



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Glycemic R3 - Day 01							
Breakfast - Scramble egg whites & cheese with spinach.							
9	1.0	each	Apple	0.30	21.00	0.50	81.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
7	0.5	1 cup, sections, with juice	Grapefruit, raw, white, California	1.01	10.45	0.12	42.55
5	6.0	fluid ounce(s)	Skim milk	6.00	12.00	0.00	60.00
21	2.5	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.75	37.50
<i>Totals for Breakfast</i>				23.71	44.00	4.43	284.50
Snack 1							
9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00
Lunch - Toss ingredients with spinach, oil and vinegar.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	0.5	tablespoon	Olive oil	0.00	0.00	7.00	65.00
7	1.0	1 cup, sections	Tangerines, (mandarin oranges), raw	1.58	26.01	0.60	103.35
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				34.64	35.31	12.20	361.95
Snack 2 - Thaw blueberries and mix with yogurt.							
7	0.3	cup	Fresh blueberries	0.27	5.25	0.12	20.66
1	5.0	ounce(s)	Greek yogurt, plain, non fat	10.00	5.00	0.00	75.00
<i>Totals for Snack 2</i>				10.27	10.25	0.12	95.66
Dinner - Stir fry chicken & vegetables. Over spagh squash.							
1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	cup	Fresh mushrooms	2.16	2.28	0.24	15.40
23	3.0	tea spoon	Olive oil	0.00	0.00	13.50	120.00
2	0.3	cup	Spaghetti squash, cooked	0.30	3.00	0.00	12.00
<i>Totals for Dinner</i>				38.88	18.28	16.38	365.00
Snack 3							
7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				0.70	25.10	0.00	98.00
Totals For 1300 Calories Low Glycemic R3 - Day 01				108.50	153.94	33.63	1286.11

1300 Calories Low Glycemic R3 - Day 02

Breakfast - Egg & grapefruit.

7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	2.0	each	Hard boiled egg	12.00	2.00	8.00	120.00
5	6.0	fluid ounce(s)	Skim milk	6.00	12.00	0.00	60.00
<i>Totals for Breakfast</i>				19.20	37.80	8.20	272.00

Snack 1

7	1.0	medium	Pear - medium, Dole	1.00	25.00	1.00	100.00
<i>Totals for Snack 1</i>				1.00	25.00	1.00	100.00

Lunch - Veg burger w tossed salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	1.0	each	Vegetable burger	15.00	9.00	3.50	130.00
<i>Totals for Lunch</i>				16.34	22.86	3.64	203.40

Snack 2 - Top lettuce w mayo/turkey/roll.

6	3.0	each	Lettuce leaf	0.00	0.00	0.00	15.00
21	0.3	tablespoon	Low fat mayonnaise	0.00	1.00	0.25	6.25
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
<i>Totals for Snack 2</i>				25.50	1.00	0.85	135.25

Dinner - Broil/grill salmon teriyaki. broccoli.

6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	5.0	ounce(s)	Salmon	30.00	0.00	20.00	300.00
0	2.0	tablespoon	Teriyaki sauce, ready to serve, low sodium	2.00	6.00	0.00	30.00
<i>Totals for Dinner</i>				37.58	22.80	20.96	411.90

Snack 3

1	0.5	cup	Edamame, shelled	10.00	7.00	3.50	100.00
<i>Totals for Snack 3</i>				10.00	7.00	3.50	100.00

Totals For 1300 Calories Low Glycemic R3 - Day 02				109.62	116.46	38.15	1222.55
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1300 Calories Low Glycemic R3 - Day 03**Breakfast - Top bread with peanut butter. With soy milk.**

3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				19.00	41.50	13.15	355.00

Snack 1

7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				1.55	16.22	0.43	66.30

Lunch - Toss all ingredients together.

3	0.5	cup	Cooked lentils	8.10	18.00	0.45	103.50
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
14	1.0	tablespoon	Sunflower seeds	2.00	2.00	4.00	45.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Lunch</i>				64.80	29.87	6.13	429.66

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Season pork, roast at 325F. Serve w/squash & veg.

9	0.5	each	Apple	0.15	10.50	0.25	40.50
6	0.5	cup	Cauliflower	1.00	2.50	0.00	12.50
0	0.5	tea spoon	Dried rosemary	0.03	0.38	0.09	1.99
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
0	0.1	tea spoon	Ground dried sage	0.01	0.06	0.01	0.29
13	3.0	ounce(s)	Pork, loin, lean, uncooked	15.00	0.00	6.00	105.00
2	1.0	cup	Spaghetti squash, cooked	1.00	10.00	0.00	40.00
<i>Totals for Dinner</i>				18.69	26.94	6.60	222.78

Snack 3 - Dip pepper slices into hummus.

4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	2.0	cup	Red pepper	1.82	11.10	0.56	57.04
<i>Totals for Snack 3</i>				4.82	17.10	5.06	132.04

Totals For 1300 Calories Low Glycemic R3 - Day 03				109.56	156.73	31.37	1303.78
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1300 Calories Low Glycemic R3 - Day 04

Breakfast - Top cottage cheese with berries, nuts and cereal.

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
14	2.0	tablespoon	Slivered almonds	2.00	2.00	7.00	80.00
<i>Totals for Breakfast</i>				17.07	26.11	8.63	244.65

Snack 1

7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
<i>Totals for Snack 1</i>				1.20	23.80	0.20	92.00

Lunch - Toss all ingredients together in a bowl.

