                             |     |                  |                        |              |              |             |               |
|-----------------------------|-----|------------------|------------------------|--------------|--------------|-------------|---------------|
| 16                          | 0.5 | 1 bagel (3" dia) | Bagels, oat bran       | 3.05         | 15.19        | 0.34        | 72.68         |
| 5                           | 0.5 | 1 tablespoon     | Cheese, cream, low fat | 0.59         | 0.61         | 1.15        | 15.08         |
| 5                           | 1.0 | cup              | Milk - skim, no fat    | 8.40         | 11.90        | 0.40        | 86.00         |
| 7                           | 1.0 | 1 cup, halves    | Strawberries, raw      | 1.02         | 11.67        | 0.46        | 48.64         |
| <i>Totals for Breakfast</i> |     |                  |                        | <b>13.06</b> | <b>39.37</b> | <b>2.35</b> | <b>222.40</b> |

**Snack 1**

|                           |     |                      |  |             |              |             |               |
|---------------------------|-----|----------------------|--|-------------|--------------|-------------|---------------|
| 5                         | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49        | 21.02        | 1.59        | 118.65        |
| <i>Totals for Snack 1</i> |     |                      |  | <b>5.49</b> | <b>21.02</b> | <b>1.59</b> | <b>118.65</b> |

**Lunch**

|                         |      |            |  |              |              |             |               |
|-------------------------|------|------------|--|--------------|--------------|-------------|---------------|
| 6                       | 10.0 | 1 medium   | Carrots, baby, raw                                 | 0.64         | 8.24         | 0.13        | 35.00         |
| 16                      | 1.0  | 1 matzo    | Crackers, matzo, egg and onion                     | 2.80         | 21.59        | 1.09        | 109.48        |
| 12                      | 2.0  | 3 oz       | Fish, tuna, light, canned in water, drained solids | 33.05        | 0.00         | 1.63        | 146.20        |
| 21                      | 2.0  | tablespoon | Mayonnaise - low fat                               | 0.00         | 8.00         | 2.00        | 50.00         |
| 21                      | 1.0  | tablespoon | Relish - pickle                                    | 0.10         | 5.30         | 0.10        | 20.00         |
| <i>Totals for Lunch</i> |      |            |  | <b>36.59</b> | <b>43.13</b> | <b>4.95</b> | <b>360.68</b> |

**Snack 2**

|                           |     |              |                         |             |              |             |               |
|---------------------------|-----|--------------|-------------------------|-------------|--------------|-------------|---------------|
| 7                         | 2.0 | 1 cup, cubes | Melons, cantaloupe, raw | 2.69        | 26.11        | 0.61        | 108.80        |
| <i>Totals for Snack 2</i> |     |              |                         | <b>2.69</b> | <b>26.11</b> | <b>0.61</b> | <b>108.80</b> |

**Dinner**

|                          |     |              |  |              |              |              |               |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 0                        | 1.0 | each         | MAIN75 - Eggplant Parmesan                   | 15.00        | 28.00        | 9.00         | 249.00        |
| 3                        | 1.0 | small        | Salad - sm. garden w/tomato, onion           | 1.30         | 9.50         | 0.40         | 49.00         |
| 23                       | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00         | 0.40         | 8.02         | 71.84         |
| <i>Totals for Dinner</i> |     |              |  | <b>16.30</b> | <b>37.90</b> | <b>17.42</b> | <b>369.84</b> |

**Snack 3**

|                           |     |                         |               |             |             |             |              |
|---------------------------|-----|-------------------------|---------------|-------------|-------------|-------------|--------------|
| 14                        | 0.5 | 1 oz (23 whole kernels) | Nuts, almonds | 3.00        | 3.05        | 7.08        | 82.07        |
| <i>Totals for Snack 3</i> |     |                         |               | <b>3.00</b> | <b>3.05</b> | <b>7.08</b> | <b>82.07</b> |

|   |  |  |  |              |               |              |                |
|---|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Kosher - Day 04</b> |  |  |  | <b>77.13</b> | <b>170.58</b> | <b>34.00</b> | <b>1262.44</b> |
|---|--|--|--|--------------|---------------|--------------|----------------|

