



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Low Cholesterol - Day 01</b>							
<b>Breakfast</b>							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>14.10</b>	<b>58.90</b>	<b>2.80</b>	<b>308.00</b>
<b>Snack 1</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Lunch</b>							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				<b>34.40</b>	<b>48.55</b>	<b>5.10</b>	<b>381.76</b>
<b>Snack 2</b>							
0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
0	1.0	1 oz	Snacks, pretzels, hard, plain, salted	2.85	22.79	0.83	108.86
<i>Totals for Snack 2</i>				<b>3.26</b>	<b>40.85</b>	<b>2.05</b>	<b>189.59</b>
<b>Dinner</b>							
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
12	2.0	3 oz	Fish, tuna, yellowfin, fresh, cooked, dry heat	49.55	0.00	1.00	221.00
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
2	4.0	ounce(s)	Potato/White - Baked	2.60	28.60	0.12	124.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Dinner</i>				<b>63.11</b>	<b>49.20</b>	<b>5.21</b>	<b>492.52</b>
<b>Snack 3</b>							
0	1.0	1 bar (1 oz)	Snacks, crisped rice bar, chocolate chip	1.43	20.44	3.78	113.12
<i>Totals for Snack 3</i>				<b>1.43</b>	<b>20.44</b>	<b>3.78</b>	<b>113.12</b>
<b>Totals For 1700 Calories Low Cholesterol - Day 01</b>				<b>116.60</b>	<b>238.94</b>	<b>19.44</b>	<b>1565.99</b>

**1700 Calories Low Cholesterol - Day 02****Breakfast**

16	1.0	each	Bagel - Cinnamon Raisin, Earth Grains	9.00	48.00	0.00	255.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>9.20</b>	<b>48.70</b>	<b>0.00</b>	<b>261.00</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 1</i>				<b>14.30</b>	<b>24.10</b>	<b>1.65</b>	<b>163.00</b>

**Lunch**

6	2.0	1 carrot (7-1/2")	Carrots, raw	1.34	13.80	0.35	59.04
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Lunch</i>				<b>37.09</b>	<b>52.60</b>	<b>7.65</b>	<b>412.80</b>

**Snack 2**

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	tablespoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
<i>Totals for Snack 2</i>				<b>4.00</b>	<b>21.00</b>	<b>5.50</b>	<b>160.00</b>

**Dinner**

1	4.0	ounce(s)	Flounder - broiled	27.32	0.00	0.00	132.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
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
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
10	7.0	ounce(s)	Yam - baked w/o skin	2.94	54.60	0.35	231.00
<i>Totals for Dinner</i>				<b>33.66</b>	<b>74.95</b>	<b>1.05</b>	<b>462.76</b>

**Snack 3**

5	8.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	9.00	44.00	3.00	232.00
<i>Totals for Snack 3</i>				<b>9.00</b>	<b>44.00</b>	<b>3.00</b>	<b>232.00</b>

<b>Totals For 1700 Calories Low Cholesterol - Day 02</b>				<b>107.25</b>	<b>265.35</b>	<b>18.85</b>	<b>1691.56</b>
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**1700 Calories Low Cholesterol - Day 03****Breakfast**

16	1.0	each	Bagel - Cinnamon Raisin, Earth Grains	9.00	48.00	0.00	255.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Breakfast</i>				<b>17.32</b>	<b>71.92</b>	<b>1.96</b>	<b>404.56</b>

**Snack 1**

16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
<i>Totals for Snack 1</i>				<b>3.99</b>	<b>27.53</b>	<b>4.22</b>	<b>153.90</b>

**Lunch**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 tablespoon	Spices, mustard seed, ground	1.64	1.77	2.28	32.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				<b>31.36</b>	<b>57.34</b>	<b>5.84</b>	<b>403.10</b>

**Snack 2**

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 2</i>				<b>0.58</b>	<b>15.78</b>	<b>0.32</b>	<b>61.64</b>

**Dinner**

0	2.0	ounce(s)	ice cream,rocky road,Healthy Choice	1.50	16.00	1.00	80.00
0	3.0	slice	Pizza, cheese and veggies	24.00	69.00	9.63	459.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
20	2.0	tablespoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
<i>Totals for Dinner</i>				<b>27.45</b>	<b>106.20</b>	<b>13.23</b>	<b>657.76</b>
<b>Totals For 1700 Calories Low Cholesterol - Day 03</b>				<b>80.70</b>	<b>278.77</b>	<b>25.57</b>	<b>1680.96</b>

1700 Calories Low Cholesterol - Day 04

**Breakfast**

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	1.0	1 muffin	English muffins, mixed-grain (includes granola)	6.01	30.56	1.19	155.10
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
21	2.0	tea spoon	Jelly - any flavor, All Fruit, Polaner	0.00	8.00	0.00	28.00
<i>Totals for Breakfast</i>				<b>19.01</b>	<b>62.46</b>	<b>1.99</b>	<b>333.10</b>

**Snack 1**

9	1.0	each	Power Bar	10.00	45.00	2.50	230.00
<i>Totals for Snack 1</i>				<b>10.00</b>	<b>45.00</b>	<b>2.50</b>	<b>230.00</b>

**Lunch**

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
0	1.0	1 tablespoon	Spices, mustard seed, ground	1.64	1.77	2.28	32.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				<b>22.64</b>	<b>45.42</b>	<b>4.88</b>	<b>316.76</b>

**Snack 2**

16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
21	2.0	tablespoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
<i>Totals for Snack 2</i>				<b>4.29</b>	<b>18.64</b>	<b>3.73</b>	<b>137.40</b>

