



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Stable Blood Sugar - Day 01							
Breakfast							
15	1.0	1/2 cup	Cereal, oats, old fashioned, dry	5.00	27.00	3.00	150.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Breakfast</i>				22.10	58.42	3.93	345.30
Snack 1							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 1</i>				6.76	21.81	2.55	129.38
Lunch							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	2.0	ounce(s)	Garbanzo - boiled	5.00	15.55	1.45	92.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
<i>Totals for Lunch</i>				15.08	35.44	14.63	328.73
Snack 2							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				0.30	21.00	0.50	81.00
Dinner							
6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
6	0.5	cup	Peas - snap, Green Giant, Harvet Fresh	2.00	8.00	0.00	30.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	1.0	tablespoon	Soy sauce, Organic, Lite	0.00	1.30	0.00	11.00
<i>Totals for Dinner</i>				26.36	36.49	9.32	332.87
Snack 3							
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
5	6.0	ounce(s)	Soy Milk, fat-free w/ calcium	4.50	6.00	0.00	45.00
<i>Totals for Snack 3</i>				6.53	8.07	4.79	100.58
Totals For 1300 Calories Stable Blood Sugar - Day 01				77.13	181.23	35.72	1317.86

1300 Calories Stable Blood Sugar - Day 02

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				11.88	41.89	1.26	208.72

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<i>Totals for Snack 1</i>				7.77	9.66	0.78	74.15

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	5.0	1 large	Carrots, baby, raw	0.48	6.18	0.10	26.25
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
<i>Totals for Lunch</i>				27.94	39.28	3.67	287.17

Snack 2

5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				8.90	14.54	1.98	109.05

Dinner

18	1.0	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	23.65	0.00	7.07	164.90
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
<i>Totals for Dinner</i>				35.08	37.91	26.21	506.43

Snack 3

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 3</i>				7.08	22.23	2.71	133.56

Totals For 1300 Calories Stable Blood Sugar - Day 02				98.65	165.51	36.61	1319.08
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Stable Blood Sugar - Day 03

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
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
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
<i>Totals for Breakfast</i>				13.44	40.45	5.93	260.87

Snack 1

14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
<i>Totals for Snack 1</i>				2.33	7.07	9.16	111.00

Lunch

4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
0	3.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.74	3.23	0.08	13.92
0	0.5	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	3.09	11.10	1.61	68.20
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				31.40	45.16	4.85	349.25

Snack 2

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 2</i>				9.01	20.39	2.98	136.70

Dinner

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	0.5	0.5 cup pieces	Mushrooms, white, raw	0.54	0.57	0.06	3.85
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
<i>Totals for Dinner</i>				25.12	33.70	9.42	309.08

Snack 3

4	0.3	1 cup	Hummus, home prepared	2.99	12.37	5.28	108.86
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 3</i>				4.99	26.37	5.28	168.86
Totals For 1300 Calories Stable Blood Sugar - Day 03				86.29	173.14	37.62	1335.76

1300 Calories Stable Blood Sugar - Day 04**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	1/2 cup	Cereal, oats, old fashioned, dry	5.00	27.00	3.00	150.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				20.39	52.88	9.04	364.68

Snack 1

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 1</i>				7.01	22.39	3.01	137.20

Lunch

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
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.5	0.5 cup pieces	Mushrooms, white, raw	0.54	0.57	0.06	3.85
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.3	1 cup, chopped	Peppers, sweet, red, raw	0.37	2.25	0.11	11.55
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
<i>Totals for Lunch</i>				15.22	34.38	8.49	258.61

Snack 2

14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
<i>Totals for Snack 2</i>				1.92	11.84	3.65	80.56

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				28.51	33.43	7.64	307.23

Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
5	6.0	ounce(s)	Soy Milk, fat-free w/ calcium	4.50	6.00	0.00	45.00
<i>Totals for Snack 3</i>				6.48	28.51	4.94	175.12

Totals For 1300 Calories Stable Blood Sugar - Day 04				79.53	183.43	36.77	1323.40
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Stable Blood Sugar - Day 05

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				13.86	40.22	6.29	263.51

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				8.55	17.77	1.00	107.30

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
4	2.0	ounce(s)	Garbanzo - boiled	5.00	15.55	1.45	92.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
<i>Totals for Lunch</i>				23.86	36.36	13.77	352.80

Snack 2

5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				8.90	14.54	1.98	109.05

Dinner

18	0.8	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	17.74	0.00	5.30	123.68
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
0	3.0	1 tablespoon	Sauce, salsa, ready-to-serve	0.74	3.23	0.08	13.92
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Dinner</i>				26.03	40.83	8.84	346.19

Snack 3

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 3</i>				7.01	22.39	3.01	137.20

Totals For 1300 Calories Stable Blood Sugar - Day 05				88.21	172.11	34.89	1316.05
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Stable Blood Sugar - Day 06

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Breakfast</i>				12.92	52.27	1.46	250.70

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
<i>Totals for Snack 1</i>				14.87	14.24	1.55	128.36

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
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	0.8	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	4.63	16.65	2.42	102.30
<i>Totals for Lunch</i>				18.46	42.09	4.32	274.92

Snack 2

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 2</i>				6.21	11.09	2.31	87.20

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, halibut, Atlantic and Pacific, cooked, dry heat	19.16	0.00	1.37	94.35
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
6	1.0	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	1.84	21.50	0.18	82.00
<i>Totals for Dinner</i>				30.15	40.49	7.18	318.63

Snack 3

14	1.0	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	4.26	3.84	18.26	183.12
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
<i>Totals for Snack 3</i>				4.46	8.99	18.29	202.56

Totals For 1300 Calories Stable Blood Sugar - Day 06				87.07	169.17	35.11	1262.37
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Stable Blood Sugar - Day 07

Breakfast

15	1.0	1/2 cup	Cereal, oats, old fashioned, dry	5.00	27.00	3.00	150.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
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
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
<i>Totals for Breakfast</i>				14.35	58.65	3.63	310.44

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
14	2.0	1 teaspoon, ground	Seeds, flaxseed	0.91	1.44	2.11	26.70
<i>Totals for Snack 1</i>				11.51	20.74	2.50	147.70

Lunch

5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
0	1.0	1 cup	Soup, black bean, canned, prepared with equal volume water	5.98	19.04	1.63	113.62
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
<i>Totals for Lunch</i>				33.68	25.52	5.24	275.49

Snack 2

4	0.3	1 cup	Hummus, home prepared	2.99	12.37	5.28	108.86
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				4.99	26.37	5.28	168.86

Dinner

5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
0	0.5	tablespoon	Garlic powder	0.70	3.05	0.05	14.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
6	0.5	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.51	5.01	0.20	20.93
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
<i>Totals for Dinner</i>				30.44	29.62	6.99	286.01

Snack 3

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
<i>Totals For 1300 Calories Stable Blood Sugar - Day 07</i>				96.95	183.41	28.58	1318.62