4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	5.90	16.19	2.34	105.60
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	2.0	each	Tomato slice	0.34	1.86	0.14	8.40
1	0.5	cup	Tuna Solid White in water	27.00	0.00	1.80	126.00
0	2.0	tablespoon	White vinegar	0.00	0.02	0.00	6.12
<i>Totals for Lunch</i>				36.94	27.93	13.76	376.22

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 - Season tilapia as desired;roast. cook veg in oil.

6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	4.0	cup	Fresh spinach	3.20	4.36	0.48	27.60
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
6	1.0	cup	Summer squash, cooked	2.00	8.00	0.50	35.00
1	6.0	ounce(s)	Tilapia	36.00	0.00	0.00	150.00
6	0.5	cup	White mushrooms, sliced	1.00	1.00	0.00	7.50
<i>Totals for Dinner</i>				44.54	25.91	10.87	367.60

Snack 3

14	16.0	each	Pistachio nuts	2.24	3.04	5.12	62.88
<i>Totals for Snack 3</i>				2.24	3.04	5.12	62.88

Totals For 1300 Calories Low Glycemic R3 - Day 04				102.99	133.79	38.58	1243.35
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1300 Calories Low Glycemic R3 - Day 05**Breakfast - Spread on muffin.**

1	3.0	ounce(s)	Canadian bacon, extra lean	18.00	3.00	3.00	105.00
16	1.0	1 muffin	English muffins, wheat	4.96	25.54	1.14	127.11
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				24.27	41.27	7.44	315.15

Snack 1

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
<i>Totals for Snack 1</i>				0.00	0.00	5.00	50.00

Lunch - Top wrap with mayo, turkey and veg.

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
0	2.0	tea spoon	Mustard	0.44	0.54	0.40	6.70
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
0	1.0	tablespoon	White vinegar	0.00	0.01	0.00	3.06
<i>Totals for Lunch</i>				51.84	31.57	3.76	367.96

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Season chicken, drizzle w/oil. 400F 20min.

1	3.0	ounce(s)	Boneless chicken breast	19.50	0.00	1.20	93.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
23	3.0	tea spoon	Olive oil	0.00	0.00	13.50	120.00
<i>Totals for Dinner</i>				25.00	29.50	16.20	368.00

Snack 3

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 3</i>				1.00	27.00	0.00	100.00

Totals For 1300 Calories Low Glycemic R3 - Day 05				102.81	154.44	32.40	1299.11
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1300 Calories Low Glycemic R3 - Day 06**Breakfast - Cereal/milk/nuts. side bacon.**

15	1.0	cup	Bran Flakes - cereal	6.00	46.00	0.00	180.00
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Breakfast</i>				12.00	55.00	4.50	270.00

Snack 1

14	16.0	each	Pistachio nuts	2.24	3.04	5.12	62.88
<i>Totals for Snack 1</i>				2.24	3.04	5.12	62.88

Lunch - Mix tuna, mayo and celery. Spread on bread.

3	2.0	each	100% whole wheat sandwich thin	10.00	44.00	2.00	200.00
6	0.5	cup	Celery	0.42	1.78	0.10	9.60
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				38.42	49.78	7.10	374.60

Snack 2

9	1.0	each	Apple	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				0.30	21.00	0.50	81.00

Dinner - Top chick w/ seasoning/tomato; roast 350F 20min.

1	5.0	ounce(s)	Boneless chicken breast	32.50	0.00	2.00	155.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
5	4.0	tablespoon	Grated parmesan cheese	7.68	0.80	5.72	86.20
0	0.3	tea spoon	Italian seasoning medley	0.00	0.00	0.00	0.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
<i>Totals for Dinner</i>				44.90	15.50	17.36	390.80

Snack 3

7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
8	1.0	tablespoon	Pumpkin seeds, roasted, unsalted	2.00	1.00	3.50	40.00
<i>Totals for Snack 3</i>				3.31	13.73	3.80	93.04

Totals For 1300 Calories Low Glycemic R3 - Day 06				101.17	158.05	38.38	1272.32
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1300 Calories Low Glycemic R3 - Day 07**Breakfast - Open faced egg white bacon sandwich.**

1	4.0	ounce(s)	Canadian bacon, extra lean	24.00	4.00	4.00	140.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
3	2.0	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	8.00	30.00	1.00	160.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
<i>Totals for Breakfast</i>				49.31	46.73	5.30	413.04

Snack 1

7	1.3	cup	Unsweetened frozen cherries	1.25	21.25	0.63	87.50
<i>Totals for Snack 1</i>				1.25	21.25	0.63	87.50

Lunch - Chicken tangerine salad. Olive/oil vinagrette.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	0.7	tea spoon	Olive oil	0.00	0.00	2.97	26.40
7	1.0	1 cup, sections	Tangerines, (mandarin oranges), raw	1.58	26.01	0.60	103.35
<i>Totals for Lunch</i>				21.08	31.01	4.77	247.75

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Grilled shrimp over quinoa.

23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
17	0.5	1 cup	Quinoa, cooked	4.07	19.70	1.78	111.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
1	5.0	ounce(s)	Shrimp	20.00	0.00	0.00	100.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Dinner</i>				24.82	22.70	16.03	356.50

Snack 3

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
1	4.0	tablespoon	Cottage cheese, 1%	8.00	0.00	0.00	40.00
<i>Totals for Snack 3</i>				10.00	1.00	4.50	90.00

Totals For 1300 Calories Low Glycemic R3 - Day 07				107.16	147.79	31.23	1292.79
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