



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Healthy Cholesterol - Day 01							
Breakfast - Top cereal w/ sliced banana,nuts,flax & milk.							
15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	4.13	30.53	0.56	126.38
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 teaspoon, ground	Seeds, flaxseed	0.23	0.36	0.53	6.68
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
Totals for Breakfast				15.26	55.29	5.99	314.06
Snack 1							
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 1				1.00	27.00	0.00	100.00
Lunch - Toss salad ingredients with oil and vinegar.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	4.0	tea spoon	Olive oil	0.00	0.00	18.00	160.00
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
Totals for Lunch				44.00	14.00	19.00	412.50
Snack 2							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
Totals for Snack 2				3.36	4.56	7.68	94.32
Dinner - Boil/grill chick oil.Potato w/spread. Salad greens							
6	2.0	0.5 cup	Arugula, raw	0.52	0.73	0.13	5.00
2	0.5	each	Baked potato, large	3.50	31.50	0.00	140.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
Totals for Dinner				33.74	49.43	14.37	463.60
Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
Totals for Snack 3				0.45	25.70	0.60	98.00
Totals For 1500 Calories Healthy Cholesterol - Day 01				97.81	175.98	47.64	1482.48

Breakfast - Prepare oats per package directions using milk.

14	2.0	tablespoon	Chopped walnuts	4.00	2.00	9.00	100.00
3	0.5	cup	Dry steel cut oats	4.50	24.30	2.25	135.00
5	10.0	fluid ounce(s)	Skim milk	10.00	20.00	0.00	100.00
Totals for Breakfast				18.50	46.30	11.25	335.00

Snack 1 - Spread almond butter on bread.

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
Totals for Snack 1				3.39	12.87	3.88	99.83

Lunch - Toss salad ingredients together.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	0.8	tablespoon	Olive oil	0.00	0.00	10.50	97.50
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
Totals for Lunch				38.79	23.35	15.83	377.68

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 2				1.00	27.00	0.00	100.00

Dinner - Broil fish w/oil. Serve w/beets&beans/almonds.

20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
1	5.0	ounce(s)	Flounder - broiled	34.15	0.00	0.00	165.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	1.0	cup	Roasted beets	1.00	11.00	0.00	50.00
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
Totals for Dinner				42.75	43.68	13.24	493.80

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00

Totals For 1500 Calories Healthy Cholesterol - Day 02				105.13	178.30	44.20	1504.31
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Breakfast - Saute eggs, cheese & veg in spread. Melon/raisin.

1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				21.38	45.63	4.73	307.84

Snack 1 - Fresh berry flax salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	0.3	1 teaspoon, whole	Seeds, flaxseed	0.16	0.25	0.36	4.54
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 1</i>				1.70	22.76	1.10	105.87

Lunch - Top rice w/chopped chicken and remaining ing.

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
<i>Totals for Lunch</i>				35.27	44.17	13.58	425.65

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 2</i>				0.50	13.50	5.00	100.00

Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	4.0	ounce(s)	Ground chicken breast, raw	24.00	0.00	1.00	100.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.95	5.20	0.13	28.60
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	1.5	ounce(s)	Mozzarella cheese, part skim	10.18	1.17	6.69	106.68
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				43.82	61.86	10.24	487.75

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32

Totals For 1500 Calories Healthy Cholesterol - Day 03				106.03	192.48	42.33	1521.43
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Breakfast - Mix cott cheese w/ fruit/cinn/nuts. Muffin w PB.

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Breakfast</i>				13.82	49.74	9.55	314.82

Snack 1 - Almond butter wrap.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
21	0.3	tablespoon	Almond Butter	0.60	0.90	2.70	30.30
<i>Totals for Snack 1</i>				3.60	13.90	3.70	100.30

Lunch - Spinach, broccoli, salmon cobb salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
<i>Totals for Lunch</i>				35.80	14.87	18.05	369.05

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Saute beef w/ veg and soy. Serve over beef.

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	4.5	ounce(s)	Extra lean beef	28.13	2.25	3.38	146.25
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
23	0.5	tea spoon	Olive oil	0.00	0.00	2.25	20.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				41.44	69.11	8.79	496.01

Snack 3 - Mix prepared popcorn with raisin.

0	2.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 3</i>				1.34	21.34	2.00	116.00
Totals For 1500 Calories Healthy Cholesterol - Day 04				97.00	195.96	42.09	1496.18

Breakfast - Prepare oats w/ milk. Top w/nuts/raisin/cinn.

14	0.8	tablespoon	Chopped walnuts	1.50	0.75	3.38	37.50
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
5	10.0	fluid ounce(s)	Skim milk	10.00	20.00	0.00	100.00
<i>Totals for Breakfast</i>				19.19	70.78	7.44	405.34

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	4.00	90.00

Lunch - Toss ingredients and place on rice. Serve w/greens

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				38.75	39.55	10.35	399.98

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
<i>Totals for Snack 2</i>				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	3.0	tea spoon	Olive oil	0.00	0.00	13.50	120.00
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
<i>Totals for Dinner</i>				39.03	29.61	15.12	395.80

Snack 3

7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 3</i>				1.00	23.00	0.00	90.00

Totals For 1500 Calories Healthy Cholesterol - Day 05				108.37	185.02	41.53	1499.92
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Breakfast - Scramble eggs 1/2 spread. Remain spread on bagel.

1	3.0	large	Egg white	12.00	0.00	0.00	45.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
21	3.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	4.50	45.00
1	1.0	each	Vegetarian sausage link	4.00	2.00	1.50	35.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Breakfast</i>				21.60	37.90	6.85	296.00

Snack 1 - Spread almond butter on apple.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				1.30	22.50	5.00	131.50

Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	2.0	tablespoon	Low fat mayonnaise	0.00	8.00	2.00	50.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	5.0	ounce(s)	Water packed white tuna	35.00	0.00	5.00	175.00
16	4.0	each	Wheat melba toast	2.56	15.28	0.44	74.80
<i>Totals for Lunch</i>				40.56	39.67	7.66	369.20

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Roast halibut. Cook lentils w/ onions&carrots.

6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	4.0	ounce(s)	Halibut, raw	16.00	0.00	16.00	200.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				34.85	48.14	21.65	505.23

Snack 3 - Mixed berry salad w flaxseed.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				2.00	23.23	1.79	114.68

Totals For 1500 Calories Healthy Cholesterol - Day 06				101.31	198.44	42.95	1516.61
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1500 Calories Healthy Cholesterol - Day 07

Breakfast - Top yogurt with melon, seeds and raisins.

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
1	5.0	ounce(s)	Greek yogurt, plain, non fat	10.00	5.00	0.00	75.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Breakfast</i>				15.31	35.73	7.30	278.04

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
<i>Totals for Snack 1</i>				0.75	20.25	4.00	115.00

Lunch - Avocado turkey wheat wrap.

6	0.7	cup	Grated carrots	0.66	7.26	0.00	29.70
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	4.0	ounce(s)	Turkey breast	34.00	0.00	0.80	152.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				45.16	34.26	12.80	401.70

Snack 2 - Slice pepper dip into hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				3.40	13.60	3.20	90.00

Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese

1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				40.52	62.14	13.74	512.22

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
Totals For 1500 Calories Healthy Cholesterol - Day 07				105.84	191.08	41.04	1494.96