



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories On The Go - Day 01							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	6.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.50	19.50	0.00	82.50
<i>Totals for Breakfast</i>				21.58	56.24	11.51	407.00
Snack 1							
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				10.53	34.10	4.95	237.75
Lunch							
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
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
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				38.23	24.66	6.63	312.90
Snack 2							
21	1.0	tablespoon	Peanut butter - creamy, Peter Pan	4.30	2.85	8.20	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				6.30	20.85	8.20	175.00
Dinner							
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
4	1.0	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	11.85	32.25	4.78	214.20
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				24.90	64.02	16.24	481.13
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1700 Calories On The Go - Day 01				103.55	207.88	50.53	1682.78

Breakfast

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				16.07	65.85	6.50	375.82

Snack 1

9	4.0	each	Graham Crackers	1.93	21.50	2.83	118.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				2.36	32.59	2.89	159.86

Lunch

0	1.0	each	BK Barbecue Sauce	0.00	9.00	0.00	35.00
0	1.0	each	BK Chicken Whopper Jr. NO mayo	23.00	31.00	6.00	270.00
0	1.0	each	BK Side Salad w/ lite lt. Drsg	1.00	9.00	5.00	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				24.00	49.00	11.00	380.00

Snack 2

4	1.5	1 oz	Peanuts, all types, dry-roasted, without salt	10.35	9.04	21.12	249.62
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				10.35	9.04	21.12	249.62

Dinner

6	1.0	1 tablespoon	Catsup	0.18	4.66	0.02	17.17
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	8.38	26.47	2.57	161.84
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				29.97	56.99	7.52	406.11

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
Totals for Snack 3				8.79	34.66	4.72	210.50
Totals For 1700 Calories On The Go - Day 02				91.54	248.13	53.75	1781.91

1700 Calories On The Go - Day 03

Breakfast

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
Totals for Breakfast				15.27	80.52	2.37	384.00

Snack 1

4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				4.17	6.07	15.20	178.00

Lunch

7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	each	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	18.00	46.00	4.50	280.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				19.10	63.40	4.80	349.00

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.96	5.89	5.30	101.50

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
5	1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	12.00	1.50	7.50	120.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				61.34	49.73	12.41	562.85

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.5	ounce(s)	Cream Cheese, Light, Phili brand	4.50	3.00	7.50	90.00
Totals for Snack 3				6.00	9.00	7.50	120.00
Totals For 1700 Calories On The Go - Day 03				112.84	214.61	47.58	1695.35

Breakfast

0	6.0	ounce(s)	Apple juice - Mott's	0.00	22.00	0.00	90.00
7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
Totals for Breakfast				3.73	71.28	3.79	322.72

Snack 1

9	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
21	1.0	tablespoon	Peanut butter - creamy. Peter Pan	4.30	2.85	8.20	95.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				4.45	13.35	8.45	135.50

Lunch

6	10.0	1 large	Carrots, baby, raw	0.96	12.36	0.19	52.50
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
4	1.0	1 cup	Hummus, commercial	19.43	35.15	23.62	408.36
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				23.49	69.26	24.51	565.86

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				29.00	14.20	2.30	200.00

Dinner

6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	15.58	40.61	3.00	251.68
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				27.43	65.40	7.59	421.68

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 On The Go - Day 04				90.11	241.50	49.64	1714.76

1700 Calories On The Go - Day 05

Breakfast

16	1.0	1 bagel (3" dia)	Bagels, cinnamon-raisin, toasted	5.62	31.43	0.95	155.82
7	0.3	each	Cantaloupe - muskmelon	1.15	11.15	0.40	46.50
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				10.77	57.58	6.35	317.32

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.05	24.22	0.24	132.18

Lunch

6	1.0	1 packet	Catsup	0.09	2.47	0.01	9.09
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
0	1.0	each	Wendy's Jr. Hamburger	14.00	34.00	9.00	270.00
0	1.0	each	Wendy's Small Chili	17.00	21.00	6.00	200.00
Totals for Lunch				31.60	58.83	15.24	487.19

Snack 2

21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.67	26.83	8.15	199.00

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
2	3.0	ounce(s)	Potato/White - Baked	1.95	21.45	0.09	93.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				50.05	44.19	7.31	440.52

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
Totals for Snack 3				6.60	22.12	2.25	129.00
Totals For 1700 Calories On The Go - Day 05				113.74	233.77	39.54	1705.21

Breakfast

0	4.0	ounce(s)	Apple juice - Mott's	0.00	14.67	0.00	60.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	4.30	26.70	1.90	133.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.72	64.94	2.76	327.64

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				6.96	5.89	5.30	101.50

Lunch

12	1.5	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	32.53	0.00	1.05	147.90
6	0.3	0.5 cup, shredded	Lettuce, green leaf, raw	0.10	0.20	0.01	1.05
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
0	10.0	each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	60.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				37.28	61.56	8.90	476.05

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				28.00	6.20	2.30	164.00

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
0	5.0	each	Lean Turkey Meatballs- HoneySuckle White	28.33	10.00	11.67	250.00
21	0.8	cup	Marinara sauce - Progresso 'Authentic'	6.00	15.00	9.00	165.00
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Dinner				42.81	61.44	23.52	584.50

Snack 3

9	2.0	each	Graham Crackers	0.97	10.75	1.41	59.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
Totals for Snack 3				1.17	14.85	1.41	79.00
Totals For 1700 Calories On The Go - Day 06				129.94	214.88	44.19	1732.69

Breakfast

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
0	1.0	each	Nutri Grain, Cereal Bar, Strawberry	2.00	27.00	3.00	140.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
Totals for Breakfast				8.80	62.60	3.80	305.00

Snack 1

4	1.3	ounce(s)	Walnuts, dried	5.21	7.59	19.00	222.50
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 1				5.21	7.59	19.00	222.50

Lunch

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
16	1.0	each	Muffin - banana, fat free, Healthy Valley	4.00	29.00	0.00	130.00
7	1.0	1 cup	Peaches, canned, juice pack, solids and liquids	1.57	28.92	0.07	110.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
Totals for Lunch				33.57	64.12	2.37	404.00

Snack 2

7	2.0	1 miniature box (.5 oz)	Raisins, seedless	0.86	22.17	0.13	83.72
0	0.3	1 cup	Snacks, trail mix, regular, unsalted	5.18	16.84	11.02	173.25
0	2.0	1 cup (8 fl oz)	Water, bottled, POLAND SPRING	0.00	0.00	0.00	0.00
Totals for Snack 2				6.04	39.01	11.15	256.97

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				44.02	34.74	11.82	415.45

Snack 3

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
Totals For 1700 Calories On The Go - Day 07				102.14	216.06	53.14	1693.92