



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1400 Calories] Wheat Sensitivity - Day 01</b>							
<b>Breakfast - Top cereal w/ sliced banana &amp; milk.</b>							
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Breakfast</i>				<b>11.90</b>	<b>63.90</b>	<b>0.40</b>	<b>311.00</b>
<b>Snack 1</b>							
1	12.0	each	Almonds, unsalted	0.00	0.00	6.00	60.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				<b>0.50</b>	<b>13.50</b>	<b>6.00</b>	<b>110.00</b>
<b>Lunch - Toss salad ingredients with oil and vinegar.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				<b>44.48</b>	<b>11.00</b>	<b>18.72</b>	<b>399.24</b>
<b>Snack 2</b>							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				<b>3.36</b>	<b>4.56</b>	<b>7.68</b>	<b>94.32</b>
<b>Dinner - Boil or grill shrimp. Top potato w/spread.</b>							
2	1.0	each	Baked potato, small	3.00	29.00	0.00	130.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	7.0	ounce(s)	Shrimp - boiled or steamed	41.44	0.00	2.10	196.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Dinner</i>				<b>48.16</b>	<b>40.20</b>	<b>4.24</b>	<b>395.60</b>
<b>Snack 3 - Core apple. Sprinkle sugar &amp; cinnamon. Micro 5min.</b>							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
<i>Totals for Snack 3</i>				<b>0.45</b>	<b>25.70</b>	<b>0.60</b>	<b>98.00</b>
<b>Totals For 1400 Calories] Wheat Sensitivity - Day 01</b>				<b>108.85</b>	<b>158.86</b>	<b>37.64</b>	<b>1408.16</b>

**Breakfast - Prepare oats per package directions using milk.**

14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>16.00</b>	<b>44.50</b>	<b>9.25</b>	<b>305.00</b>

**Snack 1 - Spread almond butter on apple.**

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>0.96</b>	<b>21.99</b>	<b>3.47</b>	<b>114.33</b>

**Lunch - Toss salad ingredients together.**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				<b>38.79</b>	<b>21.35</b>	<b>19.33</b>	<b>400.18</b>

**Snack 2 - Slice pepper, dip in hummus.**

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				<b>3.40</b>	<b>13.60</b>	<b>3.20</b>	<b>90.00</b>

**Dinner - Broil fish w/oil. Serve w/beets&veg.**

6	1.5	cup	Cauliflower	3.00	7.50	0.00	37.50
1	6.0	ounce(s)	Flounder - broiled	40.98	0.00	0.00	198.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.5	cup	Roasted beets	1.50	16.50	0.00	75.00
3	1.0	each	Sweet potato, baked with peel, small	1.00	12.00	0.00	50.00
<i>Totals for Dinner</i>				<b>46.48</b>	<b>36.00</b>	<b>4.50</b>	<b>400.50</b>

**Snack 3 - Top cereal with milk.**

15	0.5	cup	Rice Chex	1.00	13.50	0.00	60.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				<b>5.00</b>	<b>21.50</b>	<b>0.00</b>	<b>100.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 02</b>				<b>110.63</b>	<b>158.94</b>	<b>39.75</b>	<b>1410.01</b>
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**Breakfast - Saute eggs, cheese & veg in spread.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				<i>29.54</i>	<i>37.82</i>	<i>5.72</i>	<i>310.30</i>

**Snack 1**

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
<i>Totals for Snack 1</i>				<i>0.66</i>	<i>5.94</i>	<i>5.00</i>	<i>89.60</i>

**Lunch - Top rice w/chopped chicken and remaining ing.**

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.7	cup	Brown rice, cooked	3.30	29.70	1.32	145.20
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<i>35.32</i>	<i>48.37</i>	<i>8.65</i>	<i>403.35</i>

**Snack 2**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				<i>0.70</i>	<i>25.10</i>	<i>0.00</i>	<i>98.00</i>

**Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake**

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	4.0	ounce(s)	Ground chicken breast, raw	24.00	0.00	1.00	100.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.88	5.00	0.13	27.50
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	2.0	ounce(s)	Mozzarella cheese, part skim	13.58	1.56	8.92	142.24
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				<i>44.65</i>	<i>39.55</i>	<i>11.47</i>	<i>412.21</i>

**Snack 3**

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				<i>3.36</i>	<i>4.56</i>	<i>7.68</i>	<i>94.32</i>

<i>Totals For 1400 Calories] Wheat Sensitivity - Day 03</i>				<i>114.23</i>	<i>161.34</i>	<i>38.52</i>	<i>1407.78</i>
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Breakfast - Enjoy luna bar w berries & soy milk.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
0	1.0	each	luna bar	10.00	26.00	4.50	180.00
4	1.0	1 cup	SILK Plain, soymilk	7.00	7.99	4.01	99.63
Totals for Breakfast				17.54	44.50	8.75	320.96

