



Male Meal Plans

| Xchg | Qty | Measure | Description | Protein (gm) | Carbs (gm) | Fats (gm) | Calories |
|---|------|--------------|--|---------------|---------------|--------------|----------------|
| 1600 Calories Extreme Fat Loss - Day 01 | | | | | | | |
| Breakfast | | | | | | | |
| 15 | 0.8 | cup | Oatmeal -Quick, measured uncooked | 9.90 | 41.85 | 4.50 | 222.75 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | 55.90 | 47.85 | 9.50 | 482.75 |
| Snack 1 | | | | | | | |
| 1 | 4.0 | ounce(s) | Chicken Breast / White Meat | 26.00 | 0.00 | 1.60 | 124.00 |
| 10 | 3.0 | ounce(s) | Potato/White - Baked | 1.95 | 21.45 | 0.09 | 93.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 27.95 | 21.45 | 1.69 | 217.00 |
| Lunch | | | | | | | |
| 10 | 0.5 | cup | Rice - white cook steamed | 2.25 | 20.25 | 0.00 | 90.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 36.25 | 20.25 | 0.80 | 242.00 |
| Snack 2 | | | | | | | |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |
| Dinner | | | | | | | |
| 1 | 5.0 | ounce(s) | Sirloin Top - fat trimmed off | 43.00 | 0.00 | 9.65 | 270.00 |
| 6 | 1.5 | 1 cup | Spinach, raw | 1.29 | 1.63 | 0.18 | 10.35 |
| 10 | 0.5 | 1 cup | Sweetpotato, cooked, baked in skin, without salt | 2.01 | 20.71 | 0.15 | 90.00 |
| 0 | 1.0 | 1 tablespoon | Vinegar, balsamic | 0.08 | 2.72 | 0.00 | 14.08 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | 46.38 | 25.06 | 9.98 | 384.43 |
| Totals For 1600 Calories Extreme Fat Loss - Day 01 | | | | 212.48 | 120.61 | 26.97 | 1586.18 |

1600 Calories Extreme Fat Loss - Day 02**Breakfast**

| | | | | | | | |
|-----------------------------|------|---------|-----------------------------------|--------------|--------------|-------------|---------------|
| 15 | 0.8 | cup | Oatmeal -Quick, measured uncooked | 9.90 | 41.85 | 4.50 | 222.75 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | 55.90 | 47.85 | 9.50 | 482.75 |

Snack 1

| | | | | | | | |
|---------------------------|------|----------|----------------------|--------------|--------------|--------------|---------------|
| 10 | 3.0 | ounce(s) | Potato/White - Baked | 1.95 | 21.45 | 0.09 | 93.00 |
| 1 | 4.0 | ounce(s) | Salmon - broiled | 25.08 | 0.00 | 14.00 | 232.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 27.03 | 21.45 | 14.09 | 325.00 |

Lunch

| | | | | | | | |
|-------------------------|------|----------|-----------------------------|--------------|--------------|-------------|---------------|
| 1 | 6.0 | ounce(s) | Chicken Breast / White Meat | 39.00 | 0.00 | 2.40 | 186.00 |
| 10 | 0.5 | cup | Rice - white cook steamed | 2.25 | 20.25 | 0.00 | 90.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 41.25 | 20.25 | 2.40 | 276.00 |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |

Dinner

| | | | | | | | |
|---|------|----------------------------|--|---------------|---------------|--------------|----------------|
| 6 | 1.5 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.74 | 2.45 | 0.12 | 11.55 |
| 10 | 0.3 | 1 cup | Sweetpotato, cooked, baked in skin, without salt | 1.00 | 10.35 | 0.08 | 45.00 |
| 1 | 5.0 | ounce(s) | Turkey Breast / White Meat | 42.50 | 0.00 | 1.00 | 190.00 |
| 0 | 1.0 | 1 tablespoon | Vinegar, balsamic | 0.08 | 2.72 | 0.00 | 14.08 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | 44.32 | 15.52 | 1.20 | 260.63 |
| Totals For 1600 Calories Extreme Fat Loss - Day 02 | | | | 214.50 | 111.07 | 32.19 | 1604.38 |

