



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low (am) to High (pm) Glycemic - Day 01							
Breakfast							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
1	1.3	cup	Egg Beaters - Fleischmann's	25.00	5.00	0.00	125.00
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				38.67	64.42	2.12	385.97
Snack 1							
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
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, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				11.62	31.68	0.85	172.01
Lunch							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				21.48	40.23	8.97	318.20
Snack 2							
5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
9	4.0	each	Cracker/Nabisco - Low Saltines	0.80	8.00	1.60	48.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
Totals for Snack 2				16.61	35.08	5.57	256.09
Dinner							
21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	1.0	each	Corn - sweet, ear, boiled & drained	2.60	19.30	1.00	83.00
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
Totals for Dinner				47.23	64.48	5.54	483.64
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
Totals for Snack 3				2.01	8.01	3.00	69.00
Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 01				137.62	243.90	26.05	1684.91

1700 Calories Low (am) to High (pm) Glycemic - Day 02

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				15.50	56.14	4.01	313.79

Snack 1

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
<i>Totals for Snack 1</i>				7.77	19.16	14.24	218.07

Lunch

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
12	1.0	1 cup	Fish, tuna salad	32.88	19.29	18.98	383.35
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				48.88	36.09	20.53	527.35

Snack 2

14	0.5	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	2.97	2.98	7.45	84.77
0	15.0	each	Pretzels - Featherweight, low salt	2.25	17.25	0.75	90.00
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				5.62	31.23	8.26	216.01

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
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, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
<i>Totals for Dinner</i>				29.65	37.85	7.31	318.11

Snack 3

16	1.0	1 piece (1/12 of 12 oz cake)	Cake, angelfood, commercially prepared	1.65	16.18	0.22	72.24
7	0.5	cup	Pineapple - canned, chunks	0.00	18.00	0.00	70.00
<i>Totals for Snack 3</i>				1.65	34.18	0.22	142.24

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 02				109.07	214.65	54.57	1735.57
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1700 Calories Low (am) to High (pm) Glycemic - Day 03

Breakfast

7	1.0	1 cup	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	28.02	0.32	114.08
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
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, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				7.56	40.96	6.08	242.59

Snack 1

14	1.0	1 oz (14 halves)	Nuts, walnuts, english	4.32	3.89	18.49	185.41
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				4.32	4.60	18.49	187.78

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
20	3.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	6.00	6.00	60.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				22.61	65.89	21.08	516.98

Snack 2

7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
<i>Totals for Snack 2</i>				1.73	22.28	0.79	92.72

Dinner

0	3.0	1 tablespoon	Gravy, turkey, canned, ready-to-serve	1.16	2.28	0.94	22.80
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
16	1.0	1 NLEA serving (makes 1/2 cup prepared)	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	3.53	20.47	1.15	106.68
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
<i>Totals for Dinner</i>				43.96	50.09	8.90	453.04

Snack 3

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Snack 3</i>				10.33	33.40	3.23	204.00

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 03				90.51	217.22	58.57	1697.11
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1700 Calories Low (am) to High (pm) Glycemic - Day 04

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				13.07	47.52	2.02	214.97

Snack 1

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				12.10	47.70	0.62	229.62

Lunch

1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	8.0	ounce(s)	Tomato Soup / Campbell's low sod.	0.76	19.05	2.29	96.00
<i>Totals for Lunch</i>				71.21	38.14	11.18	530.00

Snack 2

9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				1.00	9.71	0.00	42.37

Dinner

4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.03	26.85	0.47	119.38
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	1.0	1 slice, thin	Onions, raw	0.10	0.84	0.01	3.60
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
<i>Totals for Dinner</i>				32.41	60.11	13.59	469.50

Snack 3

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 3</i>				9.39	48.01	5.02	263.00

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 04				139.18	251.19	32.43	1749.46
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1700 Calories Low (am) to High (pm) Glycemic - Day 05

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				15.50	56.14	4.01	313.79

Snack 1

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.90	6.03	14.08	166.41
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				6.90	6.74	14.08	168.78

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<i>Totals for Lunch</i>				34.33	67.10	12.52	500.72

Snack 2

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
9	4.0	each	Cracker/Nabisco - Low Saltines	0.80	8.00	1.60	48.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				14.61	9.79	5.57	148.46

Dinner

6	2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	3.71	11.20	0.64	54.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	1.0	1 package yields	STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree	13.87	36.51	5.38	249.04
<i>Totals for Dinner</i>				21.03	60.60	10.21	387.64

Snack 3

0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				4.01	34.01	3.00	179.00

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 05				96.38	234.38	49.39	1698.39
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1700 Calories Low (am) to High (pm) Glycemic - Day 06

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
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, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				20.02	43.58	1.25	258.01

Snack 1

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				22.50	33.05	1.95	231.62

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				15.12	60.35	16.40	438.83

Snack 2

0	15.0	each	Pretzels - Rold Gold, Tiny Tim	1.50	17.25	0.75	90.00
7	1.0	cup	Watermelon - fresh, diced	1.00	11.50	0.70	51.00
<i>Totals for Snack 2</i>				2.50	28.75	1.45	141.00

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
6	1.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	0.59	6.41	0.14	27.30
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
2	4.0	ounce(s)	Potato/White - Baked	2.60	28.60	0.12	124.00
1	6.0	ounce(s)	Swordfish - cooked dry heat	43.20	0.00	8.76	264.00
<i>Totals for Dinner</i>				52.00	51.60	13.41	519.10

Snack 3

16	1.0	1 piece (1/12 of 12 oz cake)	Cake, angelfood, commercially prepared	1.65	16.18	0.22	72.24
7	0.5	cup	Pineapple - canned, chunks	0.00	18.00	0.00	70.00
<i>Totals for Snack 3</i>				1.65	34.18	0.22	142.24

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 06				113.79	251.51	34.68	1730.80
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1700 Calories Low (am) to High (pm) Glycemic - Day 07

Breakfast

1	1.0	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				20.60	16.61	0.10	148.37

Snack 1

7	1.0	1 cup, without pits	Cherries, sweet, raw	1.63	24.66	0.31	97.02
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<i>Totals for Snack 1</i>				12.23	43.96	0.70	218.02

Lunch

12	0.8	1 cup	Fish, tuna salad	24.66	14.47	14.24	287.51
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				29.11	35.36	18.43	407.51

Snack 2

16	1.0	1 oz	Cookies, vanilla wafers, lower fat	1.42	20.87	4.31	125.02
7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 2</i>				2.74	55.63	4.51	255.96

Dinner

18	1.0	3 oz	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	22.93	0.00	13.97	223.55
6	1.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	1.99	5.54	0.39	28.08
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				28.58	30.48	15.52	374.12

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
4	1.0	1 cup	Soy milk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 3</i>				10.72	56.16	7.55	328.50

Totals For 1700 Calories Low (am) to High (pm) Glycemic - Day 07				103.98	238.20	46.81	1732.48
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