



Female Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|--|-----|-----------------|---|---------------|---------------|--------------|----------------|
| 1300 Calories Template, North Beach Phase I - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 1 | 3.0 | each | Egg Whites - scrambled/boiled | 10.50 | 0.90 | 0.00 | 51.00 |
| 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 |
| 21 | 0.5 | tablespoon | Peanut Butter | 2.00 | 1.75 | 4.07 | 47.50 |
| <i>Totals for Breakfast</i> | | | | 24.43 | 39.90 | 5.27 | 297.91 |
| Snack 1 | | | | | | | |
| 10 | 0.5 | each | Apple - medium with peel | 0.15 | 10.50 | 0.25 | 40.50 |
| <i>Totals for Snack 1</i> | | | | 0.15 | 10.50 | 0.25 | 40.50 |
| Lunch | | | | | | | |
| 5 | 0.3 | 1 cup, shredded | Cheese, low fat, cheddar or colby | 6.88 | 0.54 | 1.98 | 48.87 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 6 | 0.5 | 1 cup, chopped | Peppers, sweet, red, raw | 0.74 | 4.49 | 0.22 | 23.10 |
| 23 | 2.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.08 | 1.88 | 5.60 | 56.00 |
| 4 | 0.3 | 1 cup | Soybeans, mature cooked, boiled, without salt | 7.16 | 4.27 | 3.86 | 74.39 |
| 6 | 2.0 | 1 cup | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| 6 | 8.0 | 1 cherry | Tomatoes, red, ripe, raw, year round average | 1.20 | 5.29 | 0.27 | 24.48 |
| 8 | 2.0 | ounce(s) | Tuna Solid White -Water Sm. can | 15.00 | 1.00 | 1.00 | 70.00 |
| <i>Totals for Lunch</i> | | | | 33.30 | 21.38 | 13.19 | 319.34 |
| Snack 2 | | | | | | | |
| 14 | 6.0 | 1 almond | Nuts, almonds | 1.52 | 1.55 | 3.59 | 41.69 |
| 7 | 0.5 | 1 cup, slices | Peaches, raw | 0.77 | 8.11 | 0.21 | 33.15 |
| 5 | 6.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 6.00 | 12.00 | 0.00 | 78.00 |
| <i>Totals for Snack 2</i> | | | | 8.29 | 21.66 | 3.80 | 152.84 |
| Dinner | | | | | | | |
| 12 | 1.3 | 3 oz | Fish, salmon, Atlantic, wild, cooked, dry heat | 27.03 | 0.00 | 8.64 | 193.38 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 5 | 1.0 | tablespoon | Parmesean Cheese, Low Sodium | 2.08 | 0.19 | 1.50 | 22.80 |
| 17 | 0.5 | 1 cup | Spaghetti, whole-wheat, cooked | 3.73 | 18.58 | 0.38 | 86.80 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 6 | 0.5 | cup | Zucchini, Frozen, Boiled, Drained | 1.30 | 4.01 | 0.15 | 19.15 |
| <i>Totals for Dinner</i> | | | | 34.90 | 26.96 | 17.97 | 406.13 |
| Snack 3 | | | | | | | |
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| <i>Totals for Snack 3</i> | | | | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 01 | | | | 104.18 | 139.07 | 41.57 | 1309.60 |

Breakfast

| | | | | | | | |
|----------------------|-----|---------------------------|--|-------|-------|------|--------|
| 15 | 1.0 | 0.75 cup (1 NLEA serving) | Cereals ready-to-eat, POST Bran Flakes | 2.97 | 24.15 | 0.63 | 98.40 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 14 | 8.0 | 1 almond | Nuts, almonds | 2.03 | 2.07 | 4.79 | 55.58 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| Totals for Breakfast | | | | 14.95 | 54.34 | 6.25 | 306.28 |

Snack 1

| | | | | | | | |
|--------------------|-----|------|-----------------|------|-------|------|-------|
| 7 | 1.0 | each | Orange - medium | 1.10 | 17.40 | 0.30 | 69.00 |
| Totals for Snack 1 | | | | 1.10 | 17.40 | 0.30 | 69.00 |

