



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Vegan - Day 01</b>							
<b>Breakfast</b>							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	pack	Oatmeal - instant pkt., plain Quaker Extra	4.40	17.60	2.00	95.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>12.00</b>	<b>38.95</b>	<b>6.30</b>	<b>247.50</b>
<b>Snack 1</b>							
16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Snack 1</i>				<b>11.48</b>	<b>31.30</b>	<b>15.25</b>	<b>292.78</b>
<b>Lunch</b>							
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
21	0.3	tablespoon	Catsup - tomato	0.05	1.02	0.03	4.00
0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	0.3	1 cup	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
<i>Totals for Lunch</i>				<b>11.70</b>	<b>51.34</b>	<b>4.41</b>	<b>286.93</b>
<b>Snack 2</b>							
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 2</i>				<b>4.51</b>	<b>38.84</b>	<b>2.23</b>	<b>184.32</b>
<b>Dinner</b>							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
21	2.0	tablespoon	LA CHOY Light Soy Sauce	2.94	4.28	0.04	29.20
6	0.5	cup	LA CHOY Snow Pea Pods, Frozen	1.22	4.66	0.01	20.70
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
6	0.5	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.85	2.06	0.18	10.92
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				<b>23.25</b>	<b>45.41</b>	<b>4.45</b>	<b>303.21</b>
<b>Totals For 1300 Calories Vegan - Day 01</b>				<b>62.94</b>	<b>205.84</b>	<b>32.64</b>	<b>1314.74</b>

1300 Calories Vegan - Day 02

**Breakfast**

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	4.71	47.15	1.66	193.98
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>11.71</b>	<b>55.15</b>	<b>5.66</b>	<b>293.98</b>

**Snack 1**

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
0	1.0	tablespoon	Tofutti Better Than Cream Cheese	0.50	0.50	4.00	40.00
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
<i>Totals for Snack 1</i>				<b>8.90</b>	<b>56.11</b>	<b>5.54</b>	<b>297.72</b>

**Lunch**

6	0.5	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.17	0.46	0.04	2.38
5	1.5	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	10.13	1.69	6.75	118.13
4	0.5	cup	OLD EL PASO Vegetarian Refried Beans	1.25	17.00	1.00	100.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
<i>Totals for Lunch</i>				<b>12.95</b>	<b>29.90</b>	<b>8.88</b>	<b>277.61</b>

**Snack 2**

19	4.0	each	MORNINGSTAR FARMS Chicken Nuggets	13.00	17.00	4.00	160.00
<i>Totals for Snack 2</i>				<b>13.00</b>	<b>17.00</b>	<b>4.00</b>	<b>160.00</b>

**Dinner**

21	2.0	tablespoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
23	0.3	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	0.5	1 teaspoon	Spices, garlic powder	0.26	1.13	0.01	5.13
<i>Totals for Dinner</i>				<b>18.29</b>	<b>44.23</b>	<b>7.38</b>	<b>297.53</b>

<b>Totals For 1300 Calories Vegan - Day 02</b>				<b>64.85</b>	<b>202.39</b>	<b>31.46</b>	<b>1326.84</b>
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## 1300 Calories Vegan - Day 03

### Breakfast

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<i>21.02</i>	<i>29.43</i>	<i>9.72</i>	<i>268.10</i>

### Snack 1

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
<i>Totals for Snack 1</i>				<i>6.53</i>	<i>49.10</i>	<i>6.95</i>	<i>277.75</i>

### Lunch

0	1.0	tea spoon	EDEN FOOD Organic Garlic Sesame Shake	0.00	0.00	1.00	20.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	4.0	ounce(s)	Portabella Mushrooms	4.01	5.32	0.00	40.68
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				<i>7.19</i>	<i>40.07</i>	<i>8.86</i>	<i>274.08</i>

### Snack 2

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
<i>Totals for Snack 2</i>				<i>8.00</i>	<i>25.00</i>	<i>6.25</i>	<i>190.00</i>

### Dinner

19	1.0	each	MORNINGSTAR FARMS Chicken Patties	7.26	14.90	9.84	177.00
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
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
<i>Totals for Dinner</i>				<i>15.25</i>	<i>38.95</i>	<i>11.03</i>	<i>311.12</i>
<b>Totals For 1300 Calories Vegan - Day 03</b>				<b>57.99</b>	<b>182.55</b>	<b>42.81</b>	<b>1321.05</b>

1300 Calories Vegan - Day 04

**Breakfast**

0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
15	1.5	biscuit	Shredded Wheat, Nabisco	3.00	28.50	1.50	120.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>10.00</b>	<b>48.95</b>	<b>5.50</b>	<b>276.00</b>

**Snack 1**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
<i>Totals for Snack 1</i>				<b>10.96</b>	<b>50.46</b>	<b>6.22</b>	<b>291.48</b>

**Lunch**

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
6	2.0	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	0.55	2.38	0.14	12.80
4	0.5	cup	HEALTH VALLEY Fat Free Honey Baked Beans	7.00	25.00	0.00	110.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
19	1.0	each	MORNINGSTAR FARMS Deli Franks	9.63	2.96	6.54	109.00
<i>Totals for Lunch</i>				<b>17.98</b>	<b>38.74</b>	<b>7.48</b>	<b>275.80</b>