1600 Calories Extreme Fat Loss - Day 03

Breakfast

| | | | | | | | |
|-----------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.5 | scoop | Protein Powder | 57.50 | 7.50 | 6.25 | 325.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | <i>57.50</i> | <i>7.50</i> | <i>6.25</i> | <i>325.00</i> |

Snack 1

| | | | | | | | |
|---------------------------|------|----------|---------------------------------|--------------|--------------|-------------|---------------|
| 17 | 0.8 | 1 cup | Rice, brown, long-grain, cooked | 3.77 | 33.58 | 1.32 | 162.34 |
| 1 | 3.0 | ounce(s) | Turkey Breast / White Meat | 25.50 | 0.00 | 0.60 | 114.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | <i>29.27</i> | <i>33.58</i> | <i>1.92</i> | <i>276.34</i> |

Lunch

| | | | | | | | |
|-------------------------|------|--------------|-------------------------------|--------------|--------------|-------------|---------------|
| 10 | 5.0 | ounce(s) | Potato/White - Baked | 3.25 | 35.75 | 0.15 | 155.00 |
| 1 | 5.0 | ounce(s) | Sirloin Top - fat trimmed off | 43.00 | 0.00 | 9.65 | 270.00 |
| 6 | 1.5 | 1 cup | Spinach, raw | 1.29 | 1.63 | 0.18 | 10.35 |
| 0 | 2.0 | 1 tablespoon | Vinegar, balsamic | 0.16 | 5.45 | 0.00 | 28.16 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | <i>47.70</i> | <i>42.83</i> | <i>9.98</i> | <i>463.51</i> |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 1.5 | scoop | Protein Powder | 34.50 | 4.50 | 3.75 | 195.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | <i>34.50</i> | <i>4.50</i> | <i>3.75</i> | <i>195.00</i> |

Dinner

| | | | | | | | |
|--------------------------|------|----------|-----------------------------|--------------|--------------|-------------|---------------|
| 1 | 4.0 | ounce(s) | Chicken Breast / White Meat | 26.00 | 0.00 | 1.60 | 124.00 |
| 10 | 1.0 | cup | Rice/White Steamed - Cooked | 4.50 | 40.50 | 0.00 | 180.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | <i>30.50</i> | <i>40.50</i> | <i>1.60</i> | <i>304.00</i> |

| | | | | | | | |
|---|--|--|--|---------------|---------------|--------------|----------------|
| Totals For 1600 Calories Extreme Fat Loss - Day 03 | | | | 199.47 | 128.91 | 23.50 | 1563.85 |
|---|--|--|--|---------------|---------------|--------------|----------------|

1600 Calories Extreme Fat Loss - Day 04

Breakfast

| | | | | | | | |
|-----------------------------|------|---------|-----------------------------------|--------------|--------------|-------------|---------------|
| 1 | 5.0 | each | Egg Whites - scrambled/boiled | 17.50 | 1.50 | 0.00 | 85.00 |
| 15 | 1.0 | cup | Oatmeal - quick, measure uncooked | 13.20 | 55.80 | 6.00 | 297.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | 30.70 | 57.30 | 6.00 | 382.00 |

Snack 1

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |

Lunch

| | | | | | | | |
|-------------------------|------|----------|-----------------------------|--------------|--------------|-------------|---------------|
| 1 | 6.0 | ounce(s) | Chicken Breast / White Meat | 39.00 | 0.00 | 2.40 | 186.00 |
| 10 | 0.5 | cup | Rice/White Steamed - Cooked | 2.25 | 20.25 | 0.00 | 90.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 41.25 | 20.25 | 2.40 | 276.00 |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |

