



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Heart Healthy - Day 01							
Breakfast							
16	0.5	1 slice	Bread, whole-wheat, commercially prepared, toasted	2.03	6.39	0.51	38.25
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
14	0.3	1 tablespoon	Nuts, almond butter, plain, without salt added	0.84	0.75	2.22	24.56
5	8.0	ounce(s)	Soy Milk, fat-free w/ calcium	6.00	8.00	0.00	60.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
Totals for Breakfast				16.53	22.10	2.88	183.33
Snack 1							
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
14	0.3	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	1.07	0.96	4.56	45.78
Totals for Snack 1				1.27	5.06	4.66	65.78
Lunch							
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
0	3.0	ounce(s)	GARDENBURGER, Veggie Medley	7.20	20.40	0.84	120.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
Totals for Lunch				11.92	46.50	2.61	247.77
Snack 2							
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
0	2.0	each	Melba Toast, Wheat, Unsalted	1.33	7.33	0.00	33.33
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
Totals for Snack 2				8.90	13.20	1.98	106.38
Dinner							
6	1.0	0.5 cup	Broccoli, frozen, spears, cooked, boiled, drained, without salt	2.85	4.93	0.10	25.76
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
2	1.5	cup	Yam -baked or boiled	3.00	56.40	0.30	237.00
Totals for Dinner				30.92	70.42	15.01	527.38
Snack 3							
7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	0.5	1 tablespoon, ground	Seeds, flaxseed	0.64	1.01	1.48	18.69
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
Totals for Snack 3				6.71	31.02	1.96	161.34
Totals For 1300 Calories Heart Healthy - Day 01				76.25	188.30	29.10	1291.98

1300 Calories Heart Healthy - Day 02

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	cup	cereal, oats, steel cut, cooked	5.00	27.00	2.50	150.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
0	4.0	ounce(s)	Grape juice - Welch's	0.00	20.00	0.00	80.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
<i>Totals for Breakfast</i>				16.28	76.87	12.43	469.06

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt, Greek, non-fat, plain	12.00	4.67	0.00	66.67
<i>Totals for Snack 1</i>				12.54	15.18	0.24	108.00

Lunch

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
10	0.5	each	Orange - medium	0.60	7.70	0.10	31.00
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				28.83	28.76	2.68	257.14

Snack 2

4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 2</i>				2.58	8.98	4.41	82.84

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	0.5	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
6	0.5	1 cup, sliced	Peppers, sweet, red, raw	0.46	2.77	0.14	14.26
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
4	2.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	2.57	1.59	0.09	16.19
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals for Dinner</i>				29.96	38.83	9.88	352.63

Snack 3

7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
<i>Totals for Snack 3</i>				0.35	12.55	0.00	49.00

Totals For 1300 Calories Heart Healthy - Day 02				90.54	181.17	29.64	1318.67
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1300 Calories Heart Healthy - Day 03

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
0	4.0	ounce(s)	Grape juice - Welch's	0.00	20.00	0.00	80.00
7	0.5	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.46	7.73	0.12	30.60
14	0.3	1 tablespoon	Nuts, almond butter, plain, without salt added	0.84	0.75	2.22	24.56
5	4.0	ounce(s)	Soy Milk, fat-free w/ calcium	3.00	4.00	0.00	30.00
Totals for Breakfast				8.37	45.27	3.36	241.66

Snack 1

4	0.3	1 cup	Hummus, home prepared	2.99	12.37	5.28	108.86
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
Totals for Snack 1				4.99	23.37	5.28	158.86

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
9	16.0	each	Grapes - American	0.32	6.56	0.16	32.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				27.97	47.91	2.88	320.37

Snack 2

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
14	1.0	1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
Totals for Snack 2				7.02	18.36	3.35	129.36

Dinner

5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
14	1.0	10 nuts	Nuts, pine nuts, dried	0.23	0.22	1.16	11.44
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
Totals for Dinner				30.00	39.12	11.96	357.20

Snack 3

0	1.0	1 cup	Snacks, popcorn, air-popped	1.04	6.22	0.36	30.96
Totals for Snack 3				1.04	6.22	0.36	30.96

Totals For 1300 Calories Heart Healthy - Day 03				79.39	180.25	27.19	1238.41
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1300 Calories Heart Healthy - Day 04

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
0	4.0	ounce(s)	Grape juice - Welch's	0.00	20.00	0.00	80.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				13.07	68.26	2.22	299.10

Snack 1

14	0.5	1 tablespoon, ground	Seeds, flaxseed	0.64	1.01	1.48	18.69
5	5.0	ounce(s)	Soy Milk, fat-free w/ calcium	3.75	5.00	0.00	37.50
<i>Totals for Snack 1</i>				4.39	6.01	1.48	56.19

