



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1900 Calories Template, North Beach Phase II - Day 01</b>							
<b>Breakfast</b>							
16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
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
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
<i>Totals for Breakfast</i>				<b>17.74</b>	<b>61.28</b>	<b>7.64</b>	<b>376.00</b>
<b>Snack 1</b>							
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
<i>Totals for Snack 1</i>				<b>11.04</b>	<b>46.56</b>	<b>6.79</b>	<b>279.62</b>
<b>Lunch</b>							
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Lunch</i>				<b>50.90</b>	<b>62.65</b>	<b>6.70</b>	<b>512.41</b>
<b>Snack 2</b>							
9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 2</i>				<b>2.40</b>	<b>26.20</b>	<b>0.20</b>	<b>120.00</b>
<b>Dinner</b>							
3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
6	1.0	1 large	Sweet potato, cooked, baked in skin, flesh, without salt	3.62	37.28	0.27	162.00
<i>Totals for Dinner</i>				<b>40.66</b>	<b>44.88</b>	<b>16.24</b>	<b>483.05</b>
<b>Snack 3</b>							
0	5.0	1 cup	Snacks, popcorn, air-popped	5.18	31.11	1.82	154.80
<i>Totals for Snack 3</i>				<b>5.18</b>	<b>31.11</b>	<b>1.82</b>	<b>154.80</b>
<b>Totals For 1900 Calories Template, North Beach Phase II - Day 01</b>				<b>127.92</b>	<b>272.68</b>	<b>39.39</b>	<b>1925.88</b>

1900 Calories Template, North Beach Phase II - Day 02

Breakfast

7	1.3	1 cup	Blueberries, raw	1.37	26.81	0.61	105.45
15	1.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	8.32	40.96	4.77	238.68
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Breakfast				20.33	85.41	13.48	528.13

Snack 1

14	12.0	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
Totals for Snack 1				4.45	24.89	7.75	182.25

Lunch

5	0.8	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	21.02	4.58	1.70	122.04
16	4.0	1 toast	Crackers, melba toast, wheat	2.58	15.28	0.46	74.80
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Lunch				28.98	53.58	8.41	388.04

Snack 2

5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				7.48	32.30	0.34	161.50

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	3.0	slice	Pizza, cheese and veggies	24.00	69.00	9.63	459.00
23	1.0	1 tablespoon	Salad dressing, french dressing, reduced calorie	0.06	4.32	2.08	32.00
Totals for Dinner				27.51	82.21	11.90	535.00

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals for Snack 3				4.30	24.50	8.65	176.00
Totals For 1900 Calories Template, North Beach Phase II - Day 02				93.05	302.89	50.53	1970.92

1900 Calories Template, North Beach Phase II - Day 03

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
7	2.0	1 cup, halves	Strawberries, raw	2.04	23.35	0.91	97.28
Totals for Breakfast				14.43	62.78	10.53	382.18

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				7.88	40.50	0.54	201.50

Lunch

6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
0	2.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	4.15	23.57	3.81	134.96
6	1.0	1 slice, thick/large (1/2" thick)	Tomatoes, red, ripe, raw, year round average	0.24	1.05	0.05	4.86
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Lunch				48.12	68.70	11.27	538.07

Snack 2

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 2				0.70	25.10	0.00	98.00

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	2.0	tablespoon	Parmesean Cheese, Low Sodium	4.16	0.37	3.00	45.60
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				46.16	54.94	13.23	507.12

Snack 3

0	6.0	1 cup	Snacks, popcorn, air-popped	6.21	37.33	2.18	185.76
Totals for Snack 3				6.21	37.33	2.18	185.76
Totals For 1900 Calories Template, North Beach Phase II - Day 03				123.50	289.35	37.75	1912.63

1900 Calories Template, North Beach Phase II - Day 04

Breakfast

16	2.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	8.14	25.58	2.04	153.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
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
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
Totals for Breakfast				28.24	62.18	7.64	427.00