Dinner

| | | | | | | | |
|---|------|---------------------|--|---------------|---------------|--------------|----------------|
| 3 | 2.0 | spear | Broccoli | 10.00 | 8.00 | 2.00 | 80.00 |
| 6 | 2.0 | 0.5 cup (1" pieces) | Cauliflower, cooked, boiled, drained, without salt | 2.28 | 5.10 | 0.56 | 28.52 |
| 17 | 0.5 | 1 cup | Rice, brown, long-grain, cooked | 2.52 | 22.39 | 0.88 | 108.23 |
| 1 | 5.0 | ounce(s) | Swordfish - cooked dry heat | 36.00 | 0.00 | 7.30 | 220.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | 50.80 | 35.49 | 10.74 | 436.75 |
| Totals For 1600 Calories Extreme Fat Loss - Day 04 | | | | 214.75 | 125.04 | 29.14 | 1614.75 |

1600 Calories Extreme Fat Loss - Day 05

Breakfast

| | | | | | | | |
|-----------------------------|------|---------|-----------------------------------|--------------|--------------|--------------|---------------|
| 15 | 1.0 | cup | Oatmeal -Quick, measured uncooked | 13.20 | 55.80 | 6.00 | 297.00 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | 59.20 | 61.80 | 11.00 | 557.00 |

Snack 1

| | | | | | | | |
|---------------------------|------|------------|------------------------|--------------|-------------|-------------|---------------|
| 23 | 0.3 | tablespoon | Flaxseed Oil (linseed) | 0.00 | 0.00 | 3.50 | 30.00 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 46.00 | 6.00 | 8.50 | 290.00 |

Lunch

| | | | | | | | |
|-------------------------|------|----------|----------------------------|--------------|--------------|-------------|---------------|
| 10 | 0.3 | cup | Rice - white cook steamed | 1.13 | 10.13 | 0.00 | 45.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 35.13 | 10.13 | 0.80 | 197.00 |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |

Dinner

| | | | | | | | |
|---|------|----------------------------|--|---------------|---------------|--------------|----------------|
| 6 | 1.0 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.49 | 1.63 | 0.08 | 7.70 |
| 1 | 3.0 | ounce(s) | Sirloin Top - fat trimmed off | 25.80 | 0.00 | 5.79 | 162.00 |
| 10 | 0.5 | 1 cup | Sweetpotato, cooked, baked in skin, without salt | 2.01 | 20.71 | 0.15 | 90.00 |
| 0 | 1.0 | 1 tablespoon | Vinegar, balsamic | 0.08 | 2.72 | 0.00 | 14.08 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | 28.38 | 25.06 | 6.02 | 273.78 |
| Totals For 1600 Calories Extreme Fat Loss - Day 05 | | | | 214.71 | 108.99 | 31.32 | 1577.78 |

1600 Calories Extreme Fat Loss - Day 06**Breakfast**

| | | | | | | | |
|-----------------------------|------|---------|-----------------------------------|--------------|--------------|-------------|---------------|
| 15 | 0.5 | cup | Oatmeal -Quick, measured uncooked | 6.60 | 27.90 | 3.00 | 148.50 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | <i>52.60</i> | <i>33.90</i> | <i>8.00</i> | <i>408.50</i> |

Snack 1

| | | | | | | | |
|---------------------------|------|----------|-----------------------------|--------------|--------------|-------------|---------------|
| 1 | 5.0 | ounce(s) | Chicken Breast / White Meat | 32.50 | 0.00 | 2.00 | 155.00 |
| 10 | 3.0 | ounce(s) | Potato/White - Baked | 1.95 | 21.45 | 0.09 | 93.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | <i>34.45</i> | <i>21.45</i> | <i>2.09</i> | <i>248.00</i> |

Lunch

| | | | | | | | |
|-------------------------|------|----------|----------------------------|--------------|--------------|-------------|---------------|
| 10 | 0.8 | cup | Rice - white cook steamed | 3.38 | 30.38 | 0.00 | 135.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | <i>37.38</i> | <i>30.38</i> | <i>0.80</i> | <i>287.00</i> |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | <i>46.00</i> | <i>6.00</i> | <i>5.00</i> | <i>260.00</i> |

