



## Female Meal Plans

| Xchg   | Qty  | Measure                                | Description   | Protein (gm) | Carbs (gm)    | Fats (gm)    | Calories       |
|--|------|--|---|--------------|---------------|--------------|----------------|
| <b>1300 Calories Heart Healthy - Day 01</b>            |      |  |   |              |               |              |                |
| <b>Breakfast</b>                                       |      |  |   |              |               |              |                |
| 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           |
| <b>Totals for Breakfast</b>                            |      |  |   | <b>16.53</b> | <b>22.10</b>  | <b>2.88</b>  | <b>183.33</b>  |
| <b>Snack 1</b>   |      |  |   |              |               |              |                |
| 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          |
| <b>Totals for Snack 1</b>                              |      |  |   | <b>1.27</b>  | <b>5.06</b>   | <b>4.66</b>  | <b>65.78</b>   |
| <b>Lunch</b>   |      |  |   |              |               |              |                |
| 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           |
| <b>Totals for Lunch</b>                                |      |  |   | <b>11.92</b> | <b>46.50</b>  | <b>2.61</b>  | <b>247.77</b>  |
| <b>Snack 2</b>   |      |  |   |              |               |              |                |
| 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          |
| <b>Totals for Snack 2</b>                              |      |  |   | <b>8.90</b>  | <b>13.20</b>  | <b>1.98</b>  | <b>106.38</b>  |
| <b>Dinner</b>  |      |  |   |              |               |              |                |
| 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         |
| <b>Totals for Dinner</b>                               |      |  |   | <b>30.92</b> | <b>70.42</b>  | <b>15.01</b> | <b>527.38</b>  |
| <b>Snack 3</b>   |      |  |   |              |               |              |                |
| 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          |
| <b>Totals for Snack 3</b>                              |      |  |   | <b>6.71</b>  | <b>31.02</b>  | <b>1.96</b>  | <b>161.34</b>  |
| <b>Totals For 1300 Calories Heart Healthy - Day 01</b> |      |  |   | <b>76.25</b> | <b>188.30</b> | <b>29.10</b> | <b>1291.98</b> |

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  |
| Totals for Breakfast |     |  |                                 | 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  |
| Totals for Snack 1 |     |                 |                               | 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  |
| Totals for Lunch |     |                              |  | 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 |
| Totals for Snack 2 |     |              |   | 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  |
| Totals for Dinner |     |                           |   | 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   |
| Totals for Snack 3                              |     |      |                     | 0.35  | 12.55  | 0.00  | 49.00   |
| Totals For 1300 Calories Heart Healthy - Day 02 |     |      |                     | 90.54 | 181.17 | 29.64 | 1318.67 |

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 |
|---|--|--|--|-------|--------|-------|---------|

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   |
| Totals for Breakfast |     |                          |  | 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 |
| Totals for Snack 1 |     |                      |                               | 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  |
| Totals for Lunch |     |                          |  | 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 |
| Totals for Snack 2 |     |            |                   | 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  |
| Totals for Dinner |     |                   |  | 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   |
| Totals for Snack 3                              |     |      |                     | 0.70  | 25.10  | 0.00  | 98.00   |
| Totals For 1300 Calories Heart Healthy - Day 04 |     |      |                     | 75.83 | 177.32 | 37.93 | 1299.85 |

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   |
| Totals for Breakfast |     |                 |                                 | 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  |
| Totals for Snack 1 |     |  |                        | 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  |
| Totals for Lunch |     |                |  | 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  |
| Totals for Snack 2 |     |                      |                                      | 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  |
| Totals for Dinner |     |              |  | 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   |
| Totals for Snack 3                              |     |              |                         | 0.66  | 6.36   | 0.15  | 26.52   |
| Totals For 1300 Calories Heart Healthy - Day 05 |     |              |                         | 79.60 | 179.65 | 32.92 | 1289.30 |

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   |
| Totals for Breakfast |     |   |  | 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  |
| Totals for Snack 1 |     |                 |                               | 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  |
| Totals for Lunch |     |                           |  | 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  |
| Totals for Snack 2 |      |                |                                     | 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   |
| Totals for Dinner |     |                |                                 | 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   |
| Totals for Snack 3                              |     |              |   | 3.70  | 14.07  | 8.47  | 136.18  |
| Totals For 1300 Calories Heart Healthy - Day 06 |     |              |   | 84.11 | 167.81 | 30.59 | 1260.27 |

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  |
| Totals for Breakfast |     |                          |  | 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   |
| Totals for Snack 1 |     |      |                              | 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 |
| Totals for Lunch |     |                              |  | 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 |
| Totals for Snack 2 |     |                      |   | 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  |
| Totals for Dinner |     |            |   | 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   |
| Totals for Snack 3                              |     |       |                             | 1.04  | 6.22   | 0.36  | 30.96   |
| Totals For 1300 Calories Heart Healthy - Day 07 |     |       |                             | 91.07 | 186.59 | 32.88 | 1298.25 |