



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
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1700 Calories Template, Mediterranean - 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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	1.0	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	4.26	3.84	18.26	183.12
7	1.0	1 cup, whole	Strawberries, raw	0.96	11.06	0.43	46.08
Totals for Breakfast				19.32	56.81	22.37	483.32

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	1.0	1 oz	Cheese, goat, soft type	5.25	0.00	5.98	74.84
Totals for Snack 1				5.55	21.00	6.48	155.84

Lunch

4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	4.80	14.84	1.40	88.76
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
0	0.5	tablespoon	Lemon juice -	0.05	0.65	0.00	2.00
4	0.3	1 cup	Lentils, mature seeds, cooked, boiled, without salt	4.46	9.96	0.19	57.42
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
7	4.0	1 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
23	1.0	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	5.00	45.00
6	4.0	1 can (11.5 oz), prepared	Spinach, raw	3.43	4.36	0.47	27.60
Totals for Lunch				19.18	57.99	18.99	450.02

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
Totals for Snack 2				16.48	41.90	6.43	278.26

Dinner

17	0.5	1 cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
0	0.5	tablespoon	Garlic powder	0.70	3.05	0.05	14.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	4.0	ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				28.70	29.00	8.73	312.32

Snack 3

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
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<i>Totals for Snack 3</i>	0.87	11.14	0.40	46.36
Totals For 1700 Calories Template, Mediterranean - Day 01	90.10	217.84	63.40	1726.12

1700 Calories Template, Mediterranean - Day 02

Breakfast

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
7	1.0	0.5 large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
<i>Totals for Breakfast</i>				19.52	43.35	13.81	358.12

Snack 1

14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
7	1.5	1 cup, whole	Strawberries, raw	1.45	16.59	0.65	69.12
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 1</i>				15.56	35.75	3.59	228.28

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
5	0.5	1 cup, crumbled	Cheese, feta	10.66	3.07	15.96	198.00
7	4.0	1 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
1	3.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	15.00	0.00	1.00	90.00
<i>Totals for Lunch</i>				33.11	44.07	26.33	548.58

Snack 2

7	1.0	50 raisins	Raisins, seedless	0.80	20.59	0.12	77.74
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
<i>Totals for Snack 2</i>				3.54	24.00	7.18	160.24

Dinner

4	0.5	1 cup	Beans, white, mature seeds, cooked, boiled, without salt	8.71	22.46	0.31	124.41
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
0	0.3	tablespoon	Garlic powder	0.47	2.03	0.03	9.32
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.8	1 cup	Spaghetti, whole-wheat, cooked	5.60	27.87	0.57	130.20
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
<i>Totals for Dinner</i>				18.25	59.70	9.69	381.98

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 3</i>				0.40	8.20	0.20	40.00

Totals For 1700 Calories Template, Mediterranean - Day 02				90.38	215.07	60.80	1717.20
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1700 Calories Template, Mediterranean - Day 03

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				29.10	83.60	2.50	401.00

Snack 1

10	1.5	each	Apple - medium with peel	0.45	31.50	0.75	121.50
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
<i>Totals for Snack 1</i>				4.45	35.00	8.90	216.50

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
23	1.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
<i>Totals for Lunch</i>				16.96	39.67	19.12	377.42

Snack 2

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 2</i>				3.41	13.73	6.39	115.84

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
5	1.0	1 oz	Cheese, feta	4.03	1.16	6.03	74.84
12	1.0	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	21.62	0.00	6.91	154.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
23	0.3	tablespoon	Smart Balance LIGHT (Non-Dairy)	0.00	0.00	1.67	14.99
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
<i>Totals for Dinner</i>				31.46	21.19	22.30	407.53

Snack 3

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 3</i>				14.66	29.88	3.18	201.34

Totals For 1700 Calories Template, Mediterranean - Day 03				100.04	223.07	62.39	1719.63
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1700 Calories Template, Mediterranean - Day 04

Breakfast

7	1.5	1 cup	Blueberries, raw	1.64	32.17	0.73	126.54
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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
<i>Totals for Breakfast</i>				17.87	76.00	13.54	472.22

Snack 1

5	1.0	1 oz	Cheese, goat, soft type	5.25	0.00	5.98	74.84
16	5.0	1 toast	Crackers, melba toast, wheat	3.22	19.10	0.57	93.50
<i>Totals for Snack 1</i>				8.47	19.10	6.55	168.34

