



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 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	1.0	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							
14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 1				2.22	26.65	3.59	139.69
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	0.91	8.19	1.74	53.44
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
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				27.03	24.44	4.74	238.84
Snack 2							
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
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				5.16	45.15	2.38	219.50
Dinner							
6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
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	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
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				31.14	35.00	11.24	359.74
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 1300 Calories Template, Asian Explosion - Day 01				81.23	197.60	28.68	1330.78

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
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				22.92	38.25	6.07	294.87

Snack 1

9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
Totals for Snack 1				1.60	19.90	0.70	83.00

Lunch

6	0.5	cup	bean Sprouts, fresh, stir fried	2.65	6.55	0.15	31.00
6	0.3	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.42	1.03	0.09	5.46
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
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				20.62	28.56	3.72	228.66

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	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				23.93	55.87	14.77	440.14

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 1300 Calories Template, Asian Explosion - Day 02				74.42	196.30	27.89	1295.67

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	0.5	1 cup, sliced	Mangos, raw	0.68	12.36	0.31	49.50
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				9.65	45.22	2.94	220.27

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	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
Totals for Lunch				17.29	33.19	5.45	245.40

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	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
4	0.5	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.11	60.26	0.04	245.70
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				34.92	66.67	10.66	508.81

Snack 3

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
Totals for Snack 3				0.72	18.10	0.16	69.00
Totals For 1300 Calories Template, Asian Explosion - Day 03				70.34	215.07	27.36	1341.42

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	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
Totals for Snack 1				6.08	27.41	4.14	161.94

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
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	2.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	9.00	79.56
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
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				24.96	30.16	11.39	321.59

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	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
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				33.77	27.01	2.82	264.00

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 1300 Calories Template, Asian Explosion - Day 04				85.33	200.28	27.27	1348.04

1300 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	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	0.5	1 cup, sliced	Mangos, raw	0.68	12.36	0.31	49.50
23	0.3	tablespoon	Soy Nut Butter	1.17	1.67	1.83	28.31
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				12.92	28.13	3.16	190.68

Snack 1

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
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Snack 1				7.16	24.15	2.38	139.50

Lunch

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
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
17	0.3	1 cup	Noodles, chinese, chow mein	0.91	8.19	1.74	53.44
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
Totals for Lunch				15.94	42.70	7.34	302.35

Snack 2

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				5.27	30.29	5.00	184.74

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	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	1.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	4.50	39.78
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
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				41.64	32.86	14.96	428.52

Snack 3

7	1.5	1 cup, diced	Watermelon, raw	1.39	17.21	0.34	68.40
Totals for Snack 3				1.39	17.21	0.34	68.40
Totals For 1300 Calories Template, Asian Explosion - Day 05				84.32	175.34	33.18	1314.19

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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				9.57	46.21	2.93	223.27

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 1				5.10	50.45	2.49	234.36

Lunch

6	0.5	cup	bean Sprouts, fresh, stir fried	2.65	6.55	0.15	31.00
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
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				22.82	48.12	4.23	308.14

Snack 2

4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
7	1.0	1 cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
Totals for Snack 2				3.02	14.52	7.83	134.60

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	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
Totals for Dinner				31.32	41.84	2.91	314.94

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 1300 Calories Template, Asian Explosion - Day 06				74.94	219.81	21.48	1308.19

1300 Calories Template, Asian Explosion - Day 07

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	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
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				19.57	48.29	5.64	314.13

Snack 1

7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
Totals for Snack 1				0.80	12.80	0.40	48.00

Lunch

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
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	0.3	1 cup	Noodles, chinese, chow mein	0.91	8.19	1.74	53.44
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Lunch				30.61	35.38	14.06	384.05

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	0.5	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.11	60.26	0.04	245.70
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
Totals for Dinner				13.05	64.69	5.47	351.99

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 1300 Calories Template, Asian Explosion - Day 07				68.73	215.26	27.57	1346.17
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