Snack 1

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
Totals for Snack 1				9.33	5.52	5.07	110.80

Lunch - Spinach, broccoli, salmon cobb salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
11	1.5	ounce(s)	Turkey bacon	7.11	0.75	6.69	91.68
Totals for Lunch				38.91	13.62	17.74	380.73

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 2				1.00	27.00	0.00	100.00

Dinner - Saute beef w/ veg and soy. Serve over beef.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	5.0	ounce(s)	Extra lean beef	31.25	2.50	3.75	162.50
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.04	0.00	0.20
17	0.1	1 cup	Quinoa, cooked	1.02	4.93	0.44	27.75
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
Totals for Dinner				41.33	50.33	5.01	380.80

Snack 3 - Mix prepared popcorn with raisin.

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
Totals for Snack 3				1.34	21.34	2.00	116.00

Totals For 1400 Calories] Wheat Sensitivity - Day 04				109.45	162.31	38.57	1409.29
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Breakfast - Top cereal w milk & sliced banana.

15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
Totals for Breakfast				11.50	68.00	0.00	305.00

Snack 1

7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
Totals for Snack 1				6.25	7.75	4.00	85.00

Lunch - Toss ingredients and place on rice. Serve w/greens

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
Totals for Lunch				37.74	29.26	11.53	363.38

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
Totals for Snack 2				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	3.5	tea spoon	Olive oil	0.00	0.00	15.75	140.00
1	4.5	ounce(s)	Tilapia	27.00	0.00	0.00	112.50
Totals for Dinner				33.56	29.66	17.23	403.70

Snack 3 - Top yogurt w sliced banana & nuts.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
Totals for Snack 3				9.50	16.00	2.25	130.00

Totals For 1400 Calories] Wheat Sensitivity - Day 05				108.45	159.25	39.63	1405.88
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Breakfast - Scramble eggs 1/2 spread. Remain spread on bread.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
16	1.0	slice	Udi's Millet-Chia Bread	3.00	12.00	2.25	75.00
Totals for Breakfast				36.58	31.40	14.97	391.24

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				0.30	21.00	0.50	81.00

Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
Totals for Lunch				45.00	20.39	7.22	304.40

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 2				1.00	27.00	0.00	100.00

Dinner - Roast halibut. Cook lentils w/ onions&carrots.

6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	0.7	cup	Cooked lentils	11.88	26.40	0.66	151.80
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	4.0	ounce(s)	Halibut, raw	16.00	0.00	16.00	200.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
Totals for Dinner				29.30	40.39	16.96	412.03

Snack 3 - Mixed berry salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
Totals for Snack 3				1.54	22.51	0.74	101.33
Totals For 1400 Calories] Wheat Sensitivity - Day 06				113.72	162.69	40.39	1390.00

**Breakfast - Top yogurt with melon, seeds and raisins.**

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Breakfast</i>				<b>21.31</b>	<b>38.73</b>	<b>7.30</b>	<b>323.04</b>

**Snack 1**

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				<b>0.50</b>	<b>13.50</b>	<b>4.00</b>	<b>90.00</b>

**Lunch - Gluten free avocado turkey wrap.**

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
16	1.0	each	Udi's Small Tortilla	3.00	15.00	2.00	90.00
<i>Totals for Lunch</i>				<b>39.00</b>	<b>27.50</b>	<b>13.30</b>	<b>384.50</b>

**Snack 2 - Slice pepper dip into hummus.**

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.5	tablespoon	Hummus	2.50	5.00	3.75	62.50
<i>Totals for Snack 2</i>				<b>3.90</b>	<b>14.60</b>	<b>3.95</b>	<b>102.50</b>

**Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese**

1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
17	1.3	cup	Rice pasta, cooked	0.00	13.75	0.00	62.50
<i>Totals for Dinner</i>				<b>39.56</b>	<b>38.73</b>	<b>11.13</b>	<b>412.12</b>

**Snack 3**

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

<b>Totals For 1400 Calories] Wheat Sensitivity - Day 07</b>				<b>104.97</b>	<b>158.16</b>	<b>39.68</b>	<b>1410.16</b>
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Breakfast

1	3.0	ounce(s)	2% milkfat cheddar cheese	21.00	3.00	6.00	150.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
7	1.3	cup	Strawberries	1.25	11.25	0.00	75.00
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
Totals for Breakfast				47.05	31.34	10.62	416.90

Snack 1

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple	0.30	21.00	0.50	81.00
Totals for Snack 1				1.30	22.50	5.00	131.50

