



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb American - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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>				15.47	19.23	5.93	195.82
Snack 1							
7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 1</i>				0.58	15.78	0.32	61.64
Lunch							
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
<i>Totals for Lunch</i>				39.87	29.16	17.37	432.40
Snack 2							
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				7.50	13.50	0.00	90.00
Dinner							
18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22.35	0.00	5.78	147.90
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
21	1.0	tablespoon	Catsup - tomato	0.20	4.10	0.10	16.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
<i>Totals for Dinner</i>				32.38	36.36	10.55	367.32
Snack 3							
0	0.5	1 serving 2 tablespoon	Chocolate syrup	0.41	12.69	0.22	54.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				8.81	24.59	0.62	140.41
Totals For 1300 Calories Low Carb American - Day 01				104.61	138.62	34.79	1287.59

1300 Calories Low Carb American - Day 02

Breakfast

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.3	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	5.70	0.33	1.15	34.43
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
<i>Totals for Breakfast</i>				34.55	28.10	6.77	313.13

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.50	13.50	0.00	90.00

Lunch

6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	1.0	3 oz	Fish, tuna, white, canned in water, drained solids	20.08	0.00	2.52	108.80
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				22.93	27.45	6.57	262.80

Snack 2

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				1.02	11.67	0.46	48.64

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	2.25	19.89
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, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
<i>Totals for Dinner</i>				33.15	30.50	15.15	389.29

Snack 3

0	4.0	ounce(s)	ice cream, strawberry, Healthy Choice	1.00	23.72	2.00	120.00
14	0.5	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	2.97	2.98	7.45	84.77
<i>Totals for Snack 3</i>				3.97	26.70	9.45	204.77

Totals For 1300 Calories Low Carb American - Day 02				103.12	137.92	38.40	1308.63
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1300 Calories Low Carb American - Day 03**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
22	1.0	tea spoon	Sugar - brown	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				13.62	45.15	2.64	247.18

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.50	13.50	0.00	90.00

Lunch

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
14	1.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	8.22	10.24	21.18	247.50
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	4.19	13.23	1.29	80.92
<i>Totals for Lunch</i>				33.98	40.72	26.27	526.02

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 2</i>				14.51	8.94	1.38	106.32

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
<i>Totals for Dinner</i>				26.62	28.34	4.32	249.12

Snack 3

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
<i>Totals for Snack 3</i>				13.81	1.08	3.97	98.09
Totals For 1300 Calories Low Carb American - Day 03				110.04	137.73	38.58	1316.73

1300 Calories Low Carb American - Day 04**Breakfast**

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				16.30	26.45	6.00	225.90

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
<i>Totals for Snack 1</i>				8.90	26.70	16.90	271.00

Lunch

6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
12	1.0	3 oz	Fish, tuna, white, canned in water, drained solids	20.08	0.00	2.52	108.80
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
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				32.43	56.75	7.27	417.80

Snack 2

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

Dinner

6	1.0	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	2.01	8.71	0.23	37.80
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Dinner</i>				28.93	21.21	3.23	231.40

Snack 3

5	1.5	1 oz	Cheese, low fat, cheddar or colby	10.35	0.81	2.98	73.57
<i>Totals for Snack 3</i>				10.35	0.81	2.98	73.57

Totals For 1300 Calories Low Carb American - Day 04				110.91	135.02	37.53	1301.67
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1300 Calories Low Carb American - Day 05**Breakfast**

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.5	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	11.41	0.65	2.30	68.85
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
<i>Totals for Breakfast</i>				43.76	28.72	7.92	364.55

Snack 1

0	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
<i>Totals for Snack 1</i>				1.00	8.00	0.00	36.00

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
16	5.0	1 cracker	Crackers, whole-wheat	2.43	16.00	3.25	98.21
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Lunch</i>				14.25	44.38	15.66	356.39

Snack 2

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 2</i>				0.58	15.78	0.32	61.64

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
<i>Totals for Dinner</i>				33.12	28.34	4.72	280.12

Snack 3

0	4.0	ounce(s)	ice cream, strawberry, Healthy Choice	1.00	23.72	2.00	120.00
14	0.5	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	2.97	2.98	7.45	84.77
<i>Totals for Snack 3</i>				3.97	26.70	9.45	204.77
Totals For 1300 Calories Low Carb American - Day 05				96.68	151.92	38.07	1303.47

1300 Calories Low Carb American - Day 06

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
22	1.0	tea spoon	Sugar - brown	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				13.62	45.15	2.64	247.18

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
0	6.0	fluid ounce(s)	Vegetable juice - V8	1.00	8.00	0.00	36.00
<i>Totals for Snack 1</i>				15.00	11.10	1.15	118.00

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	1.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.48	6.82	14.12	165.00
<i>Totals for Lunch</i>				42.61	32.57	24.43	514.90

Snack 2

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 2</i>				1.02	11.67	0.46	48.64

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22.35	0.00	5.78	147.90
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
21	1.0	tablespoon	Catsup - tomato	0.20	4.10	0.10	16.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
<i>Totals for Dinner</i>				30.88	26.76	9.75	319.32

Snack 3

5	1.5	1 oz	Cheese, low fat, cheddar or colby	10.35	0.81	2.98	73.57
<i>Totals for Snack 3</i>				10.35	0.81	2.98	73.57

Totals For 1300 Calories Low Carb American - Day 06				113.48	128.06	41.41	1321.61
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1300 Calories Low Carb American - Day 07

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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
<i>Totals for Breakfast</i>				15.56	25.29	5.80	217.50

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.50	13.50	0.00	90.00

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
16	5.0	1 cracker	Crackers, whole-wheat	2.43	16.00	3.25	98.21
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Lunch</i>				22.85	57.88	16.26	450.39

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
<i>Totals for Snack 2</i>				4.60	23.85	8.70	176.00

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
23	0.5	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	2.25	19.89
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, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
<i>Totals for Dinner</i>				24.75	18.60	14.75	303.29

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals For 1300 Calories Low Carb American - Day 07</i>				89.26	142.22	46.66	1319.18