



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Bone Health - Day 01</b>							
<b>Breakfast</b>							
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut	1.93	22.47	0.91	100.65
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
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
<i>Totals for Breakfast</i>				<b>12.43</b>	<b>65.77</b>	<b>1.41</b>	<b>315.15</b>
<b>Snack 1</b>							
15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				<b>11.62</b>	<b>20.53</b>	<b>1.52</b>	<b>144.15</b>
<b>Lunch</b>							
5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
21	0.3	0.5 cup	CONTADINA Deluxe Marinara Sauce, ready-to-serve	0.38	2.17	0.88	18.13
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Lunch</i>				<b>12.49</b>	<b>36.75</b>	<b>5.76</b>	<b>231.01</b>
<b>Snack 2</b>							
0	0.5	1 oz	Babyfood, pretzels	1.53	11.65	0.28	56.27
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				<b>3.45</b>	<b>24.23</b>	<b>4.06</b>	<b>140.51</b>
<b>Dinner</b>							
3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.62	42.90
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Dinner</i>				<b>25.59</b>	<b>18.25</b>	<b>10.13</b>	<b>265.69</b>
<b>Snack 3</b>							
0	1.0	1 cup	Snacks, popcorn, air-popped, white popcorn	0.96	6.23	0.34	30.56
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
<i>Totals for Snack 3</i>				<b>10.16</b>	<b>13.84</b>	<b>5.37</b>	<b>135.42</b>
<b>Totals For 1300 Calories Bone Health - Day 01</b>				<b>75.74</b>	<b>179.37</b>	<b>28.25</b>	<b>1231.93</b>

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 oz	Bread, pumpernickel, toasted	2.69	14.80	0.96	77.96
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
23	1.0	1 teaspoon	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.02	0.03	1.81	16.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				18.00	40.64	8.77	310.23

Snack 1

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
Totals for Snack 1				7.27	6.91	0.69	62.09

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				19.93	49.66	10.58	361.48

Snack 2

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				1.50	28.40	0.23	108.62

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
23	1.0	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	4.50	39.78
5	0.3	ounce(s)	Parmesan, grated, KRAFT	3.96	0.33	2.97	42.90
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	1.0	0.2 block	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	7.45	1.54	3.79	63.70
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				23.70	43.96	12.74	346.25

Snack 3

14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 3				6.40	17.15	7.36	156.47
Totals For 1300 Calories Bone Health - Day 02				76.80	186.72	40.37	1345.14

1300 Calories Bone Health - Day 03

Breakfast

0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
0	1.0	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
Totals for Breakfast				5.01	47.89	5.28	253.82

Snack 1

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Snack 1				5.50	16.00	5.00	126.00

Lunch

10	2.0	each	Bread whole wheat -slice	5.60	26.20	2.40	140.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
23	0.5	1 teaspoon	Margarine-like spread, (40% fat), corn	0.01	0.01	0.93	8.28
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	7.79	20.30	1.50	125.84
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
Totals for Lunch				17.90	51.07	8.03	339.49

Snack 2

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
4	0.5	2 tablespoon	Peanut butter, smooth style, with salt	3.55	3.57	8.22	95.68
Totals for Snack 2				8.05	26.07	8.22	215.68

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	1.0	each	MAIN44 - Oriental Beef & Broccoli	24.00	14.00	5.00	191.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Dinner				25.73	21.15	7.10	235.37

Snack 3

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
Totals for Snack 3				6.27	29.93	2.93	158.61
Totals For 1300 Calories Bone Health - Day 03				68.46	192.11	36.56	1328.97

1300 Calories Bone Health - Day 04

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut	1.93	22.47	0.91	100.65
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
Totals for Breakfast				12.43	67.22	1.61	321.65

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	1 cup, slices	Peaches, raw	0.39	4.05	0.11	16.58
Totals for Snack 1				7.39	5.60	0.68	57.58

