



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Template, Asian Explosion - Day 01							
Breakfast							
15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				13.08	53.53	5.86	304.45
Snack 1							
14	2.0	1 almond	Nuts, almonds	0.51	0.52	1.20	13.90
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 1				1.21	25.62	1.20	111.90
Lunch							
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
17	0.3	1 cup	Noodles, chinese, chow mein	1.20	10.81	2.29	70.54
6	1.0	1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	46.19
23	1.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	2.50	0.75	17.50
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
Totals for Lunch				43.06	32.55	6.52	349.03
Snack 2							
7	20.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.72	18.10	0.16	69.00
9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				6.32	61.30	2.76	289.00
Dinner							
6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	1.0	1 cup, strips or slices	Carrots, raw	1.13	11.69	0.29	50.02
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	0.5	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	6.75	59.67
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
4	2.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	2.57	1.59	0.09	16.19
0	0.3	1 teaspoon	Spices, ginger, ground	0.04	0.32	0.02	1.51
Totals for Dinner				35.29	64.37	12.37	500.67
Snack 3							
0	5.0	1 cup	Snacks, popcorn, air-popped	5.18	31.11	1.82	154.80
Totals for Snack 3				5.18	31.11	1.82	154.80
Totals For 1700 Calories Template, Asian Explosion - Day 01				104.14	268.48	30.53	1709.85

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				30.52	52.20	6.37	381.37

Snack 1

9	2.0	each	Rice cake - plain, Quaker	1.60	14.20	0.60	70.00
7	6.0	ounce(s)	Tangerine - fresh peeled	1.20	19.20	0.60	72.00
Totals for Snack 1				2.80	33.40	1.20	142.00

Lunch

6	0.5	cup	bean Sprouts, fresh, stir fried	2.65	6.55	0.15	31.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
Totals for Lunch				25.66	65.24	5.31	407.38

Snack 2

7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
Totals for Snack 2				1.35	24.72	0.63	99.00

Dinner

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
4	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
4	0.3	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.06	30.13	0.02	122.85
23	0.5	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	6.75	59.67
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
4	2.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	20.64	4.26	10.51	176.40
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				34.25	58.00	20.03	528.34

Snack 3

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 3				4.00	29.00	2.00	150.00
Totals For 1700 Calories Template, Asian Explosion - Day 02				98.58	262.56	35.54	1708.09

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				10.32	57.58	3.26	269.77

Snack 1

7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 1				4.84	49.34	2.19	227.50

Lunch

6	1.0	1 cup (1/2" slices)	Bamboo shoots, cooked, boiled, drained, without salt	1.84	2.30	0.26	14.40
4	2.0	1/2 cup	Edamame (green soybeans)	22.00	26.00	5.00	240.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	2.0	cup	Miso Soup	2.00	8.00	2.00	64.00
23	1.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	2.50	0.75	17.50
Totals for Lunch				29.29	47.69	8.20	379.90

Snack 2

4	12.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.92	2.55	5.96	70.44
Totals for Snack 2				2.92	2.55	5.96	70.44

Dinner

6	1.0	1 cup, shredded	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.79	2.87	0.20	16.66
12	2.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	43.25	0.00	13.82	309.40
4	0.8	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.17	90.39	0.06	368.55
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
Totals for Dinner				46.36	100.33	14.17	723.41

Snack 3

7	10.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.36	9.05	0.08	34.50
Totals for Snack 3				0.36	9.05	0.08	34.50
Totals For 1700 Calories Template, Asian Explosion - Day 03				94.09	266.54	33.86	1705.52

Breakfast

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
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	0.00	0.71	0.00	2.37
Totals for Breakfast				12.57	47.69	5.64	280.13

Snack 1

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
23	1.5	tablespoon	Soy Nut Butter	5.25	7.50	8.25	127.50
7	6.0	ounce(s)	Tangerine - fresh peeled	1.20	19.20	0.60	72.00
Totals for Snack 1				13.51	50.92	10.83	342.38

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	2.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	9.00	79.56
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
Totals for Lunch				40.47	52.54	13.06	491.81

