



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Heart Disease - Day 01</b>							
<b>Breakfast</b>							
7	0.3	each	Banana - med 8"	0.30	6.68	0.15	26.25
0	8.0	ounce(s)	Grape juice - Welch's	0.00	40.00	0.00	160.00
15	0.5	cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				<b>11.00</b>	<b>67.63</b>	<b>0.85</b>	<b>299.25</b>
<b>Snack 1</b>							
9	0.3	each	Apple - medium with peel	0.08	5.25	0.13	20.25
4	0.3	2 tablespoon	Peanut butter, smooth style, without salt	1.78	1.78	4.11	47.84
<i>Totals for Snack 1</i>				<b>1.86</b>	<b>7.03</b>	<b>4.24</b>	<b>68.09</b>
<b>Lunch</b>							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
12	1.0	3 oz	Fish, tuna, white, canned in water, drained solids	20.08	0.00	2.52	108.80
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
21	0.5	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	1.50	0.00	4.00
6	0.5	1 tablespoon	Pickle relish, sweet	0.03	2.63	0.04	9.75
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
3	2.0	each	Tortilla 99% fat free, whole wheat, flour	4.00	24.00	0.00	120.00
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
<i>Totals for Lunch</i>				<b>26.98</b>	<b>53.41</b>	<b>8.27</b>	<b>399.95</b>
<b>Snack 2</b>							
7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
<i>Totals for Snack 2</i>				<b>1.50</b>	<b>27.69</b>	<b>0.23</b>	<b>106.25</b>
<b>Dinner</b>							
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
0	0.5	1 tablespoon	Vinegar, cider	0.00	0.07	0.00	1.56
6	0.5	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	0.51	9.34	0.05	39.44
<i>Totals for Dinner</i>				<b>24.99</b>	<b>19.45</b>	<b>11.96</b>	<b>280.35</b>
<b>Snack 3</b>							
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
<i>Totals for Snack 3</i>				<b>8.64</b>	<b>13.32</b>	<b>8.52</b>	<b>161.52</b>
<b>Totals For 1300 Calories Heart Disease - Day 01</b>				<b>74.97</b>	<b>188.53</b>	<b>34.07</b>	<b>1315.41</b>

Breakfast

15	1.0	0.5 cup	Cereals, QUAKER, Quick Oats, Dry	5.48	27.27	2.75	148.40
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
7	1.0	1 wedge, large (1/8 of large melon)	Melons, cantaloupe, raw	0.86	8.32	0.19	34.68
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
4	1.0	1 cup	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	6.00	10.06	0.10	68.04
4	0.5	1 cup	Soymilk, original and vanilla, unfortified	3.97	7.63	2.13	65.61
Totals for Breakfast				16.66	61.13	5.30	345.17

Snack 1

8	0.5	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	7.00	2.00	1.00	40.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
Totals for Snack 1				7.50	6.50	1.00	70.00

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	8.0	1 large	Carrots, baby, raw	0.77	9.89	0.16	42.00
5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
0	0.5	1 tablespoon	Sauce, salsa, ready-to-serve	0.12	0.54	0.01	2.32
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
Totals for Lunch				21.26	31.63	4.30	242.74

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				2.39	24.04	8.10	170.00

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
6	0.3	1 cup pieces	Mushrooms, shiitake, cooked, without salt	0.57	5.22	0.08	20.30
23	1.0	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
Totals for Dinner				26.49	58.27	16.53	477.68

Snack 3

0	1.0	1 cup	Snacks, popcorn, air-popped, white popcorn	0.96	6.23	0.34	30.56
Totals for Snack 3				0.96	6.23	0.34	30.56
Totals For 1300 Calories Heart Disease - Day 02				75.26	187.80	35.57	1336.15

