



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories	
1300 Calories Osteoporosis Prevention R2 - Day 01								
Breakfast - Top cereal w/ sliced banana,nuts,flax & milk.								
	14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
	15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
	5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
	14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
	7	0.5	each	Small banana	0.50	11.50	0.00	45.00
	Totals for Breakfast				23.01	54.08	3.91	299.34
Snack 1								
	7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
	Totals for Snack 1				1.00	27.00	0.00	100.00
Lunch - Toss salad ingredients with 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
	1	0.1	cup	Edamame, shelled	2.60	1.82	0.91	26.00
	6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
	6	0.3	cup	Grated carrots	0.25	2.75	0.00	11.25
	23	3.0	tea spoon	Olive oil	0.00	0.00	13.50	120.00
	1	3.5	ounce(s)	Turkey breast	29.75	0.00	0.70	133.00
	Totals for Lunch				33.90	9.41	15.23	314.65
Snack 2								
	1	7.0	each	Almonds, unsalted	0.00	0.00	3.50	35.00
	7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
	Totals for Snack 2				1.10	17.40	3.80	104.00
Dinner - Boil/grill chick oil.Potato w/spread. Salad greens								
	6	1.0	0.5 cup	Arugula, raw	0.26	0.37	0.07	2.50
	2	0.8	each	Baked potato, large	5.25	47.25	0.00	210.00
	20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
	6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
	1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
	6	0.5	cup	Kale	1.11	3.36	0.23	16.75
	23	0.8	tea spoon	Olive oil	0.00	0.00	3.38	30.00
	21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
	Totals for Dinner				21.48	58.58	7.80	388.55
Snack 3 - Process almond milk with berries until smooth.								
	1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
	0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
	7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
	Totals for Snack 3				2.00	11.00	3.00	100.00
	Totals For 1300 Calories Osteoporosis Prevention R2 - Day 01				82.49	177.47	33.74	1306.54

1300 Calories Osteoporosis Prevention R2 - Day 02

Breakfast - Prepare oats per package directions using milk.

14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
5	7.0	fluid ounce(s)	Skim milk	7.00	14.00	0.00	70.00
<i>Totals for Breakfast</i>				15.00	42.50	9.25	295.00

Snack 1 - Spread almond butter on bread.

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				3.39	12.87	3.88	99.83

Lunch - Cheese turkey veg wrap.

1	1.8	ounce(s)	2% milkfat cheddar cheese	12.25	1.75	3.50	87.50
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	1.0	cup	Kale	2.21	6.71	0.47	33.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	0.8	ounce(s)	Turkey Breast / White Meat	6.38	0.00	0.15	28.50
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				30.64	31.55	10.24	306.40

Snack 2

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.7	cup	Grapes	0.66	17.82	0.00	66.00
<i>Totals for Snack 2</i>				0.66	17.82	4.00	106.00

Dinner - Broil fish w/oil. Serve w/beets&beans/almonds.

20	1.5	tablespoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
1	4.0	ounce(s)	Flounder - broiled	27.32	0.00	0.00	132.00
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.5	cup	Green beans, steamed or boiled	1.50	3.50	0.25	22.50
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.8	cup	Roasted beets	0.75	8.25	0.00	37.50
14	1.0	tablespoon	Slivered almonds	1.00	1.00	3.50	40.00
3	0.5	each	Sweet potato, baked in peel, large	2.00	18.50	0.00	80.00
<i>Totals for Dinner</i>				34.17	36.43	10.74	400.80

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 Osteoporosis Prevention R2 - Day 02				84.56	166.27	38.11	1306.03
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1300 Calories Osteoporosis Prevention R2 - Day 03

Breakfast - Saute eggs, cheese & veg in spread. Melon/raisin.

1	2.0	large	Egg white	8.00	0.00	0.00	30.00
7	0.5	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				21.26	39.83	4.64	285.17

Snack 1 - Fresh berry flax salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	0.3	1 teaspoon, whole	Seeds, flaxseed	0.16	0.25	0.36	4.54
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 1</i>				1.70	22.76	1.10	105.87

Lunch - Top rice w/chopped chicken and remaining ing.