**1300 Calories Kosher - Day 05****Breakfast**

|                             |     |            |                                       |              |              |             |               |
|-----------------------------|-----|------------|---------------------------------------|--------------|--------------|-------------|---------------|
| 9                           | 0.5 | each       | Banana - med 8"                       | 0.60         | 13.35        | 0.30        | 52.50         |
| 5                           | 1.0 | 1 large    | Egg, whole, cooked, hard-boiled       | 6.29         | 0.56         | 5.30        | 77.50         |
| 16                          | 0.5 | 1 muffin   | English muffins, whole-wheat, toasted | 2.93         | 13.45        | 0.70        | 67.41         |
| 5                           | 1.0 | cup        | Milk - skim, no fat                   | 8.40         | 11.90        | 0.40        | 86.00         |
| 23                          | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy)       | 0.00         | 0.00         | 1.67        | 14.99         |
| <i>Totals for Breakfast</i> |     |            |                                       | <b>18.22</b> | <b>39.26</b> | <b>8.37</b> | <b>298.40</b> |

**Snack 1**

|                           |     |                      |  |             |              |             |               |
|---------------------------|-----|----------------------|--|-------------|--------------|-------------|---------------|
| 5                         | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49        | 21.02        | 1.59        | 118.65        |
| <i>Totals for Snack 1</i> |     |                      |  | <b>5.49</b> | <b>21.02</b> | <b>1.59</b> | <b>118.65</b> |

**Lunch**

|                         |     |              |  |              |              |              |               |
|-------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 0                       | 1.0 | each         | BR9 - Breakfast Blintzes                     | 23.00        | 34.00        | 3.00         | 257.00        |
| 5                       | 1.0 | 1 tablespoon | Cream, sour, reduced fat, cultured           | 0.44         | 0.64         | 1.80         | 20.25         |
| 3                       | 1.0 | medium       | Salad - med. garden w/tomato, onion          | 1.95         | 14.25        | 0.60         | 74.00         |
| 23                      | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00         | 0.40         | 8.02         | 71.84         |
| <i>Totals for Lunch</i> |     |              |  | <b>25.39</b> | <b>49.29</b> | <b>13.42</b> | <b>423.09</b> |

**Snack 2**

|                           |     |        |                              |             |             |             |              |
|---------------------------|-----|--------|------------------------------|-------------|-------------|-------------|--------------|
| 7                         | 1.0 | medium | Peach - medium, approx 4 oz. | 0.60        | 9.70        | 0.10        | 37.00        |
| <i>Totals for Snack 2</i> |     |        |                              | <b>0.60</b> | <b>9.70</b> | <b>0.10</b> | <b>37.00</b> |

**Dinner**

|                          |     |              |   |              |              |              |               |
|--------------------------|-----|--------------|---|--------------|--------------|--------------|---------------|
| 12                       | 3.0 | 1 piece      | Fish, gefiltefish, commercial, sweet recipe | 11.43        | 9.34         | 2.18         | 105.84        |
| 3                        | 4.0 | ounce(s)     | Green beans - string boiled & drained       | 2.10         | 8.90         | 0.30         | 40.00         |
| 0                        | 1.0 | 1 tablespoon | Horseradish, prepared                       | 0.18         | 1.69         | 0.10         | 7.20          |
| 6                        | 1.0 | 1 pancake    | Potato pancakes                             | 4.62         | 21.14        | 11.22        | 203.68        |
| <i>Totals for Dinner</i> |     |              |   | <b>18.33</b> | <b>41.07</b> | <b>13.80</b> | <b>356.72</b> |

**Snack 3**

|                           |     |       |                             |             |              |             |              |
|---------------------------|-----|-------|-----------------------------|-------------|--------------|-------------|--------------|
| 0                         | 2.0 | 1 cup | Snacks, popcorn, air-popped | 2.07        | 12.44        | 0.73        | 61.92        |
| <i>Totals for Snack 3</i> |     |       |                             | <b>2.07</b> | <b>12.44</b> | <b>0.73</b> | <b>61.92</b> |

|   |  |  |  |              |               |              |                |
|---|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Kosher - Day 05</b> |  |  |  | <b>70.10</b> | <b>172.78</b> | <b>38.01</b> | <b>1295.78</b> |
|---|--|--|--|--------------|---------------|--------------|----------------|

1300 Calories Kosher - Day 06

**Breakfast**

|                             |     |               |   |              |              |             |               |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 7                           | 0.5 | 1 cup         | Blueberries, raw  | 0.55         | 10.72        | 0.24        | 42.18         |
| 15                          | 0.8 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 4.16         | 20.48        | 2.39        | 119.34        |
| 22                          | 0.5 | tea spoon     | Cinnamon  | 0.15         | 2.70         | 0.10        | 9.00          |
| 5                           | 1.0 | cup           | Milk - skim, no fat   | 8.40         | 11.90        | 0.40        | 86.00         |
| <i>Totals for Breakfast</i> |     |               |   | <b>13.26</b> | <b>45.80</b> | <b>3.13</b> | <b>256.52</b> |