Lunch

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	each	Cooked egg white	16.00	0.00	0.00	60.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
Totals for Lunch				64.46	18.58	13.48	427.40

Snack 2

7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
Totals for Snack 2				13.07	27.01	0.48	172.65

Dinner

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	0.8	cup	Fresh mushrooms	1.62	1.71	0.18	11.55
23	2.0	tablespoon	Olive oil	0.00	0.00	28.00	260.00
2	1.0	cup	Spaghetti squash, cooked	1.00	10.00	0.00	40.00
Totals for Dinner				52.14	25.61	31.62	595.15

Snack 3

1	1.8	ounce(s)	2% milkfat cheddar cheese	12.25	1.75	3.50	87.50
9	1.0	each	Apple	0.30	21.00	0.50	81.00
Totals for Snack 3				12.55	22.75	4.00	168.50
Totals For 1400 Calories] Wheat Sensitivity - Day 08				190.57	147.79	65.20	1912.10



Breakfast

15	0.8	cup	Bran flakes	4.50	34.50	0.00	135.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.5	each	Hard boiled egg	9.00	1.50	6.00	90.00
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
Totals for Breakfast				22.70	75.80	6.20	397.00

Snack 1

7	1.0	cup	Frozen unsweetened blueberries	0.65	18.86	0.99	79.05
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
Totals for Snack 1				12.65	24.86	0.99	169.05

Lunch

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0	1.0	tablespoon	Fresh basil	0.00	0.00	0.00	1.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	1.0	each	Vegetable burger	15.00	9.00	3.50	130.00
Totals for Lunch				27.34	35.86	6.64	299.40

Snack 2

6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
Totals for Snack 2				51.00	0.00	1.20	248.00

Dinner

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
17	0.1	1 cup	Quinoa, cooked	1.06	5.12	0.46	28.86
1	8.0	ounce(s)	Salmon	48.00	0.00	32.00	480.00
0	2.0	tablespoon	Teriyaki sauce, ready to serve, low sodium	2.00	6.00	0.00	30.00
Totals for Dinner				54.78	22.32	33.10	593.46

Snack 3

14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
Totals for Snack 3				23.50	5.90	7.35	185.50
Totals For 1400 Calories] Wheat Sensitivity - Day 09				191.97	164.74	55.48	1892.41

Breakfast

3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				23.00	45.00	21.30	450.00

Snack 1

1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
7	1.0	each	Pear	0.70	25.10	0.00	98.00
Totals for Snack 1				12.70	31.10	0.00	188.00

Lunch

1	5.0	large	Egg white	20.00	0.00	0.00	75.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
14	1.0	tablespoon	Sunflower seeds	2.00	2.00	4.00	45.00
11	2.0	1 oz cooked, yield	Turkey bacon, cooked	9.47	0.99	8.93	122.24
1	7.0	ounce(s)	Turkey breast	59.50	0.00	1.40	266.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
Totals for Lunch				92.82	8.43	15.07	541.35

Snack 2

0	0.7	cup	Silk Plain Soy Milk	4.62	5.28	2.64	66.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
Totals for Snack 2				5.62	14.28	2.64	126.00

Dinner

6	0.5	cup	Cauliflower	1.00	2.50	0.00	12.50
0	0.5	tea spoon	Dried rosemary	0.03	0.38	0.09	1.99
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
0	0.1	tea spoon	Ground dried sage	0.01	0.06	0.01	0.29
13	9.0	ounce(s)	Pork, loin, lean, uncooked	45.00	0.00	18.00	315.00
2	1.3	cup	Spaghetti squash, cooked	1.25	12.50	0.00	50.00
Totals for Dinner				51.79	25.94	18.85	447.28

Snack 3

4	5.0	tablespoon	Hummus	5.00	10.00	7.50	125.00
6	1.5	cup	Red pepper	1.37	8.33	0.42	42.78
Totals for Snack 3				6.37	18.33	7.92	167.78
Totals For 1400 Calories] Wheat Sensitivity - Day 10				192.30	143.08	65.78	1920.41

Breakfast

15	0.5	cup	Bran flakes	3.00	23.00	0.00	90.00
14	1.3	tablespoon	Chopped walnuts	2.50	1.25	5.63	62.50
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
Totals for Breakfast				34.57	51.46	8.41	399.15

Snack 1

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	5.0	ounce(s)	Greek yogurt, plain, non fat	10.00	5.00	0.00	75.00
Totals for Snack 1				10.49	19.15	0.74	134.29