**Snack 2**

7	0.5	1 cup	Grapes, american type (slip skin), raw	0.29	7.89	0.16	30.82
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
<i>Totals for Snack 2</i>				<b>4.29</b>	<b>40.89</b>	<b>2.16</b>	<b>190.82</b>

**Dinner**

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
21	1.0	tablespoon	LA CHOY Light Soy Sauce	1.47	2.14	0.02	14.60
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
4	0.5	1 cup	Tempeh	15.39	7.79	8.96	160.19
<i>Totals for Dinner</i>				<b>25.00</b>	<b>33.82</b>	<b>9.88</b>	<b>301.57</b>

<b>Totals For 1300 Calories Vegan - Day 04</b>				<b>68.23</b>	<b>212.86</b>	<b>31.24</b>	<b>1335.67</b>
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**1300 Calories Vegan - Day 05****Breakfast**

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
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
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>11.98</b>	<b>44.56</b>	<b>6.76</b>	<b>282.61</b>

**Snack 1**

7	0.8	1 cup, halves	Apricots, dried, sulfured, stewed, with added sugar	2.37	59.25	0.30	228.83
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
<i>Totals for Snack 1</i>				<b>4.04</b>	<b>72.58</b>	<b>0.30</b>	<b>288.83</b>

**Lunch**

20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
14	0.1	1 cup	Seeds, sunflower seed kernels, dried	3.64	3.50	9.01	102.20
0	0.8	cup	Silk Plain Soy Milk	5.25	6.00	3.00	75.00
0	8.5	ounce(s)	Tomato Soup / Campbell's low sod.	0.81	20.24	2.43	102.00
<i>Totals for Lunch</i>				<b>11.00</b>	<b>40.24</b>	<b>14.84</b>	<b>334.20</b>

**Snack 2**

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
<i>Totals for Snack 2</i>				<b>8.00</b>	<b>25.00</b>	<b>6.25</b>	<b>190.00</b>

**Dinner**

19	2.5	ounce(s)	GARDENBURGER Zesty Bean	7.00	19.00	2.50	120.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	8.0	tablespoon	Onion - chopped	0.80	7.20	0.00	32.00
<i>Totals for Dinner</i>				<b>11.59</b>	<b>39.23</b>	<b>10.17</b>	<b>273.84</b>
<b>Totals For 1300 Calories Vegan - Day 05</b>				<b>46.61</b>	<b>221.61</b>	<b>38.32</b>	<b>1369.48</b>

**1300 Calories Vegan - Day 06****Breakfast**

15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.53	35.36	1.24	145.49
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				<b>10.53</b>	<b>43.36</b>	<b>5.24</b>	<b>245.49</b>

**Snack 1**

16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Snack 1</i>				<b>11.48</b>	<b>31.30</b>	<b>15.25</b>	<b>292.78</b>

**Lunch**

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	2.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean	0.09	4.80	5.76	69.60
<i>Totals for Lunch</i>				<b>14.34</b>	<b>41.15</b>	<b>7.41</b>	<b>273.60</b>

**Snack 2**

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 2</i>				<b>4.51</b>	<b>38.84</b>	<b>2.23</b>	<b>184.32</b>

**Dinner**

7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
4	1.0	cup	Natural Touch Vegetarian Chili	18.00	21.00	1.00	170.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
<i>Totals for Dinner</i>				<b>20.38</b>	<b>40.20</b>	<b>6.03</b>	<b>301.79</b>
<b>Totals For 1300 Calories Vegan - Day 06</b>				<b>61.24</b>	<b>194.85</b>	<b>36.16</b>	<b>1297.98</b>

**1300 Calories Vegan - Day 07****Breakfast**

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<b>Totals for Breakfast</b>				<b>14.02</b>	<b>46.33</b>	<b>5.72</b>	<b>280.10</b>

**Snack 1**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
<b>Totals for Snack 1</b>				<b>10.96</b>	<b>50.46</b>	<b>6.22</b>	<b>291.48</b>

**Lunch**

19	1.0	cup	Natural Touch Tuno (soy based)	21.02	6.01	6.01	180.18
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.01	2.23	6.73	67.96
6	1.0	1 medium whole (2-3/5" dia)	Tomatoes, red, ripe, raw, year round average	1.08	4.78	0.25	22.14
<b>Totals for Lunch</b>				<b>22.16</b>	<b>15.67</b>	<b>13.04</b>	<b>280.28</b>

**Snack 2**

19	4.0	each	MORNINGSTAR FARMS Chicken Nuggets	13.00	17.00	4.00	160.00
<b>Totals for Snack 2</b>				<b>13.00</b>	<b>17.00</b>	<b>4.00</b>	<b>160.00</b>

**Dinner**

21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
4	1.5	1 slice	MORI-NU, Tofu, silken, extra firm	9.32	2.52	2.39	69.30
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
<b>Totals for Dinner</b>				<b>20.02</b>	<b>52.32</b>	<b>3.09</b>	<b>292.30</b>
<b>Totals For 1300 Calories Vegan - Day 07</b>				<b>80.16</b>	<b>181.78</b>	<b>32.07</b>	<b>1304.16</b>