



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Wheat Free/Low Fat - Day 01							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	cup	Rice Chex	2.00	27.00	0.00	120.00
<i>Totals for Breakfast</i>				11.80	66.30	1.00	317.00
Snack 1							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0	1.0	each	cliff bar-choc-chip peanut	12.00	40.00	6.00	250.00
<i>Totals for Snack 1</i>				12.30	61.00	6.50	331.00
Lunch							
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
0	4.0	1 slice (3-1/2" square; 8 per 6 oz package)	Turkey breast, sliced, oven roasted, luncheon meat	14.34	3.54	1.39	87.36
<i>Totals for Lunch</i>				16.94	27.49	6.19	230.12
Snack 2							
0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
<i>Totals for Snack 2</i>				0.41	18.06	1.22	80.73
Dinner							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	1.0	1 head	Endive, raw	6.41	17.19	1.03	87.21
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
2	8.0	ounce(s)	Potato/White - Baked	5.20	57.20	0.24	248.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				41.59	90.84	3.87	552.97
Snack 3							
0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00
Totals For 1600 Calories Wheat Free/Low Fat - Day 01				84.38	269.03	20.78	1557.82

1600 Calories Wheat Free/Low Fat - Day 02**Breakfast**

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
17	0.3	1 cup	Quinoa, uncooked	7.92	35.99	3.41	206.45
<i>Totals for Breakfast</i>				16.52	48.59	3.81	298.45

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	8.0	ounce(s)	Potato/White - Baked	5.20	57.20	0.24	248.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				46.80	77.15	3.44	540.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
<i>Totals for Snack 2</i>				10.00	26.00	4.50	180.00

Dinner

6	1.0	ounce(s)	Artichoke heart - boiled, drained	0.98	3.17	0.00	14.00
6	1.0	0.5 cup slices	Beets, cooked, boiled, drained	1.43	8.47	0.15	37.40
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
6	1.0	1 cup, shredded or chopped	Lettuce, butterhead (includes boston and bibb types), raw	0.74	1.23	0.12	7.15
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				46.41	18.92	0.83	289.83
Totals For 1600 Calories Wheat Free/Low Fat - Day 02				120.03	191.66	13.08	1390.04

1600 Calories Wheat Free/Low Fat - Day 03**Breakfast**

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
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
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
15	1.0	pack	Oatmeal - instant pkt.,raisin/cin. Quaker	4.10	26.60	1.90	129.00
<i>Totals for Breakfast</i>				17.90	91.00	4.50	463.00

Snack 1

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
<i>Totals for Snack 1</i>				10.00	26.00	4.50	180.00

Lunch

3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Soup, lentil with ham, canned, ready-to-serve	9.28	20.24	2.78	138.88
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				11.88	40.19	3.58	241.64

Snack 2

7	1.0	1 fruit 2-1/4" high x 2-1/2" dia	Pears, asian, raw	0.61	12.99	0.28	51.24
<i>Totals for Snack 2</i>				0.61	12.99	0.28	51.24

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
17	0.5	1 cup	Quinoa, uncooked	12.00	54.54	5.16	312.80
1	5.0	ounce(s)	Swordfish - cooked dry heat	36.00	0.00	7.30	220.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				58.00	63.49	14.46	617.56
Totals For 1600 Calories Wheat Free/Low Fat - Day 03				98.39	233.67	27.32	1553.44

1600 Calories Wheat Free/Low Fat - Day 04

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
0	1.0	each	lifestrea wheat free waffles	1.00	43.00	5.00	230.00
7	1.0	1 wedge, large (1/8 of large melon)	Melons, cantaloupe, raw	0.86	8.32	0.19	34.68
<i>Totals for Breakfast</i>				12.56	52.92	5.19	321.68

Snack 1

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
<i>Totals for Snack 1</i>				11.20	41.40	4.70	242.00

Lunch

0	1.0	bag	buckwheat ramen	10.00	60.00	2.00	280.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				42.50	60.95	4.00	439.76

Snack 2

21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 2</i>				24.72	62.75	2.50	347.57