Lunch

| | | | | | | | |
|------------------|-----|--------------|---|-------|-------|-------|--------|
| 4 | 0.5 | 1 cup | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 7.27 | 22.48 | 2.12 | 134.48 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 6 | 0.5 | cup | Pepper - sweet bell, all colors, chopped, | 0.60 | 4.60 | 0.10 | 19.00 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| 14 | 0.5 | 1 oz | Seeds, sunflower seed kernels, dry roasted, without salt | 2.74 | 3.41 | 7.06 | 82.50 |
| 6 | 2.0 | 1 cup | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| Totals for Lunch | | | | 13.21 | 37.58 | 17.86 | 342.32 |

Snack 2

| | | | | | | | |
|--------------------|-----|----------------|-----------------------------------|------|------|------|-------|
| 5 | 1.0 | 1 slice (1 oz) | Cheese, low fat, cheddar or colby | 6.82 | 0.53 | 1.96 | 48.44 |
| 16 | 2.0 | 1 cracker | Crackers, whole-wheat | 0.97 | 6.40 | 1.30 | 39.28 |
| Totals for Snack 2 | | | | 7.79 | 6.93 | 3.26 | 87.72 |

Dinner

| | | | | | | | |
|-------------------|-----|------------------|---|-------|-------|-------|--------|
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 0 | 0.3 | tablespoon | Garlic powder | 0.47 | 2.03 | 0.03 | 9.32 |
| 6 | 1.0 | 0.5 cup pieces | Mushrooms, white, raw | 1.08 | 1.14 | 0.12 | 7.70 |
| 23 | 0.3 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 4.66 | 43.29 |
| 4 | 0.5 | 1 cup | Soybeans, mature cooked, boiled, without salt | 14.31 | 8.54 | 7.71 | 148.78 |
| Totals for Dinner | | | | 50.22 | 17.31 | 14.84 | 391.39 |

Snack 3

| | | | | | | | |
|---|------|----------|-----------------------------------|-------|--------|-------|---------|
| 7 | 10.0 | 1 cherry | Cherries, sweet, raw | 0.87 | 13.13 | 0.16 | 51.66 |
| 5 | 6.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 6.00 | 12.00 | 0.00 | 78.00 |
| Totals for Snack 3 | | | | 6.87 | 25.13 | 0.16 | 129.66 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 02 | | | | 94.14 | 158.69 | 42.67 | 1326.37 |

1300 Calories Template, North Beach Phase I - Day 03

Breakfast

| | | | | | | | |
|----------------------|-----|---------------|---|-------|-------|------|--------|
| 15 | 1.0 | 1 cup, cooked | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 5.55 | 27.31 | 3.18 | 159.12 |
| 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 |
| 4 | 0.3 | ounce(s) | Walnuts, dried | 1.04 | 1.52 | 3.80 | 44.50 |
| Totals for Breakfast | | | | 15.50 | 46.57 | 7.61 | 313.94 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------|--|-------|------|------|--------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 6 | 8.0 | 1 cherry | Tomatoes, red, ripe, raw, year round average | 1.20 | 5.29 | 0.27 | 24.48 |
| Totals for Snack 1 | | | | 15.20 | 8.39 | 1.42 | 106.48 |

Lunch

| | | | | | | | |
|------------------|-----|------------|---|-------|-------|------|--------|
| 6 | 2.0 | 1 leaf | Lettuce, green leaf, raw | 0.27 | 0.57 | 0.03 | 3.00 |
| 21 | 1.0 | tablespoon | Mayonnaise - low fat | 0.00 | 4.00 | 1.00 | 25.00 |
| 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 | 1 cup | Soup, tomato, canned, condensed, reduced sodium | 3.93 | 32.72 | 1.37 | 158.60 |
| 8 | 3.0 | ounce(s) | Tuna Solid White -Water Sm. can | 22.50 | 1.50 | 1.50 | 105.00 |
| 4 | 0.3 | ounce(s) | Walnuts, dried | 1.04 | 1.52 | 3.80 | 44.50 |
| Totals for Lunch | | | | 28.89 | 60.36 | 8.05 | 415.10 |