**Dinner**

6	2.0	1 spear (about 5" long)	Broccoli, raw	1.75	4.12	0.23	21.08
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	6.0	ounce(s)	Cod - Pacific, broiled	39.00	0.00	1.38	180.00
20	2.0	tablespoon	French - no fat, KRAFT Free	0.00	8.00	0.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				<b>44.50</b>	<b>47.42</b>	<b>2.61</b>	<b>410.84</b>

**Snack 3**

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 3</i>				<b>14.00</b>	<b>21.00</b>	<b>6.00</b>	<b>200.00</b>
<b>Totals For 1700 Calories Low Cholesterol - Day 04</b>				<b>114.44</b>	<b>239.94</b>	<b>21.71</b>	<b>1628.10</b>

1700 Calories Low Cholesterol - Day 05

**Breakfast**

0	1.0	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	6.0	ounce(s)	Orange juice - Minute Maid regular	1.00	20.00	0.00	78.00
15	1.0	cup	Raisin Brand, wheat Kelloggs	4.00	27.90	0.70	115.00
16	2.0	slice	Whole Wheat - thin slice, Pepperidge Farm	4.00	14.00	0.00	70.00
<i>Totals for Breakfast</i>				<b>17.45</b>	<b>73.94</b>	<b>2.96</b>	<b>366.56</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>

**Lunch**

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				<b>34.45</b>	<b>17.20</b>	<b>2.60</b>	<b>245.76</b>

**Snack 2**

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 2</i>				<b>14.00</b>	<b>21.00</b>	<b>6.00</b>	<b>200.00</b>

**Dinner**

12	2.0	3 oz	Fish, tuna, yellowfin, fresh, cooked, dry heat	49.55	0.00	1.00	221.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	1.0	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
<i>Totals for Dinner</i>				<b>53.50</b>	<b>53.80</b>	<b>1.80</b>	<b>463.76</b>

**Snack 3**

0	2.0	1 oz	Snacks, pretzels, hard, plain, salted	5.69	45.58	1.67	217.73
<i>Totals for Snack 3</i>				<b>5.69</b>	<b>45.58</b>	<b>1.67</b>	<b>217.73</b>

<b>Totals For 1700 Calories Low Cholesterol - Day 05</b>				<b>125.39</b>	<b>232.52</b>	<b>15.53</b>	<b>1574.81</b>
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1700 Calories Low Cholesterol - Day 06

**Breakfast**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
<i>Totals for Breakfast</i>				<b>5.40</b>	<b>55.40</b>	<b>2.60</b>	<b>261.00</b>

**Snack 1**

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 1</i>				<b>0.58</b>	<b>15.78</b>	<b>0.32</b>	<b>61.64</b>

**Lunch**

16	2.0	each	Pita - wheat	5.60	31.20	1.40	150.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.8	cup	Tuna Solid White in water	45.00	0.00	3.00	210.00
<i>Totals for Lunch</i>				<b>53.20</b>	<b>51.15</b>	<b>5.20</b>	<b>462.76</b>

**Snack 2**

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	3.0	tablespoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
<i>Totals for Snack 2</i>				<b>5.50</b>	<b>26.50</b>	<b>7.25</b>	<b>210.00</b>

**Dinner**

5	0.5	cup	Cheese - Healthy Choice fat free shredded	18.00	4.00	0.00	90.00
4	1.0	cup	Pinto bean - boiled	14.00	43.60	0.80	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	4.0	each	Tortilla - corn, soft, 7" diam.	4.00	36.00	4.00	180.00
<i>Totals for Dinner</i>				<b>38.60</b>	<b>103.55</b>	<b>5.60</b>	<b>610.76</b>

**Snack 3**

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
<i>Totals for Snack 3</i>				<b>1.34</b>	<b>5.34</b>	<b>2.00</b>	<b>46.00</b>

<b>Totals For 1700 Calories Low Cholesterol - Day 06</b>				<b>104.62</b>	<b>257.72</b>	<b>22.97</b>	<b>1652.16</b>
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**1700 Calories Low Cholesterol - Day 07****Breakfast**

16	2.0	each	Bread /Rye 7 grain	10.00	72.00	4.00	180.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				<b>38.20</b>	<b>82.90</b>	<b>6.30</b>	<b>366.00</b>

**Snack 1**

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 1</i>				<b>14.00</b>	<b>21.00</b>	<b>6.00</b>	<b>200.00</b>

**Lunch**

7	1.0	1 cup, slices	Pears, raw	0.50	21.32	0.20	79.80
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
5	8.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	9.00	44.00	3.00	232.00
<i>Totals for Lunch</i>				<b>9.50</b>	<b>66.27</b>	<b>3.20</b>	<b>316.56</b>

**Snack 2**

0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
<i>Totals for Snack 2</i>				<b>0.41</b>	<b>18.06</b>	<b>1.22</b>	<b>80.73</b>

**Dinner**

16	1.0	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
6	2.0	1 spear (about 5" long)	Broccoli, raw	1.75	4.12	0.23	21.08
19	6.0	ounce(s)	Flank - fat trimmed off, braised	47.58	0.00	22.02	402.00
20	2.0	tablespoon	French - reduced calorie, KRAFT	0.00	6.00	2.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				<b>55.63</b>	<b>56.57</b>	<b>26.65</b>	<b>606.84</b>

**Snack 3**

0	2.0	ounce(s)	ice cream,rocky road,Healthy Choice	1.50	16.00	1.00	80.00
<i>Totals For 1700 Calories Low Cholesterol - Day 07</i>				<b>119.24</b>	<b>260.80</b>	<b>44.37</b>	<b>1650.13</b>