**Snack 1**

|                           |     |      |                                   |             |              |             |              |
|---------------------------|-----|------|-----------------------------------|-------------|--------------|-------------|--------------|
| 7                         | 0.5 | each | Grapefruit - pink or red 4" diam. | 0.60        | 11.90        | 0.10        | 46.00        |
| <i>Totals for Snack 1</i> |     |      |                                   | <b>0.60</b> | <b>11.90</b> | <b>0.10</b> | <b>46.00</b> |

**Lunch**

|                         |      |            |  |              |              |             |               |
|-------------------------|------|------------|--|--------------|--------------|-------------|---------------|
| 6                       | 10.0 | 1 medium   | Carrots, baby, raw                                 | 0.64         | 8.24         | 0.13        | 35.00         |
| 16                      | 1.0  | 1 matzo    | Crackers, matzo, egg and onion                     | 2.80         | 21.59        | 1.09        | 109.48        |
| 12                      | 1.5  | 3 oz       | Fish, tuna, light, canned in water, drained solids | 24.79        | 0.00         | 1.22        | 109.65        |
| 21                      | 2.0  | tablespoon | Mayonnaise - low fat                               | 0.00         | 8.00         | 2.00        | 50.00         |
| 5                       | 1.0  | cup        | Milk - skim, no fat                                | 8.40         | 11.90        | 0.40        | 86.00         |
| 21                      | 1.0  | tablespoon | Relish - pickle                                    | 0.10         | 5.30         | 0.10        | 20.00         |
| <i>Totals for Lunch</i> |      |            |  | <b>36.73</b> | <b>55.03</b> | <b>4.94</b> | <b>410.13</b> |

**Snack 2**

|                           |     |                  |   |              |              |             |               |
|---------------------------|-----|------------------|---|--------------|--------------|-------------|---------------|
| 16                        | 0.5 | 1 bagel (3" dia) | Bagels, oat bran                              | 3.05         | 15.19        | 0.34        | 72.68         |
| 12                        | 2.0 | 1 oz             | Fish, salmon, chinook, smoked, (lox), regular | 10.36        | 0.00         | 2.45        | 66.34         |
| <i>Totals for Snack 2</i> |     |                  |   | <b>13.41</b> | <b>15.19</b> | <b>2.79</b> | <b>139.02</b> |

**Dinner**

|                          |     |            |                                      |              |              |             |               |
|--------------------------|-----|------------|--------------------------------------|--------------|--------------|-------------|---------------|
| 3                        | 1.0 | cup        | Asparagus/ Fresh - Boiled            | 4.60         | 7.60         | 0.60        | 44.00         |
| 19                       | 3.0 | ounce(s)   | Brisket - flat half, fat trimmed off | 26.76        | 0.00         | 5.25        | 162.00        |
| 9                        | 3.0 | ounce(s)   | Potato - white medium                | 2.10         | 20.55        | 0.09        | 90.00         |
| 23                       | 0.5 | tablespoon | Smart Balance LIGHT (Non-Dairy)      | 0.00         | 0.00         | 2.50        | 22.50         |
| <i>Totals for Dinner</i> |     |            |                                      | <b>33.46</b> | <b>28.15</b> | <b>8.44</b> | <b>318.50</b> |

**Snack 3**

|   |     |                      |  |               |               |              |                |
|---|-----|----------------------|--|---------------|---------------|--------------|----------------|
| 5   | 1.0 | 0.5 container (4 oz) | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 5.49          | 21.02         | 1.59         | 118.65         |
| <i>Totals for Snack 3</i>                       |     |                      |  | <b>5.49</b>   | <b>21.02</b>  | <b>1.59</b>  | <b>118.65</b>  |
| <b>Totals For 1300 Calories Kosher - Day 06</b> |     |                      |  | <b>102.95</b> | <b>177.09</b> | <b>20.99</b> | <b>1288.82</b> |

**1300 Calories Kosher - Day 07****Breakfast**

|                             |     |            |                                       |              |              |             |               |
|-----------------------------|-----|------------|---------------------------------------|--------------|--------------|-------------|---------------|
| 9                           | 0.5 | each       | Banana - med 8"                       | 0.60         | 13.35        | 0.30        | 52.50         |
| 5                           | 1.0 | 1 large    | Egg, whole, cooked, hard-boiled       | 6.29         | 0.56         | 5.30        | 77.50         |
| 16                          | 0.5 | 1 muffin   | English muffins, whole-wheat, toasted | 2.93         | 13.45        | 0.70        | 67.41         |
| 5                           | 1.0 | cup        | Milk - skim, no fat                   | 8.40         | 11.90        | 0.40        | 86.00         |
| 23                          | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy)       | 0.00         | 0.00         | 1.67        | 14.99         |
| <i>Totals for Breakfast</i> |     |            |                                       | <b>18.22</b> | <b>39.26</b> | <b>8.37</b> | <b>298.40</b> |