Snack 2

| | | | | | | | |
|--------------------|-----|----------------------------|--------------------------|------|-------|------|--------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 4 | 0.3 | 1 cup | Hummus, commercial | 4.86 | 8.79 | 5.90 | 102.09 |
| Totals for Snack 2 | | | | 8.00 | 26.39 | 6.73 | 187.21 |

Dinner

| | | | | | | | |
|-------------------|-----|----------------|---|-------|------|-------|--------|
| 6 | 0.5 | 1 cup | Asparagus, frozen, cooked, boiled, drained, without salt | 2.66 | 1.73 | 0.38 | 16.20 |
| 18 | 1.0 | 3 oz | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 23.65 | 0.00 | 7.07 | 164.90 |
| 6 | 1.0 | 0.5 cup pieces | Mushrooms, white, raw | 1.08 | 1.14 | 0.12 | 7.70 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 0.5 | 1 cup | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 0.51 | 5.01 | 0.20 | 20.93 |
| Totals for Dinner | | | | 27.90 | 7.88 | 14.77 | 274.73 |

Snack 3

| | | | | | | | |
|---|-----|----------|-----------------------------------|--------|--------|-------|---------|
| 7 | 1.0 | medium | Peach - medium, approx 4 oz. | 0.60 | 9.70 | 0.10 | 37.00 |
| 5 | 6.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 6.00 | 12.00 | 0.00 | 78.00 |
| Totals for Snack 3 | | | | 6.60 | 21.70 | 0.10 | 115.00 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 03 | | | | 102.09 | 171.29 | 38.68 | 1412.46 |

Breakfast

| | | | | | | | |
|----------------------|-----|----------------|---|-------|-------|------|--------|
| 5 | 1.0 | 1 slice (1 oz) | Cheese, low fat, cheddar or colby | 6.82 | 0.53 | 1.96 | 48.44 |
| 1 | 3.0 | each | Egg Whites - scrambled/boiled | 10.50 | 0.90 | 0.00 | 51.00 |
| 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 | 0.5 | 0.5 cup pieces | Mushrooms, white, raw | 0.54 | 0.57 | 0.06 | 3.85 |
| 21 | 0.3 | tablespoon | Peanut Butter | 1.33 | 1.17 | 2.71 | 31.64 |
| 6 | 0.3 | cup | Pepper - sweet bell, all colors, chopped, | 0.30 | 2.30 | 0.05 | 9.50 |
| Totals for Breakfast | | | | 31.42 | 42.72 | 5.98 | 343.84 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------|---------------|------|------|------|-------|
| 14 | 8.0 | 1 almond | Nuts, almonds | 2.03 | 2.07 | 4.79 | 55.58 |
| Totals for Snack 1 | | | | 2.03 | 2.07 | 4.79 | 55.58 |

Lunch

| | | | | | | | |
|------------------|-----|---------------|--|-------|-------|-------|--------|
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.04 | 0.94 | 2.80 | 28.00 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 |
| 16 | 1.0 | each | Tortilla, LaTortilla Factory Low Carb/Low Fat Original | 5.00 | 11.00 | 2.00 | 50.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| Totals for Lunch | | | | 40.44 | 17.50 | 11.14 | 300.20 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------|--------------------------|------|-------|------|--------|
| 10 | 1.0 | each | Apple - medium with peel | 0.30 | 21.00 | 0.50 | 81.00 |
| 21 | 0.5 | tablespoon | Peanut Butter | 2.00 | 1.75 | 4.07 | 47.50 |
| Totals for Snack 2 | | | | 2.30 | 22.75 | 4.57 | 128.50 |

Dinner

| | | | | | | | |
|-------------------|-----|------------------|---|-------|-------|------|--------|
| 6 | 0.5 | 1 cup (1" cubes) | Eggplant, cooked, boiled, drained, without salt | 0.41 | 4.32 | 0.11 | 17.33 |
| 6 | 1.0 | cup | Green salad w/ raw vegetables | 1.73 | 4.44 | 0.10 | 22.00 |
| 13 | 1.0 | 3 oz | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted | 22.24 | 0.00 | 2.98 | 121.55 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.04 | 0.94 | 2.80 | 28.00 |
| 0 | 0.3 | 1 cup | Sauce, barbecue, low sodium | 0.57 | 28.44 | 0.44 | 119.97 |
| Totals for Dinner | | | | 27.51 | 60.53 | 7.31 | 417.08 |