Snack 2

7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				4.84	49.34	2.19	227.50

Dinner

6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
0	1.5	cup	Miso Soup	1.50	6.00	1.50	48.00
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	1.0	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	1.84	21.50	0.18	82.00
Totals for Dinner				34.27	29.01	3.32	280.00

Snack 3

0	4.0	1 cup	Snacks, popcorn, air-popped	4.14	24.89	1.45	123.84
Totals for Snack 3				4.14	24.89	1.45	123.84
Totals For 1700 Calories Template, Asian Explosion - Day 04				109.80	254.39	36.49	1745.66

1700 Calories Template, Asian Explosion - Day 05

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
23	0.3	tablespoon	Soy Nut Butter	0.88	1.25	1.38	21.25
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				16.80	40.37	3.03	250.12

Snack 1

7	15.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.54	13.58	0.12	51.75
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Snack 1				8.94	42.88	3.02	226.75

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
4	2.0	1/2 cup	Edamame (green soybeans)	22.00	26.00	5.00	240.00
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
17	0.3	1 cup	Noodles, chinese, chow mein	1.20	10.81	2.29	70.54
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	1.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	2.50	0.75	17.50
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
Totals for Lunch				27.23	55.82	9.64	421.95

Snack 2

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				4.00	29.00	2.00	150.00

Dinner

6	1.0	1 cup (1/2" slices)	Bamboo shoots, cooked, boiled, drained, without salt	1.84	2.30	0.26	14.40
18	4.0	1 oz	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	32.97	0.00	8.80	220.00
6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	1.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	4.50	39.78
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
0	0.5	1 teaspoon	Spices, ginger, ground	0.08	0.64	0.04	3.02
Totals for Dinner				47.08	61.98	16.27	571.74

Snack 3

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Snack 3				1.85	22.95	0.46	91.20
Totals For 1700 Calories Template, Asian Explosion - Day 05				105.90	253.00	34.42	1711.76

1700 Calories Template, Asian Explosion - Day 06

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				10.17	59.56	3.23	275.77

Snack 1

7	1.5	1 cup	Blueberries, raw	1.64	32.17	0.73	126.54
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 1				5.64	61.17	2.73	276.54

Lunch

6	0.8	cup	bean Sprouts, fresh, stir fried	3.98	9.83	0.23	46.50
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
7	15.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.54	13.58	0.12	51.75
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
4	1.0	1 teaspoon	Soy sauce made from soy and wheat (shoyu), low sodium	0.41	0.25	0.01	2.57
Totals for Lunch				27.28	69.00	5.14	408.76

Snack 2

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Snack 2				6.02	29.02	15.66	269.20

Dinner

6	1.0	1 cup, shredded	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.79	2.87	0.20	16.66
6	1.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	0.59	6.41	0.14	27.30
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
Totals for Dinner				39.07	53.03	3.75	400.05

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
Totals for Snack 3				3.11	18.67	1.09	92.88
Totals For 1700 Calories Template, Asian Explosion - Day 06				91.29	290.45	31.60	1723.20

Breakfast

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
Totals for Breakfast				30.58	55.03	5.86	389.45

Snack 1

7	6.0	ounce(s)	Tangerine - fresh peeled	1.20	19.20	0.60	72.00
Totals for Snack 1				1.20	19.20	0.60	72.00

Lunch

6	0.8	1 cup, strips or slices	Carrots, raw	0.85	8.77	0.22	37.52
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
17	0.5	1 cup	Noodles, chinese, chow mein	1.82	16.38	3.47	106.88
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	1.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	2.50	0.75	17.50
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
8	5.0	ounce(s)	Tuna Solid White -Water Sm. can	37.50	2.50	2.50	175.00
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Lunch				45.75	43.48	12.31	458.00

Snack 2

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				4.00	29.00	2.00	150.00

Dinner

6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
4	0.8	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.17	90.39	0.06	368.55
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
4	2.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	20.64	4.26	10.51	176.40
Totals for Dinner				23.43	96.95	10.75	563.04

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00

Totals For 1700 Calories Template, Asian Explosion - Day 07				105.66	268.76	31.52	1730.49
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