**Breakfast**

16	2.0	1 slice	Bread, oat bran, toasted	6.16	23.60	2.59	139.86
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
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
14	0.3	1 tablespoon	Nuts, almond butter, plain, without salt added	0.84	0.75	2.22	24.56
<i>Totals for Breakfast</i>				<b>27.10</b>	<b>60.95</b>	<b>5.41</b>	<b>393.42</b>

**Snack 1**

7	0.3	1 cup, unthawed	Blueberries, raw	0.27	5.25	0.12	20.66
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
5	2.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	2.50	4.50	0.00	30.00
<i>Totals for Snack 1</i>				<b>4.83</b>	<b>13.27</b>	<b>0.88</b>	<b>77.73</b>

**Lunch**

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	10.23	31.48	3.02	189.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
6	0.8	1 cup, chopped	Peppers, sweet, red, raw	1.11	6.74	0.34	34.64
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
<i>Totals for Lunch</i>				<b>23.07</b>	<b>50.80</b>	<b>12.46</b>	<b>388.77</b>

**Snack 2**

7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
<i>Totals for Snack 2</i>				<b>0.35</b>	<b>12.55</b>	<b>0.00</b>	<b>49.00</b>

**Dinner**

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.3	cup	Spaghetti sauce - no salt, Prego	1.00	5.50	3.00	30.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
0	0.5	1 tablespoon	Vinegar, cider	0.00	0.07	0.00	1.56
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
<i>Totals for Dinner</i>				<b>18.70</b>	<b>39.21</b>	<b>12.44</b>	<b>285.56</b>

**Snack 3**

23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
5	4.0	ounce(s)	Soy Milk, fat-free w/ calcium	3.00	4.00	0.00	30.00
<i>Totals for Snack 3</i>				<b>3.74</b>	<b>11.34</b>	<b>3.90</b>	<b>91.98</b>

<b>Totals For 1300 Calories Heart Disease - Day 03</b>				<b>77.79</b>	<b>188.12</b>	<b>35.09</b>	<b>1286.46</b>
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Breakfast

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KASHI GOLEAN	12.94	34.94	1.14	161.72
0	1.0	ounce(s)	Grape juice - Welch's	0.00	5.00	0.00	20.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				22.41	72.85	2.02	350.37

Snack 1

14	1.0	1 almond	Nuts, almonds	0.25	0.26	0.60	6.95
Totals for Snack 1				0.25	0.26	0.60	6.95

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
12	0.5	3 oz	Fish, tuna, white, canned in water, drained solids	10.04	0.00	1.26	54.40
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
6	1.0	1 tablespoon	Pickle relish, sweet	0.06	5.26	0.07	19.50
7	5.0	ounce(s)	Tangerine - fresh peeled	1.00	16.00	0.50	60.00
6	0.5	small	Tomato - sm. w/peel, 2.5" diam.	0.50	2.85	0.20	13.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				15.33	50.22	7.38	309.30

Snack 2

8	0.5	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	7.00	2.00	1.00	40.00
Totals for Snack 2				7.00	2.00	1.00	40.00

Dinner

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
17	1.5	1 cup	Rice, brown, long-grain, cooked	7.55	67.16	2.63	324.68
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
Totals for Dinner				31.14	74.97	15.58	566.81

Snack 3

0	1.0	1 cup	Snacks, popcorn, air-popped, white popcorn	0.96	6.23	0.34	30.56
Totals for Snack 3				0.96	6.23	0.34	30.56
Totals For 1300 Calories Heart Disease - Day 04				77.09	206.53	26.92	1303.99

Breakfast

15	1.0	0.5 cup	Cereals, QUAKER, Quick Oats, Dry	5.48	27.27	2.75	148.40
22	1.0	tea spoon	Cinnamon	0.30	5.40	0.20	18.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
Totals for Breakfast				14.38	49.72	3.38	271.84