Snack 3

| | | | | | | | |
|---|-----|----------|-----------------------------------|--------|--------|-------|---------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 5 | 6.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 6.00 | 12.00 | 0.00 | 78.00 |
| Totals for Snack 3 | | | | 6.55 | 22.72 | 0.24 | 120.18 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 04 | | | | 110.25 | 168.29 | 34.03 | 1365.38 |

Breakfast

| | | | | | | | |
|----------------------|-----|------------|---------------------------------------|-------|-------|------|--------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 16 | 1.0 | 1 muffin | English muffins, whole-wheat, toasted | 5.86 | 26.90 | 1.40 | 134.81 |
| 0 | 1.0 | 1/2 cup | Ice cubes | 0.00 | 0.00 | 0.00 | 0.00 |
| 21 | 0.5 | tablespoon | Peanut Butter | 2.00 | 1.75 | 4.07 | 47.50 |
| 5 | 8.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 8.00 | 16.00 | 0.00 | 104.00 |
| Totals for Breakfast | | | | 16.41 | 55.37 | 5.71 | 328.49 |

Snack 1

| | | | | | | | |
|--------------------|-----|----------|--|-------|------|------|--------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 6 | 8.0 | 1 cherry | Tomatoes, red, ripe, raw, year round average | 1.20 | 5.29 | 0.27 | 24.48 |
| Totals for Snack 1 | | | | 15.20 | 8.39 | 1.42 | 106.48 |

Lunch

| | | | | | | | |
|------------------|------|----------------|--|-------|-------|-------|--------|
| 5 | 1.0 | 1 slice (1 oz) | Cheese, low fat, cheddar or colby | 6.82 | 0.53 | 1.96 | 48.44 |
| 7 | 10.0 | 1 cherry | Cherries, sweet, raw | 0.87 | 13.13 | 0.16 | 51.66 |
| 6 | 0.5 | cup | Cucumber - raw, slices | 0.40 | 1.40 | 0.00 | 7.00 |
| 6 | 1.0 | 1 inner leaf | Lettuce, cos or romaine, raw | 0.12 | 0.33 | 0.03 | 1.70 |
| 6 | 0.5 | 1 cup, chopped | Peppers, sweet, red, raw | 0.74 | 4.49 | 0.22 | 23.10 |
| 23 | 2.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.08 | 1.88 | 5.60 | 56.00 |
| 14 | 0.3 | 1 oz | Seeds, sunflower seed kernels, dry roasted, without salt | 1.37 | 1.71 | 3.53 | 41.25 |
| 4 | 0.5 | 1 cup | Soybeans, mature cooked, boiled, without salt | 14.31 | 8.54 | 7.71 | 148.78 |
| 6 | 2.0 | 1 cup | Spinach, raw | 1.72 | 2.18 | 0.23 | 13.80 |
| Totals for Lunch | | | | 26.43 | 34.19 | 19.44 | 391.73 |

Snack 2

| | | | | | | | |
|--------------------|-----|------|---------------------|------|-------|------|-------|
| 7 | 1.0 | each | Pear -medium w/peel | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals for Snack 2 | | | | 0.70 | 25.10 | 0.00 | 98.00 |

Dinner

| | | | | | | | |
|-------------------|-----|---------------------|---|-------|-------|-------|--------|
| 6 | 1.0 | 0.5 cup, chopped | Broccoli, cooked, boiled, drained, without salt | 1.86 | 5.60 | 0.32 | 27.30 |
| 6 | 1.0 | 0.5 cup (1" pieces) | Cauliflower, cooked, boiled, drained, without salt | 1.14 | 2.55 | 0.28 | 14.26 |
| 6 | 1.0 | 0.5 cup pieces | Mushrooms, white, raw | 1.08 | 1.14 | 0.12 | 7.70 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 6 | 0.3 | 1 cup, chopped | Onions, spring or scallions (includes tops and bulb), raw | 0.46 | 1.84 | 0.05 | 8.00 |
| 0 | 1.0 | each | Soy Burger | 15.00 | 9.00 | 3.00 | 130.00 |
| Totals for Dinner | | | | 19.54 | 20.13 | 10.77 | 252.26 |