Lunch

6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
0	1.0	each	Morningstar Farms Tomato Basil and Pizza Burger	11.00	7.00	6.00	130.00
6	1.0	1 slice, medium (1/8" thick)	Onions, raw	0.15	1.31	0.01	5.60
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				15.11	37.21	6.76	266.40

Snack 2

0	0.5	1 oz	Babyfood, pretzels	1.53	11.65	0.28	56.27
14	0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.49	1.49	3.72	42.38
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				3.45	24.94	4.06	142.88

Dinner

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.3	cup	Spaghetti - whole wheat, cooked, Health Valley	2.25	10.00	0.25	42.50
21	0.3	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	1.00	7.50	1.00	55.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Dinner				31.36	25.44	9.06	306.88

Snack 3

0	1.0	1 cup	Snacks, popcorn, air-popped, white popcorn	0.96	6.23	0.34	30.56
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
Totals for Snack 3				10.16	13.84	5.37	135.42
Totals For 1300 Calories Bone Health - Day 04				79.90	174.25	27.54	1230.81

Breakfast

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
Totals for Breakfast				14.32	64.33	3.65	332.09

Snack 1

7	0.3	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	0.75	13.84	0.11	53.13
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				0.75	14.55	0.11	55.50

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
16	0.5	1 muffin	English muffins, wheat, toasted	2.44	12.66	0.55	63.18
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Lunch				25.80	52.28	17.00	456.07

Snack 2

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.77	18.86	0.12	111.09

Dinner

6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
6	0.5	cup	Spinach - boiled, drained	2.70	3.40	0.20	21.00
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Dinner				28.35	27.37	3.63	247.63

Snack 3

14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 3				6.40	17.15	7.36	156.47
Totals For 1300 Calories Bone Health - Day 05				83.39	194.54	31.87	1358.85

Breakfast

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
21	1.0	tablespoon	Syrup - Aunt Jemima, Lite	0.00	6.55	0.05	27.00
0	1.0	each	Waffle - EGGO, frozen, Homestyle	3.00	16.00	5.00	120.00
Totals for Breakfast				9.21	53.84	5.48	296.82

Snack 1

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 1				21.77	12.76	1.93	156.15

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
9	17.0	each	Grapes - American	0.34	6.97	0.17	34.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.5	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	5.93	16.12	2.39	107.10
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				17.73	45.93	7.61	329.10

Snack 2

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				5.00	10.71	5.00	102.37

Dinner

6	0.5	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	2.66	1.73	0.38	16.20
21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Dinner				41.31	49.17	5.86	403.80

Snack 3

7	17.0	each	Grapes - American	0.34	6.97	0.00	34.00
Totals for Snack 3				0.34	6.97	0.00	34.00
Totals For 1300 Calories Bone Health - Day 06				95.36	179.38	25.88	1322.24



1300 Calories Bone Health - Day 07

Breakfast

16	1.0	1 oz	Bread, pumpernickel, toasted	2.69	14.80	0.96	77.96
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				13.45	24.25	8.43	227.18

Snack 1

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				11.62	20.53	1.52	144.15

Lunch

16	0.5	1 muffin	English muffins, whole-wheat	2.90	13.33	0.69	66.99
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	1.0	each	Morningstar Farms Tomato Basil and Pizza Burger	11.00	7.00	6.00	130.00
23	0.3	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.02	0.32	1.23	12.53
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				19.71	32.86	11.16	310.82

Snack 2

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
4	0.5	2 tablespoon	Peanut butter, smooth style, with salt	3.55	3.57	8.22	95.68
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				8.05	26.78	8.22	218.05

Dinner

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	0.5	each	MAIN51 - Lentil Stew	9.50	24.50	1.00	141.00
20	0.5	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.00	1.00	10.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
0	0.3	1 tablespoon	Spices, garlic powder	0.53	2.33	0.02	10.60
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Dinner				14.90	50.58	6.45	303.59

Snack 3

14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
Totals for Snack 3				6.40	17.15	7.36	156.47
Totals For 1300 Calories Bone Health - Day 07				74.13	172.15	43.14	1360.26