Dinner

| | | | | | | | |
|---|------|--------------|--|---------------|---------------|--------------|----------------|
| 1 | 5.0 | ounce(s) | Sirloin Top - fat trimmed off | 43.00 | 0.00 | 9.65 | 270.00 |
| 6 | 1.5 | 1 cup | Spinach, raw | 1.29 | 1.63 | 0.18 | 10.35 |
| 10 | 0.5 | 1 cup | Sweetpotato, cooked, baked in skin, without salt | 2.01 | 20.71 | 0.15 | 90.00 |
| 0 | 2.0 | 1 tablespoon | Vinegar, balsamic | 0.16 | 5.45 | 0.00 | 28.16 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | <i>46.46</i> | <i>27.79</i> | <i>9.98</i> | <i>398.51</i> |
| Totals For 1600 Calories Extreme Fat Loss - Day 06 | | | | 216.89 | 119.52 | 25.87 | 1602.01 |

1600 Calories Extreme Fat Loss - Day 07

Breakfast

| | | | | | | | |
|-----------------------------|------|---------|-----------------------------------|--------------|--------------|-------------|---------------|
| 15 | 0.8 | cup | Oatmeal -Quick, measured uncooked | 9.90 | 41.85 | 4.50 | 222.75 |
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Breakfast</i> | | | | 55.90 | 47.85 | 9.50 | 482.75 |

Snack 1

| | | | | | | | |
|---------------------------|------|----------|-----------------------------|--------------|--------------|-------------|---------------|
| 1 | 4.0 | ounce(s) | Chicken Breast / White Meat | 26.00 | 0.00 | 1.60 | 124.00 |
| 10 | 3.0 | ounce(s) | Potato/White - Baked | 1.95 | 21.45 | 0.09 | 93.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 1</i> | | | | 27.95 | 21.45 | 1.69 | 217.00 |

Lunch

| | | | | | | | |
|-------------------------|------|----------|----------------------------|--------------|--------------|-------------|---------------|
| 10 | 0.5 | cup | Rice - white cook steamed | 2.25 | 20.25 | 0.00 | 90.00 |
| 1 | 4.0 | ounce(s) | Turkey Breast / White Meat | 34.00 | 0.00 | 0.80 | 152.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Lunch</i> | | | | 36.25 | 20.25 | 0.80 | 242.00 |

Snack 2

| | | | | | | | |
|---------------------------|------|---------|----------------------|--------------|-------------|-------------|---------------|
| 0 | 2.0 | scoop | Protein Powder | 46.00 | 6.00 | 5.00 | 260.00 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Snack 2</i> | | | | 46.00 | 6.00 | 5.00 | 260.00 |

Dinner

| | | | | | | | |
|---|------|----------------------------|--|---------------|---------------|--------------|----------------|
| 6 | 1.5 | 1 cup, shredded or chopped | Lettuce, iceberg (includes crisphead types), raw | 0.74 | 2.45 | 0.12 | 11.55 |
| 1 | 5.0 | ounce(s) | Sirloin Top - fat trimmed off | 43.00 | 0.00 | 9.65 | 270.00 |
| 10 | 0.5 | 1 cup | Sweetpotato, cooked, baked in skin, without salt | 2.01 | 20.71 | 0.15 | 90.00 |
| 0 | 1.0 | 1 tablespoon | Vinegar, balsamic | 0.08 | 2.72 | 0.00 | 14.08 |
| 0 | 16.0 | 1 fl oz | Water, tap, drinking | 0.00 | 0.00 | 0.00 | 0.00 |
| <i>Totals for Dinner</i> | | | | 45.83 | 25.88 | 9.92 | 385.63 |
| Totals For 1600 Calories Extreme Fat Loss - Day 07 | | | | 211.93 | 121.43 | 26.91 | 1587.38 |