Snack 3

| | | | | | | | |
|---|-----|----------|---|-------|--------|-------|---------|
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 4 | 8.0 | 1 peanut | Peanuts, all types, dry-roasted, without salt | 1.95 | 1.70 | 3.97 | 46.96 |
| Totals for Snack 3 | | | | 10.35 | 13.60 | 4.37 | 132.96 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 05 | | | | 88.63 | 156.78 | 41.71 | 1309.92 |

Breakfast

| | | | | | | | |
|----------------------|-----|---------------------------|--|-------|-------|------|--------|
| 15 | 1.0 | 0.75 cup (1 NLEA serving) | Cereals ready-to-eat, POST Bran Flakes | 2.97 | 24.15 | 0.63 | 98.40 |
| 5 | 1.0 | cup | Milk - skim, no fat | 8.40 | 11.90 | 0.40 | 86.00 |
| 7 | 1.0 | 1 cup, slices | Peaches, raw | 1.55 | 16.22 | 0.43 | 66.30 |
| Totals for Breakfast | | | | 12.92 | 52.27 | 1.46 | 250.70 |

Snack 1

| | | | | | | | |
|--------------------|-----|---------------|-----------------------------------|------|-------|------|--------|
| 0 | 1.0 | 1/2 cup | Ice cubes | 0.00 | 0.00 | 0.00 | 0.00 |
| 7 | 1.0 | 1 cup, halves | Strawberries, raw | 1.02 | 11.67 | 0.46 | 48.64 |
| 5 | 8.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 8.00 | 16.00 | 0.00 | 104.00 |
| Totals for Snack 1 | | | | 9.02 | 27.67 | 0.46 | 152.64 |

Lunch

| | | | | | | | |
|------------------|-----|----------------|---|-------|-------|-------|--------|
| 8 | 0.5 | cup | Cottage Cheese - 1% fat | 14.00 | 3.10 | 1.15 | 82.00 |
| 5 | 0.5 | 1 cup, chopped | Egg, whole, cooked, hard-boiled | 8.55 | 0.76 | 7.21 | 105.40 |
| 6 | 2.0 | 1 leaf | Lettuce, green leaf, raw | 0.27 | 0.57 | 0.03 | 3.00 |
| 21 | 1.0 | tablespoon | Mayonnaise - low fat | 0.00 | 4.00 | 1.00 | 25.00 |
| 21 | 0.5 | tablespoon | Relish - pickle | 0.05 | 2.65 | 0.05 | 10.00 |
| 0 | 1.0 | 1 cup | Soup, tomato, canned, condensed, reduced sodium | 3.93 | 32.72 | 1.37 | 158.60 |
| Totals for Lunch | | | | 26.80 | 43.80 | 10.81 | 384.00 |

Snack 2

| | | | | | | | |
|--------------------|-----|------------|--------------------------|------|-------|------|--------|
| 10 | 0.5 | each | Apple - medium with peel | 0.15 | 10.50 | 0.25 | 40.50 |
| 21 | 1.0 | tablespoon | Peanut Butter | 4.00 | 3.50 | 8.15 | 95.00 |
| Totals for Snack 2 | | | | 4.15 | 14.00 | 8.40 | 135.50 |

Dinner

| | | | | | | | |
|-------------------|-----|------------|---|-------|-------|------|--------|
| 12 | 1.5 | 3 oz | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 28.74 | 0.00 | 2.05 | 141.53 |
| 0 | 0.3 | tablespoon | Garlic powder | 0.47 | 2.03 | 0.03 | 9.32 |
| 23 | 0.5 | tablespoon | Olive oil - pure | 0.00 | 0.00 | 7.00 | 65.00 |
| 17 | 0.5 | 1 cup | Spaghetti, whole-wheat, cooked | 3.73 | 18.58 | 0.38 | 86.80 |
| 6 | 1.0 | 1/2 cup | tomato, diced | 0.76 | 4.18 | 0.30 | 19.00 |
| 6 | 0.5 | cup | Zucchini, Frozen, Boiled, Drained | 1.30 | 4.01 | 0.15 | 19.15 |
| Totals for Dinner | | | | 35.00 | 28.80 | 9.91 | 340.80 |