Lunch

6	1.0	1 can (11.5 oz), prepared	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
4	0.3	1 cup	Lentils, mature seeds, cooked, boiled, without salt	4.46	9.96	0.19	57.42
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
1	2.0	ounce(s)	Tuna, Bumble Bee, White Albacore in water	10.00	0.00	0.67	60.00
<i>Totals for Lunch</i>				29.86	55.72	9.50	405.80

Snack 2

7	1.5	1 cup	Raspberries, raw	2.21	22.03	1.20	95.94
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 2</i>				16.32	41.19	4.14	255.10

Dinner

5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	1.0	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.82	8.64	0.23	34.65
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				17.76	31.73	10.30	290.88

Snack 3

9	30.0	each	Grapes - American	0.60	12.30	0.30	60.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 3</i>				4.41	16.18	9.29	164.22

Totals For 1700 Calories Template, Mediterranean - Day 04				94.69	239.92	53.32	1756.56
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1700 Calories Template, Mediterranean - Day 05**Breakfast**

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
7	1.0	0.5 large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
<i>Totals for Breakfast</i>				19.52	43.35	13.81	358.12

Snack 1

14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.5	1 cup, whole	Strawberries, raw	1.45	16.59	0.65	69.12
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 1</i>				16.65	37.49	6.12	260.32

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
0	1.5	1 cup (8 fl oz)	Soup, minestrone, canned, prepared with equal volume water	6.40	16.85	3.76	122.91
<i>Totals for Lunch</i>				22.39	69.63	17.23	497.33

Snack 2

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Snack 2</i>				1.10	17.40	0.30	69.00

Dinner

4	0.5	1 cup	Beans, white, mature seeds, cooked, boiled, without salt	8.71	22.46	0.31	124.41
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
17	0.8	1 cup, cooked	Couscous, cooked	4.46	27.34	0.19	131.88
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.8	cup	Pepper - sweet bell, all colors, chopped,	0.90	6.90	0.15	28.50
6	2.0	1/2 cup	tomato, diced	1.53	8.35	0.59	38.00
<i>Totals for Dinner</i>				28.60	65.05	9.04	449.79

Snack 3

14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
<i>Totals for Snack 3</i>				2.74	3.41	7.06	82.50

Totals For 1700 Calories Template, Mediterranean - Day 05				91.00	236.33	53.56	1717.06
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1700 Calories Template, Mediterranean - Day 06

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.5	cup	Kashi GoLEAN Cereal	19.50	45.00	1.50	210.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				29.10	83.60	2.50	401.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
21	1.5	tablespoon	Peanut Butter	6.00	5.25	12.22	142.50
<i>Totals for Snack 1</i>				6.30	26.25	12.72	223.50

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
0	0.5	tablespoon	Garlic powder	0.70	3.05	0.05	14.00
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
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
4	1.0	1 patty	Veggie burgers or soyburgers, unprepared	10.99	9.99	4.41	123.90
<i>Totals for Lunch</i>				18.65	40.95	23.23	428.22

Snack 2

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	50 raisins	Raisins, seedless	0.80	20.59	0.12	77.74
<i>Totals for Snack 2</i>				3.34	23.18	6.11	147.22

Dinner

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 (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
12	1.0	3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	19.16	0.00	1.37	94.35
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				24.68	30.54	9.85	309.14

Snack 3

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 3</i>				14.85	26.50	3.34	191.14

Totals For 1700 Calories Template, Mediterranean - Day 06				96.92	231.02	57.75	1700.22
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1700 Calories Template, Mediterranean - 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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	0.5	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
7	1.0	1 cup, whole	Strawberries, raw	0.96	11.06	0.43	46.08
<i>Totals for Breakfast</i>				17.19	54.89	13.24	391.76

Snack 1

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>				0.87	11.14	0.40	46.36

Lunch

16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
23	2.0	1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
<i>Totals for Lunch</i>				19.52	63.55	19.26	474.42

Snack 2

7	1.5	1 cup	Blueberries, raw	1.64	32.17	0.73	126.54
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
5	1.0	1 container (8 oz)	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	13.01	17.43	0.41	127.12
<i>Totals for Snack 2</i>				16.84	53.07	6.20	317.74

Dinner

5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1	3.0	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
17	1.0	1 cup	Spaghetti, whole-wheat, cooked	7.46	37.16	0.76	173.60
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				27.98	45.58	10.40	377.00

Snack 3

5	1.0	1 oz	Cheese, goat, soft type	5.25	0.00	5.98	74.84
16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
Totals For 1700 Calories Template, Mediterranean - Day 07				88.94	235.87	55.71	1719.52