



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Glycemic (all day) - Day 01							
Breakfast							
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
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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 Breakfast				11.39	44.31	2.28	196.11
Snack 1							
7	0.3	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	1.20	20.31	0.15	78.44
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				1.20	21.02	0.15	80.81
Lunch							
16	1.0	1 slice, regular	Bread, pumpernickel	2.26	12.35	0.81	65.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
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, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
Totals for Lunch				17.91	25.77	10.75	271.22
Snack 2							
7	0.5	1 cup, without pits	Cherries, sweet, raw	0.82	12.33	0.15	48.51
5	0.8	cup	Non-fat yogurt-artificially sweetened	7.95	14.47	0.29	90.75
Totals for Snack 2				8.77	26.80	0.44	139.26
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
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	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
Totals for Dinner				39.18	51.60	11.51	439.77
Snack 3							
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
Totals for Snack 3				6.90	6.03	14.08	166.41
Totals For 1300 Calories Low Glycemic (all day) - Day 01				85.35	175.53	39.21	1293.58

1300 Calories Low Glycemic (all day) - Day 02

Breakfast

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
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 Breakfast</i>				13.79	33.99	5.80	236.37

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
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 Snack 1</i>				7.77	10.37	0.78	76.52

Lunch

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
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
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
<i>Totals for Lunch</i>				21.99	41.66	11.01	338.98

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
<i>Totals for Snack 2</i>				5.60	30.65	0.70	141.50

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.5	1 cup	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.79	20.09	0.27	104.55
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
<i>Totals for Dinner</i>				36.60	36.08	17.02	429.07

Snack 3

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	0.8	ounce(s)	Cream Cheese, Light, Phili brand	2.25	1.50	3.75	45.00
<i>Totals for Snack 3</i>				4.25	9.50	3.75	85.00

Totals For 1300 Calories Low Glycemic (all day) - Day 02				90.00	162.25	39.06	1307.44
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1300 Calories Low Glycemic (all day) - Day 03

Breakfast

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
7	0.8	1 cup	Grapefruit juice, white, canned, unsweetened	0.96	16.60	0.19	70.40
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
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 Breakfast</i>				12.09	58.00	2.35	254.35

Snack 1

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
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 Snack 1</i>				6.90	6.74	14.08	168.78

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.8	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	6.00	0.75	3.75	60.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				29.93	48.09	11.59	404.42

Snack 2

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
<i>Totals for Snack 2</i>				7.20	5.65	0.57	61.00

Dinner

21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	2.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	3.98	11.08	0.78	56.16
19	3.0	ounce(s)	Pork - broiled, chopped, trimmed, center loin	25.68	0.00	6.90	171.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
<i>Totals for Dinner</i>				33.34	39.15	8.51	351.74

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 Low Glycemic (all day) - Day 03				90.16	182.73	37.10	1338.29
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1300 Calories Low Glycemic (all day) - Day 04**Breakfast**

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.77	13.65	1.59	79.56
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
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 Breakfast				7.24	25.67	1.91	146.02

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
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				5.30	10.36	0.20	62.87

Lunch

16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
Totals for Lunch				18.94	55.19	7.58	352.10

Snack 2

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
Totals for Snack 2				7.38	32.55	10.92	255.21

Dinner

3	3.0	ounce(s)	Green beans - string boiled & drained	1.57	6.67	0.23	30.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
20	0.8	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.50	1.50	15.00
23	0.8	tablespoon	Olive oil - pure	0.00	0.00	10.50	97.50
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
19	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
Totals for Dinner				33.02	20.13	20.73	387.99

Snack 3

16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Snack 3				2.30	26.10	1.14	122.36
Totals For 1300 Calories Low Glycemic (all day) - Day 04				74.18	170.00	42.48	1326.55

1300 Calories Low Glycemic (all day) - Day 05

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
5	0.5	1 cup, chopped	Egg, whole, cooked, hard-boiled	8.55	0.76	7.21	105.40
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
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 Breakfast</i>				12.15	29.45	12.62	271.32

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
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 Snack 1</i>				10.60	20.01	0.39	123.37

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
6	0.5	1 cup	Cauliflower, raw	0.96	2.48	0.14	12.50
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
23	0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.05	0.64	2.47	25.05
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
<i>Totals for Lunch</i>				14.16	19.44	8.74	201.81

Snack 2

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
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 Snack 2</i>				2.40	41.32	0.30	159.24

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				41.93	47.81	12.32	442.10

Snack 3

4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 3</i>				8.46	21.10	4.48	155.54

Totals For 1300 Calories Low Glycemic (all day) - Day 05				89.70	179.13	38.85	1353.38
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1300 Calories Low Glycemic (all day) - Day 06

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
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
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 Breakfast</i>				14.61	63.33	3.25	334.72

Snack 1

7	0.5	1 cup, without pits	Cherries, sweet, raw	0.82	12.33	0.15	48.51
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
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 Snack 1</i>				11.42	32.34	0.54	171.88

Lunch

5	1.0	2 tablespoon	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.40	2.02	3.72	47.12
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
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
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
<i>Totals for Lunch</i>				11.55	44.16	6.46	281.22

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 fruit (2-1/8" dia)	Plums, raw	0.46	7.54	0.18	30.36
<i>Totals for Snack 2</i>				14.46	10.64	1.33	112.36

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	0.51	9.34	0.05	39.44
<i>Totals for Dinner</i>				32.63	23.61	4.07	248.14

Snack 3

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
<i>Totals for Snack 3</i>				6.90	6.03	14.08	166.41

Totals For 1300 Calories Low Glycemic (all day) - Day 06				91.57	180.11	29.73	1314.73
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1300 Calories Low Glycemic (all day) - Day 07

Breakfast

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
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 Breakfast</i>				13.27	48.42	2.32	216.97

Snack 1

5	0.8	cup	Non-fat yogurt-artificially sweetened	7.95	14.47	0.29	90.75
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 1</i>				8.45	23.07	0.69	126.75

Lunch

4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.03	26.85	0.47	119.38
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	1 serving	LOUIS RICH, Turkey Smoked Sausage	8.29	1.76	5.54	90.16
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
<i>Totals for Lunch</i>				17.77	39.50	8.20	273.54

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
<i>Totals for Snack 2</i>				1.50	28.40	0.23	108.62

Dinner

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.75	0.12	51.24
6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
<i>Totals for Dinner</i>				43.71	32.04	19.29	457.02

Snack 3

7	0.3	1 cup	Blueberries, raw	0.27	5.36	0.12	21.09
16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.18	1.03	110.20
<i>Totals for Snack 3</i>				2.32	28.54	1.15	131.29

Totals For 1300 Calories Low Glycemic (all day) - Day 07				87.02	199.97	31.88	1314.19
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