Snack 3

| | | | | | | | |
|---|-----|-------|-----------------------------|-------|--------|-------|---------|
| 0 | 3.0 | 1 cup | Snacks, popcorn, air-popped | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals for Snack 3 | | | | 3.11 | 18.67 | 1.09 | 92.88 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 06 | | | | 91.00 | 185.21 | 32.13 | 1356.52 |

1300 Calories Template, North Beach Phase I - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|-----|---------------|---|--------------|--------------|-------------|---------------|
| 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 |
| 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> | | | | 19.45 | 44.84 | 8.19 | 328.84 |

Snack 1

| | | | | | | | |
|---------------------------|-----|----------|-----------------------------------|-------------|--------------|-------------|---------------|
| 7 | 0.5 | 1 cup | Blueberries, raw | 0.55 | 10.72 | 0.24 | 42.18 |
| 5 | 6.0 | ounce(s) | Yogurt, no fat, sugar-free, plain | 6.00 | 12.00 | 0.00 | 78.00 |
| <i>Totals for Snack 1</i> | | | | 6.55 | 22.72 | 0.24 | 120.18 |

Lunch

| | | | | | | | |
|-------------------------|-----|---------------|--|--------------|--------------|--------------|---------------|
| 7 | 0.3 | 1 cup, sliced | Avocados, raw, all commercial varieties | 0.73 | 3.11 | 5.35 | 58.40 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, italian dressing, reduced calorie | 0.04 | 0.94 | 2.80 | 28.00 |
| 6 | 1.0 | 1 leaf | Spinach, raw | 0.29 | 0.36 | 0.04 | 2.30 |
| 6 | 0.5 | 1/2 cup | tomato, diced | 0.38 | 2.09 | 0.15 | 9.50 |
| 16 | 1.0 | each | Tortilla, LaTortilla Factory Low Carb/Low Fat Original | 5.00 | 11.00 | 2.00 | 50.00 |
| 1 | 3.0 | ounce(s) | Turkey Breast / White Meat | 25.50 | 0.00 | 0.60 | 114.00 |
| <i>Totals for Lunch</i> | | | | 31.94 | 17.50 | 10.94 | 262.20 |

Snack 2

| | | | | | | | |
|---------------------------|-----|----------------------------|--------------------------|-------------|--------------|-------------|---------------|
| 16 | 0.5 | 1 pita, large (6-1/2" dia) | Bread, pita, whole-wheat | 3.14 | 17.60 | 0.83 | 85.12 |
| 4 | 0.3 | 1 cup | Hummus, commercial | 4.86 | 8.79 | 5.90 | 102.09 |
| <i>Totals for Snack 2</i> | | | | 8.00 | 26.39 | 6.73 | 187.21 |

Dinner

| | | | | | | | |
|--------------------------|-----|--------------|--|--------------|--------------|--------------|---------------|
| 3 | 0.5 | cup | Asparagus/ Fresh - Boiled | 2.30 | 3.80 | 0.30 | 22.00 |
| 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 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 23 | 1.0 | 1 tablespoon | Salad dressing, home recipe, vinegar and oil | 0.00 | 0.40 | 8.02 | 71.84 |
| 0 | 0.5 | 0.5 cup | Sauce, salsa, ready-to-serve | 1.00 | 4.37 | 0.11 | 18.85 |
| <i>Totals for Dinner</i> | | | | 27.05 | 35.40 | 10.61 | 335.92 |

Snack 3

| | | | | | | | |
|--|-----|------|---------------------|--------------|---------------|--------------|----------------|
| 7 | 1.0 | each | Pear -medium w/peel | 0.70 | 25.10 | 0.00 | 98.00 |
| <i>Totals for Snack 3</i> | | | | 0.70 | 25.10 | 0.00 | 98.00 |
| Totals For 1300 Calories Template, North Beach Phase I - Day 07 | | | | 93.69 | 171.95 | 36.71 | 1332.35 |