Dinner

20	0.5	tablespoon	French - no fat, KRAFT Free	0.00	2.00	0.00	10.00
0	1.0	each	Natural Touch Vegan Burger	11.00	6.00	0.00	70.00
6	0.5	1 cup, slices	Radishes, raw	0.39	1.97	0.06	9.28
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	0.5	1 cup, cubes	Squash, winter, acorn, raw	0.56	7.29	0.07	28.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				13.90	32.46	0.73	196.04

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				1.34	5.34	2.00	46.00

Totals For 1600 Calories Wheat Free/Low Fat - Day 04				106.22	255.82	19.12	1593.05
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1600 Calories Wheat Free/Low Fat - Day 05**Breakfast**

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
17	0.5	1 cup	Quinoa, uncooked	12.00	54.54	5.16	312.80
<i>Totals for Breakfast</i>				20.60	67.14	5.56	404.80

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
2	6.0	ounce(s)	Potato/White - Baked	3.90	42.90	0.18	186.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				45.50	62.85	3.38	478.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
<i>Totals for Snack 2</i>				10.00	26.00	4.50	180.00

Dinner

6	1.0	ounce(s)	Artichoke heart - boiled, drained	0.98	3.17	0.00	14.00
6	1.0	0.5 cup slices	Beets, cooked, boiled, drained	1.43	8.47	0.15	37.40
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
6	1.0	1 cup, shredded or chopped	Lettuce, butterhead (includes boston and bibb types), raw	0.74	1.23	0.12	7.15
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				46.41	18.92	0.83	289.83
Totals For 1600 Calories Wheat Free/Low Fat - Day 05				122.81	195.91	14.77	1434.39

1600 Calories Wheat Free/Low Fat - Day 06**Breakfast**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
<i>Totals for Breakfast</i>				5.40	55.40	2.60	261.00

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
<i>Totals for Snack 1</i>				2.98	37.08	1.22	166.64

Lunch

0	2.0	slice	100% spelt bread- french meadow	4.00	20.00	0.00	104.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Lunch</i>				36.60	45.95	2.80	362.76

Snack 2

0	1.0	each	luna bar	10.00	26.00	4.50	180.00
<i>Totals for Snack 2</i>				10.00	26.00	4.50	180.00

Dinner

5	1.0	cup	Cheese - Healthy Choice fat free shredded	36.00	8.00	0.00	180.00
4	1.0	cup	Pinto bean - boiled	14.00	43.60	0.80	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	2.0	each	Tortilla - corn, soft, 7" diam.	2.00	18.00	2.00	90.00
<i>Totals for Dinner</i>				54.60	89.55	3.60	610.76

Totals For 1600 Calories Wheat Free/Low Fat - Day 06				109.58	253.98	14.72	1581.16
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1600 Calories Wheat Free/Low Fat - Day 07

Breakfast

0	1.0	slice	100% spelt bread- french meadow	2.00	10.00	0.00	52.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				30.20	16.90	2.30	222.00

Snack 1

0	1.0	each	cliff bar-choc-chip peanut	12.00	40.00	6.00	250.00
<i>Totals for Snack 1</i>				12.00	40.00	6.00	250.00

Lunch

7	1.0	1 cup, slices	Pears, raw	0.50	21.32	0.20	79.80
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
5	8.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	9.00	44.00	3.00	232.00
<i>Totals for Lunch</i>				9.50	66.27	3.20	316.56

Snack 2

0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
<i>Totals for Snack 2</i>				0.41	18.06	1.22	80.73

Dinner

6	4.0	ounce(s)	Artichoke heart - boiled, drained	3.90	12.70	0.02	56.00
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
6	0.5	1 head	Endive, raw	3.21	8.59	0.51	43.61
6	1.0	1 cup, pieces or slices	Mushrooms, white, raw	2.16	2.28	0.24	15.40
6	2.0	1 cup, chopped	Mustard greens, raw	3.20	5.23	0.47	30.24
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
0	2.0	ounce(s)	whole grain spelt pasta	8.00	40.00	1.50	190.00
<i>Totals for Dinner</i>				30.47	77.75	4.74	420.01

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals For 1600 Calories Wheat Free/Low Fat - Day 07</i>				83.92	224.32	19.46	1335.30