**Snack 1**

|                           |     |               |                         |              |              |             |               |
|---------------------------|-----|---------------|-------------------------|--------------|--------------|-------------|---------------|
| 8                         | 0.5 | cup           | Cottage Cheese - 1% fat | 14.00        | 3.10         | 1.15        | 82.00         |
| 7                         | 0.8 | 1 cup, slices | Peaches, raw            | 1.16         | 12.16        | 0.32        | 49.73         |
| <i>Totals for Snack 1</i> |     |               |                         | <b>15.16</b> | <b>15.26</b> | <b>1.47</b> | <b>131.73</b> |

**Lunch**

|                         |     |                            |                             |              |              |             |               |
|-------------------------|-----|----------------------------|-----------------------------|--------------|--------------|-------------|---------------|
| 16                      | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat    | 3.14         | 17.60        | 0.83        | 85.12         |
| 6                       | 4.0 | each                       | Celery - raw stalk, trimmed | 2.00         | 8.00         | 0.00        | 40.00         |
| 0                       | 1.0 | 1 teaspoon or 1 packet     | Mustard, prepared, yellow   | 0.19         | 0.29         | 0.17        | 3.00          |
| 7                       | 1.0 | each                       | Orange - medium             | 1.10         | 17.40        | 0.30        | 69.00         |
| 1                       | 3.0 | ounce(s)                   | Turkey Breast / White Meat  | 25.50        | 0.00         | 0.60        | 114.00        |
| <i>Totals for Lunch</i> |     |                            |                             | <b>31.93</b> | <b>43.29</b> | <b>1.90</b> | <b>311.12</b> |

**Snack 2**

|                           |     |            |                                 |             |              |             |               |
|---------------------------|-----|------------|---------------------------------|-------------|--------------|-------------|---------------|
| 16                        | 1.0 | 1 matzo    | Crackers, matzo, egg and onion  | 2.80        | 21.59        | 1.09        | 109.48        |
| 23                        | 0.3 | tablespoon | Smart Balance LIGHT (Non-Dairy) | 0.00        | 0.00         | 1.67        | 14.99         |
| <i>Totals for Snack 2</i> |     |            |                                 | <b>2.80</b> | <b>21.59</b> | <b>2.76</b> | <b>124.47</b> |

**Dinner**

|                          |     |                  |   |              |              |              |               |
|--------------------------|-----|------------------|---|--------------|--------------|--------------|---------------|
| 6                        | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86         | 5.60         | 0.32         | 27.30         |
| 1                        | 3.0 | ounce(s)         | Chicken Breast / White Meat                     | 19.50        | 0.00         | 1.20         | 93.00         |
| 17                       | 0.5 | 1 cup            | Rice, brown, long-grain, cooked                 | 2.52         | 22.39        | 0.88         | 108.23        |
| 3                        | 1.0 | small            | Salad - sm. garden w/tomato, onion              | 1.30         | 9.50         | 0.40         | 49.00         |
| 23                       | 1.0 | 1 tablespoon     | Salad dressing, home recipe, vinegar and oil    | 0.00         | 0.40         | 8.02         | 71.84         |
| 21                       | 4.0 | tablespoon       | Salsa - Chunky medium, Pace                     | 0.00         | 0.00         | 0.00         | 8.00          |
| <i>Totals for Dinner</i> |     |                  |   | <b>25.18</b> | <b>37.89</b> | <b>10.82</b> | <b>357.37</b> |

**Snack 3**

|                           |     |                         |               |             |             |             |              |
|---------------------------|-----|-------------------------|---------------|-------------|-------------|-------------|--------------|
| 14                        | 0.5 | 1 oz (23 whole kernels) | Nuts, almonds | 3.00        | 3.05        | 7.08        | 82.07        |
| <i>Totals for Snack 3</i> |     |                         |               | <b>3.00</b> | <b>3.05</b> | <b>7.08</b> | <b>82.07</b> |

|   |  |  |  |              |               |              |                |
|---|--|--|--|--------------|---------------|--------------|----------------|
| <b>Totals For 1300 Calories Kosher - Day 07</b> |  |  |  | <b>96.29</b> | <b>160.34</b> | <b>32.40</b> | <b>1305.16</b> |
|---|--|--|--|--------------|---------------|--------------|----------------|