Snack 1

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				6.00	21.50	8.15	175.00

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
16	3.0	1 toast	Crackers, melba toast, wheat	1.93	11.46	0.34	56.10
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
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				20.99	39.37	15.24	374.48

Snack 2

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				8.68	59.00	0.94	266.50

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	0.3	1 cup (8 fl oz)	Sauce, barbecue	0.51	25.48	0.39	107.50
6	2.0	1/2 cup	zucchini, frozen, boiled, drained	2.59	8.02	0.29	38.00
Totals for Dinner				40.63	78.27	4.43	516.95

Snack 3

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
7	2.0	1 cup, halves	Strawberries, raw	2.04	23.35	0.91	97.28
Totals for Snack 3				3.97	44.85	3.74	215.28

Totals For 1900 Calories Template, North Beach Phase II - Day 04				108.51	305.17	40.14	1975.21
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1900 Calories Template, North Beach Phase II - Day 05

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				29.10	83.60	2.50	401.00

Snack 1

14	12.0	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				6.60	37.32	7.62	229.68

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	4.77	20.34	2.53	122.91
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals for Lunch				53.54	62.02	7.52	527.97

Snack 2

7	2.0	1 cup, diced	Watermelon, raw	1.85	22.95	0.46	91.20
Totals for Snack 2				1.85	22.95	0.46	91.20

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	1.0	tablespoon	Parmesean Cheese, Low Sodium	2.08	0.19	1.50	22.80
23	1.0	1 tablespoon	Salad dressing, french dressing, reduced calorie	0.06	4.32	2.08	32.00
0	1.0	1 serving	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.76	9.41	1.85	61.25
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
11	3.0	each	Turkey Meatballs	15.00	7.98	6.90	150.00
Totals for Dinner				28.09	63.50	13.19	461.65

Snack 3

0	6.0	1 cup	Snacks, popcorn, air-popped	6.21	37.33	2.18	185.76
Totals for Snack 3				6.21	37.33	2.18	185.76
Totals For 1900 Calories Template, North Beach Phase II - Day 05				125.39	306.72	33.47	1897.26

1900 Calories Template, North Beach Phase II - Day 06

Breakfast

15	1.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	8.32	40.96	4.77	238.68
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
Totals for Breakfast				17.27	65.85	5.33	372.55

Snack 1

4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				8.52	33.82	4.14	206.00

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Lunch				48.93	42.99	12.50	458.06

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals for Snack 2				10.16	51.40	10.05	310.81

Dinner

18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	21.93	0.00	5.05	139.40
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	10.0	medium	Carrots - baby, raw	1.00	8.00	1.00	40.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	2.0	0.5 cup	Coleslaw, home-prepared	1.55	14.89	3.13	93.60
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	2.0	1 slice, thin/small	Tomatoes, red, ripe, raw, year round average	0.26	1.17	0.06	5.40
Totals for Dinner				39.80	62.99	12.43	511.50

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 1900 Calories Template, North Beach Phase II - Day 06				126.53	280.00	44.91	1950.12

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
Totals for Breakfast				13.59	66.13	10.22	389.90

Snack 1

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				6.00	21.50	8.15	175.00

Lunch

5	0.8	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	21.02	4.58	1.70	122.04
16	4.0	1 toast	Crackers, melba toast, wheat	2.58	15.28	0.46	74.80
7	1.5	1 cup, slices	Peaches, raw	2.32	24.33	0.64	99.45
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				26.92	52.19	2.80	332.29

Snack 2

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	12.0	1 almond	Nuts, almonds	3.05	3.10	7.19	83.38
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 2				10.93	43.60	7.73	284.88

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
6	1.0	1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	46.19
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
6	1.0	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.62	8.61	0.04	35.00
Totals for Dinner				50.93	68.11	11.99	586.63

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 1900 Calories Template, North Beach Phase II - Day 07				113.55	282.64	42.71	1923.50