Lunch

5	1.0	ounce(s)	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	9.00	0.50	4.00	80.00
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	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				15.73	26.99	4.40	222.40

Snack 2

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
<i>Totals for Snack 2</i>				1.67	11.58	3.06	73.61

Dinner

6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
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
<i>Totals for Dinner</i>				40.27	39.38	26.77	550.55

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 Heart Healthy - Day 04				75.83	177.32	37.93	1299.85
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1300 Calories Heart Healthy - Day 05

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
15	1.0	cup	cereal, oats, steel cut, cooked	5.00	27.00	2.50	150.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				21.09	52.71	3.24	320.33

Snack 1

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
<i>Totals for Snack 1</i>				3.00	13.06	9.53	137.92

Lunch

5	1.0	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	28.02	6.10	2.26	162.72
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				30.59	29.41	2.77	266.87

Snack 2

10	0.5	each	Orange - medium	0.60	7.70	0.10	31.00
14	1.0	1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
<i>Totals for Snack 2</i>				6.88	18.72	3.05	128.38

Dinner

0	3.0	ounce(s)	GARDENBURGER, Veggie Medley	7.20	20.40	0.84	120.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
14	1.0	10 nuts	Nuts, pine nuts, dried	0.23	0.22	1.16	11.44
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals for Dinner</i>				17.38	59.39	14.18	409.28

Snack 3

7	0.5	1 cup, diced	Melons, cantaloupe, raw	0.66	6.36	0.15	26.52
<i>Totals for Snack 3</i>				0.66	6.36	0.15	26.52

Totals For 1300 Calories Heart Healthy - Day 05				79.60	179.65	32.92	1289.30
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1300 Calories Heart Healthy - Day 06

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
0	4.0	ounce(s)	Grape juice - Welch's	0.00	20.00	0.00	80.00
7	0.5	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.46	7.73	0.12	30.60
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
5	8.0	ounce(s)	Soy Milk, fat-free w/ calcium	6.00	8.00	0.00	60.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				12.21	50.03	5.58	296.22

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
5	4.0	ounce(s)	Yogurt, Greek, non-fat, plain	12.00	4.67	0.00	66.67
<i>Totals for Snack 1</i>				12.54	15.18	0.24	108.00

Lunch

5	1.0	ounce(s)	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	9.00	0.50	4.00	80.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
6	4.0	cup	Green salad w/ raw vegetables	6.90	17.78	0.39	88.00
6	1.0	1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	46.19
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
14	0.3	1 oz	Seeds, sunflower seed kernels, toasted, without salt	1.22	1.46	4.03	43.87
<i>Totals for Lunch</i>				19.84	31.84	13.04	308.94

Snack 2

9	16.0	each	Grapes - American	0.32	6.56	0.16	32.00
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Snack 2</i>				2.12	21.76	0.46	103.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	0.5	cup	Peas - green, frozen, boiled	4.10	11.40	0.20	62.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
<i>Totals for Dinner</i>				33.70	34.93	2.80	307.93

Snack 3

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
<i>Totals for Snack 3</i>				3.70	14.07	8.47	136.18

Totals For 1300 Calories Heart Healthy - Day 06				84.11	167.81	30.59	1260.27
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1300 Calories Heart Healthy - Day 07

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				22.71	73.72	3.28	345.90

Snack 1

0	2.0	each	Melba Toast, Wheat, Unsalted	1.33	7.33	0.00	33.33
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	bag	tea, green	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				2.43	24.73	0.30	102.33

Lunch

7	0.3	cup	Avocado - pureed	1.15	4.25	8.80	92.50
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
6	0.3	1 can (11.5 oz), prepared	Spinach, raw	0.21	0.27	0.03	1.73
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
<i>Totals for Lunch</i>				30.08	29.22	9.91	321.79

Snack 2

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
14	0.5	1 tablespoon, ground	Seeds, flaxseed	0.64	1.01	1.48	18.69
5	5.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	5.83	25.83	0.00	125.00
<i>Totals for Snack 2</i>				7.21	34.18	1.88	175.67

Dinner

12	1.0	3 oz	Fish, trout, rainbow, wild, cooked, dry heat	19.48	0.00	4.95	127.50
23	0.8	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	10.50	90.00
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
2	0.3	cup	Yam -baked or boiled	0.50	9.40	0.05	39.50
<i>Totals for Dinner</i>				27.60	18.52	17.15	321.60

Snack 3

0	1.0	1 cup	Snacks, popcorn, air-popped	1.04	6.22	0.36	30.96
<i>Totals for Snack 3</i>				1.04	6.22	0.36	30.96

Totals For 1300 Calories Heart Healthy - Day 07				91.07	186.59	32.88	1298.25
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