Lunch

6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	cup	Grated carrots	0.13	1.43	0.00	5.85
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
1	7.0	ounce(s)	Salmon - broiled	43.89	0.00	24.50	406.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
3	0.3	cup	Whole wheat pasta, cooked	1.75	9.25	0.25	42.50
Totals for Lunch				46.91	14.64	26.01	482.71

Snack 2

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
Totals for Snack 2				28.72	13.27	1.80	197.35

Dinner

6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	8.0	ounce(s)	Tilapia	48.00	0.00	0.00	200.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
6	1.0	cup	White mushrooms, sliced	2.00	2.00	0.00	15.00
Totals for Dinner				61.61	46.61	13.64	551.10

Snack 3

6	0.8	1 cup	Edamame, frozen, prepared	12.65	11.56	6.04	141.83
Totals for Snack 3				12.65	11.56	6.04	141.83
Totals For 1400 Calories] Wheat Sensitivity - Day 11				194.95	156.69	56.64	1906.43

Breakfast

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
16	2.0	1 muffin	English muffins, wheat	9.92	51.07	2.28	254.22
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
Totals for Breakfast				45.23	66.80	8.58	502.26

Snack 1

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
Totals for Snack 1				6.00	3.00	7.00	115.00

Lunch

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
Totals for Lunch				66.32	32.20	6.64	452.65

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
Totals for Snack 2				14.33	6.07	1.15	101.80

Dinner

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
0	0.3	tablespoon	Garlic powder	0.35	1.52	0.03	7.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
0	0.1	tea spoon	Ground black pepper	0.00	0.00	0.00	0.00
23	1.5	tablespoon	Olive oil	0.00	0.00	21.00	195.00
0	0.3	tea spoon	Paprika	0.08	0.29	0.07	1.52
Totals for Dinner				50.58	23.66	25.06	538.12

Snack 3

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
3	1.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	6.00	22.50	0.75	120.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
Totals for Snack 3				13.34	25.36	2.89	178.40
Totals For 1400 Calories] Wheat Sensitivity - Day 12				195.80	157.09	51.32	1888.23

Breakfast

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
7	0.8	cup	Strawberries	0.75	6.75	0.00	45.00
Totals for Breakfast				20.25	71.25	10.75	460.00

Snack 1

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
Totals for Snack 1				8.00	1.00	13.00	150.00

Lunch

3	1.0	each	100% whole wheat sandwich thin	5.00	22.00	1.00	100.00
6	12.0	each	Baby carrots	1.20	9.60	1.20	48.00
6	0.3	cup	Celery	0.21	0.89	0.05	4.80
21	1.5	tablespoon	Low fat mayonnaise	0.00	6.00	1.50	37.50
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
Totals for Lunch				48.41	38.49	9.75	400.30

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
Totals for Snack 2				15.55	19.32	1.58	148.30

Dinner

1	10.0	ounce(s)	Boneless chicken breast	65.00	0.00	4.00	310.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
5	3.0	tablespoon	Grated parmesan cheese	5.76	0.60	4.29	64.65
0	0.3	tea spoon	Italian seasoning medley	0.00	0.00	0.00	0.00
23	0.3	tablespoon	Olive oil	0.00	0.00	3.50	32.50
3	0.5	cup	Whole wheat spaghetti, cooked	3.73	18.58	0.38	86.80
Totals for Dinner				80.21	37.38	12.81	578.55

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
Totals for Snack 3				3.36	4.56	7.68	94.32
Totals For 1400 Calories] Wheat Sensitivity - Day 13				175.78	172.00	55.57	1831.47

Breakfast

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
Totals for Breakfast				49.12	42.39	4.69	382.02

Snack 1

21	0.3	tea spoon	All fruit jelly	0.00	0.75	0.00	3.75
21	0.3	tablespoon	Smooth peanut butter	1.32	0.99	2.64	34.65
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
Totals for Snack 1				4.05	13.62	3.55	104.90

Lunch

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.5	cup	Fresh white mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	3.0	ounce(s)	Mozzarella cheese, part skim	20.37	2.34	13.38	213.36
6	2.0	tablespoon	Tomato sauce	0.00	2.00	0.00	10.00
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
Totals for Lunch				29.62	47.24	17.21	444.84

Snack 2

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
Totals for Snack 2				3.36	4.56	7.68	94.32

Dinner

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
1	7.0	ounce(s)	Lean ground beef	41.93	0.00	9.80	268.52
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
Totals for Dinner				63.39	42.20	23.71	639.02

Snack 3

6	2.0	each	Lettuce leaf	0.00	0.00	0.00	10.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
Totals for Snack 3				51.19	0.29	1.37	241.00
Totals For 1400 Calories] Wheat Sensitivity - Day 14				200.73	150.30	58.21	1906.10