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	2.8	ounce(s)	Boneless chicken breast	17.88	0.00	1.10	85.25
3	0.3	cup	Brown rice, cooked	1.25	11.25	0.50	55.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.3	cup	Sliced avocado	0.99	3.96	6.93	75.90
<i>Totals for Lunch</i>				25.23	30.32	9.01	290.40

Snack 2 - Dip pepper slices into hummus.

4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	1.0	cup	Red pepper	0.91	5.55	0.28	28.52
<i>Totals for Snack 2</i>				3.91	11.55	4.78	103.52

Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	1.5	tablespoon	Chopped onion	0.15	1.35	0.00	6.00
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	2.5	ounce(s)	Ground chicken breast, raw	15.00	0.00	0.63	62.50
20	0.5	tablespoon	Italian dressing, reduced fat	0.00	0.50	0.50	5.00
3	0.1	cup	Kidney beans, cooked or canned	1.95	5.20	0.13	28.60
6	1.5	cup	Mixed greens	0.00	1.50	0.00	7.50
5	1.8	ounce(s)	Mozzarella cheese, part skim	11.88	1.36	7.81	124.46
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				34.97	50.51	10.28	416.29

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32

Totals For 1300 Calories Osteoporosis Prevention R2 - Day 03				90.43	159.53	37.49	1295.57
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1300 Calories Osteoporosis Prevention R2 - Day 04

Breakfast - Mix cott cheese w/ fruit/cinn/nuts. Muffin w PB.

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1	0.5	tea spoon	Peanut butter	0.50	0.50	1.50	15.00
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
<i>Totals for Breakfast</i>				13.32	49.24	8.05	299.82

Snack 1 - Almond butter wrap.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
21	0.3	tablespoon	Almond Butter	0.60	0.90	2.70	30.30
<i>Totals for Snack 1</i>				3.60	13.90	3.70	100.30

Lunch - Spinach, broccoli, salmon cobb salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	3.0	ounce(s)	Canned salmon	21.00	0.00	3.00	120.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.5	cup	Mixed vegetables (non starchy)	0.50	3.50	0.00	20.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
8	1.5	tablespoon	Pumpkin seeds, roasted, unsalted	3.00	1.50	5.25	60.00
<i>Totals for Lunch</i>				27.14	11.50	13.05	275.15

Snack 2

7	0.8	cup	Grapes	0.75	20.25	0.00	75.00
1	3.0	ounce(s)	Greek yogurt, plain, non fat	6.00	3.00	0.00	45.00
<i>Totals for Snack 2</i>				6.75	23.25	0.00	120.00

Dinner - Saute beef w/ veg and soy. Serve over quinoa.

1	2.5	ounce(s)	Beef, organic, extra lean	15.63	1.25	1.88	81.25
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	0.5	cup	Chopped onion	1.00	7.50	0.00	30.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
23	0.3	tea spoon	Olive oil	0.00	0.00	1.13	10.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
21	1.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	5.00
<i>Totals for Dinner</i>				27.57	54.92	7.00	383.06

Snack 3 - Mix prepared popcorn with raisin.

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
<i>Totals for Snack 3</i>				1.34	21.34	2.00	116.00

Totals For 1300 Calories Osteoporosis Prevention R2 - Day 04				79.72	174.15	33.80	1294.33
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1300 Calories Osteoporosis Prevention R2 - Day 05

Breakfast - Prepare oats w/ milk. Top w/nuts/raisin/cinn.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
22	0.3	tea spoon	Cinnamon	0.08	1.35	0.05	4.50
3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.5	tablespoon	Raisins	0.00	4.00	0.00	17.50
14	0.3	1 teaspoon, ground	Seeds, flaxseed	0.11	0.18	0.26	3.34
5	8.0	fluid ounce(s)	Skim milk	8.00	16.00	0.00	80.00
<i>Totals for Breakfast</i>				14.19	49.03	5.06	280.34

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	4.00	90.00

Lunch - Toss ingredients and place on rice. Serve w/greens

4	0.5	tablespoon	Black beans, canned, drained	0.50	1.50	0.00	7.50
1	3.5	ounce(s)	Boneless chicken breast	22.75	0.00	1.40	108.50
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				27.50	32.55	8.75	313.48

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
<i>Totals for Snack 2</i>				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
3	0.8	cup	Brown rice, cooked	3.75	33.75	1.50	165.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.8	tea spoon	Olive oil	0.00	0.00	7.88	70.00
1	3.8	ounce(s)	Tilapia	22.50	0.00	0.00	93.75
<i>Totals for Dinner</i>				30.99	44.47	10.06	385.55

Snack 3 - Process fruit and almond milk.

