



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb Italian - Day 01							
Breakfast							
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				19.77	25.63	0.50	191.00
Snack 1							
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				7.50	13.50	0.00	90.00
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
16	3.0	1 cracker	Crackers, whole-wheat	1.46	9.60	1.95	58.93
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
<i>Totals for Lunch</i>				19.26	32.10	5.90	252.93
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
<i>Totals for Snack 2</i>				4.60	23.85	8.70	176.00
Dinner							
3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
<i>Totals for Dinner</i>				38.30	25.00	9.66	343.56
Snack 3							
14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				14.40	17.90	15.40	256.00
Totals For 1300 Calories Low Carb Italian - Day 01				103.83	137.98	40.16	1309.49

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				12.11	32.12	2.83	199.07

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 1				14.00	3.10	1.15	82.00

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
16	1.0	4 cubes	Croutons, seasoned	0.11	0.64	0.18	4.65
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Lunch				18.55	25.55	20.66	363.56

Snack 2

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
Totals for Snack 2				9.50	29.30	0.70	155.00

Dinner

17	0.5	cup	Angel hair - whole wheat, cooked, De Boles	4.50	20.00	1.00	105.00
6	0.5	1 clove	Garlic, raw	0.10	0.50	0.01	2.24
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
Totals for Dinner				35.49	24.51	16.66	396.24

Snack 3

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 3				7.50	13.50	0.00	90.00
Totals For 1300 Calories Low Carb Italian - Day 02				97.15	128.08	42.00	1285.87

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
Totals for Breakfast				13.50	41.52	2.46	230.86

Snack 1

5	4.0	1 cubic inch	Cheese, monterey, low fat	19.18	0.48	14.69	212.84
Totals for Snack 1				19.18	0.48	14.69	212.84

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
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
Totals for Lunch				49.94	51.70	6.63	448.12

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, cubes	Melons, cantaloupe, raw	0.67	6.53	0.15	27.20
Totals for Snack 2				14.67	9.63	1.30	109.20

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
0	1.0	each	MAIN15 - Chicken Marsala	27.00	2.00	3.00	161.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.12	3.00	2.00	30.60
Totals for Dinner				33.02	22.10	6.00	284.60

Snack 3

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
Totals for Snack 3				0.40	8.20	0.00	40.00
Totals For 1300 Calories Low Carb Italian - Day 03				130.71	133.63	31.08	1325.62

1300 Calories Low Carb Italian - Day 04

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, cubes	Melons, cantaloupe, raw	1.34	13.06	0.30	54.40
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				16.30	26.45	6.00	225.90

Snack 1

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				7.50	13.50	0.00	90.00

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
Totals for Lunch				38.20	31.30	4.80	322.00

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
Totals for Snack 2				8.90	26.70	16.90	271.00

Dinner

0	1.0	each	MAIN75 - Eggplant Parmesan	15.00	28.00	9.00	249.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
Totals for Dinner				16.36	39.00	10.40	313.30

Snack 3

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 3				14.00	3.10	1.15	82.00
Totals For 1300 Calories Low Carb Italian - Day 04				101.26	140.05	39.25	1304.20

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				16.27	25.33	0.50	174.00

Snack 1

14	1.0	ounce(s)	Almonds - Planters Dry Roasted	6.00	6.00	15.00	170.00
Totals for Snack 1				6.00	6.00	15.00	170.00

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	2 slices	Pastrami, turkey	9.29	1.90	3.54	79.23
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
Totals for Lunch				18.80	30.37	10.96	295.75

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.50	13.50	0.00	90.00

Dinner

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
0	3.0	each	Lean Turkey Meatballs- HoneySuckle White	17.00	6.00	7.00	150.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
Totals for Dinner				38.54	56.70	15.99	518.68

Snack 3

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				1.02	11.67	0.46	48.64
Totals For 1300 Calories Low Carb Italian - Day 05				88.13	143.57	42.91	1297.07

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
Totals for Breakfast				13.50	41.52	2.46	230.86

Snack 1

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				7.90	21.70	0.00	130.00

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
16	1.0	4 cubes	Croutons, seasoned	0.11	0.64	0.18	4.65
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
23	3.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.18	4.50	3.01	45.90
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Lunch				18.55	25.55	20.66	363.56

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals for Snack 2				14.00	3.10	1.15	82.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
Totals for Dinner				34.10	34.17	11.21	366.62

Snack 3

5	3.0	1 cubic inch	Cheese, monterey, low fat	14.38	0.36	11.02	159.63
Totals for Snack 3				14.38	0.36	11.02	159.63
Totals For 1300 Calories Low Carb Italian - Day 06				102.43	126.40	46.50	1332.67

Breakfast

0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				12.11	32.12	2.83	199.07

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	2.0	tablespoon	Peanut butter - creamy. Peter Pan	8.60	5.70	16.40	190.00
Totals for Snack 1				8.90	26.70	16.90	271.00

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.5	2 slices	Pastrami, turkey	13.94	2.86	5.31	118.85
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
Totals for Lunch				23.45	31.33	12.73	335.37

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.50	13.50	0.00	90.00

Dinner

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, commercial, reduced fat	0.06	1.50	1.00	15.30
0	1.0	0.5 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
Totals for Dinner				37.29	25.21	9.51	340.56

Snack 3

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals For 1300 Calories Low Carb Italian - Day 07				97.65	140.76	42.37	1322.00