1	1.0	cup	Almond Breeze, unsweetened vanilla almond milk	1.00	2.00	3.00	40.00
0	1.0	each	Ice cube	0.00	0.00	0.00	0.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				2.00	18.00	3.00	115.00

Totals For 1300 Calories Osteoporosis Prevention R2 - Day 05				85.08	166.13	35.49	1303.17
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1300 Calories Osteoporosis Prevention R2 - Day 06

Breakfast - Scramble eggs/cheese/sprea Bread/spread.

1	3.0	large	Egg white	12.00	0.00	0.00	45.00
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
1	0.8	ounce(s)	Low fat Swiss cheese	11.92	1.42	2.14	72.66
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
1	1.0	each	Vegetarian sausage link	4.00	2.00	1.50	35.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				31.25	27.20	7.65	295.16

Snack 1 - Spread almond butter on apple.

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				1.30	22.50	5.00	131.50

Lunch - Yogurt fruit sundae. Bread w almond butter.

21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
16	1.0	slice	Bread, Ezekiel Cinnamon Raisin	3.00	18.00	0.00	80.00
7	0.5	cup	Fresh cantaloupe	0.65	6.36	0.15	26.52
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
14	0.5	tablespoon	Slivered almonds	0.50	0.50	1.75	20.00
<i>Totals for Lunch</i>				17.65	33.11	8.65	292.27

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 - Roast halibut. Cook lentils w/ onions&carrots.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	0.5	cup	Cooked lentils	9.00	20.00	0.50	115.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	3.3	ounce(s)	Halibut, raw	13.00	0.00	13.00	162.50
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				27.24	45.68	14.45	394.57

Snack 3 - Mixed berry salad w flaxseed.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
14	1.0	1 teaspoon, ground	Seeds, flaxseed	0.46	0.72	1.05	13.35
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				2.00	23.23	1.79	114.68

Totals For 1300 Calories Osteoporosis Prevention R2 - Day 06				79.74	172.72	38.04	1309.18
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1300 Calories Osteoporosis Prevention R2 - Day 07

Breakfast - Process berries/yogurt/milk. W/almonds.

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
7	0.8	cup	Frozen unsweetened strawberries	0.71	15.14	0.18	58.01
1	6.0	ounce(s)	Greek yogurt, plain, non fat	12.00	6.00	0.00	90.00
5	5.5	fluid ounce(s)	Skim milk	5.50	11.00	0.00	55.00
<i>Totals for Breakfast</i>				18.70	46.29	4.92	302.30

Snack 1

1	14.0	each	Almonds, unsalted	0.00	0.00	7.00	70.00
<i>Totals for Snack 1</i>				0.00	0.00	7.00	70.00

Lunch - Combine ing/micro HIGH/3 min. greens/carrot/vin sa

1	1.5	ounce(s)	2% milkfat cheddar cheese	10.50	1.50	3.00	75.00
20	1.5	tablespoon	Balsamic Vinegar	0.00	3.00	0.00	15.00
6	7.0	medium	Carrots - baby, raw	0.70	5.60	0.70	28.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
5	3.0	fluid ounce(s)	Skim milk	3.00	6.00	0.00	30.00
3	0.8	cup	Whole wheat pasta, cooked	5.25	27.75	0.75	127.50
<i>Totals for Lunch</i>				21.37	44.55	5.88	299.55

Snack 2

7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
<i>Totals for Snack 2</i>				6.25	7.75	4.00	85.00

Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese

1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	0.8	tablespoon	Chopped onion	0.08	0.67	0.00	3.00
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
3	0.8	cup	Whole wheat spaghetti, cooked	5.60	27.87	0.57	130.20
<i>Totals for Dinner</i>				37.97	46.28	13.39	440.58

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals For 1300 Calories Osteoporosis Prevention R2 - Day 07</i>				84.99	169.97	35.19	1295.43