Snack 1

5	0.3	1 oz	Cheese, cheddar	1.70	0.09	2.40	28.78
7	1.0	1 small (2-1/4" dia)	Tangerines, (mandarin oranges), raw	0.62	10.14	0.24	40.28
Totals for Snack 1				2.32	10.23	2.64	69.06

Lunch

6	0.5	1 cup, slices	Beets, pickled, canned, solids and liquids	0.91	18.48	0.09	73.78
16	1.0	1 pita, small (4" dia)	Bread, pita, whole-wheat	2.74	15.40	0.73	74.48
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
7	16.0	each	Grapes - American	0.32	6.56	0.00	32.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
Totals for Lunch				8.92	54.19	1.22	252.76

Snack 2

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
21	0.5	tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
Totals for Snack 2				2.30	22.60	4.00	133.50

Dinner

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
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, trout, mixed species, cooked, dry heat	22.64	0.00	7.20	161.50
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
6	0.5	1 medium (2" dia, 5" long, raw)	Sweet potato, cooked, baked in skin, flesh, without salt	1.15	11.80	0.09	51.30
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
Totals for Dinner				33.22	31.00	14.94	374.71

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
23	0.3	tablespoon	Flaxseed Oil (linseed)	0.00	0.00	3.50	30.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
5	1.0	ounce(s)	Soy Milk, fat-free w/ calcium	0.75	1.00	0.00	7.50
Totals for Snack 3				3.54	17.82	8.86	154.08
Totals For 1300 Calories Heart Disease - Day 05				64.68	185.56	35.04	1255.95

Breakfast

16	1.0	1 slice	Bread, oat bran, toasted	3.08	11.80	1.30	69.93
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
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
14	0.5	1 tablespoon	Nuts, almond butter, plain, with salt added	1.68	1.51	4.44	49.12
Totals for Breakfast				17.26	37.41	6.24	268.05

Snack 1

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
Totals for Snack 1				1.50	27.69	0.23	106.25

Lunch

4	0.5	1 cup	Beans, pinto, mature seeds, cooked, boiled, with salt	7.70	22.42	0.56	122.27
6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	0.3	1/2 cup	tomato, diced	0.19	1.04	0.07	4.75
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
Totals for Lunch				18.93	45.72	5.80	310.52

Snack 2

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				12.36	27.87	1.92	176.13

Dinner

6	0.5	0.5 cup	Asparagus, cooked, boiled, drained	1.08	1.85	0.10	9.90
5	1.0	1 tablespoon	Cheese, parmesan, grated	1.42	0.70	1.39	21.00
6	1.0	1 cup pieces	Mushrooms, shiitake, cooked, without salt	2.26	20.87	0.32	81.20
23	1.0	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	1.0	ounce(s)	Tofu - soybean curd cake	2.30	0.50	1.40	22.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Dinner				12.32	48.10	18.01	358.10

Snack 3

0	3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	2.88	18.70	1.01	91.68
Totals for Snack 3				2.88	18.70	1.01	91.68
Totals For 1300 Calories Heart Disease - Day 06				65.25	205.49	33.21	1310.73

## 1300 Calories Heart Disease - Day 07

### Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KASHI GOLEAN	12.94	34.94	1.14	161.72
0	1.0	ounce(s)	Grape juice - Welch's	0.00	5.00	0.00	20.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				<i>17.74</i>	<i>59.24</i>	<i>1.64</i>	<i>277.22</i>

### Snack 1

5	0.5	1 oz	Cheese, cheddar	3.41	0.19	4.79	57.55
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				<i>4.11</i>	<i>25.29</i>	<i>4.79</i>	<i>155.55</i>

### Lunch

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	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	14.00	120.00
6	0.3	1 can (11.5 oz), prepared	Spinach, raw	0.21	0.27	0.03	1.73
7	5.0	ounce(s)	Tangerine - fresh peeled	1.00	16.00	0.50	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	1.0	1 tablespoon	Vinegar, cider	0.00	0.14	0.00	3.13
<i>Totals for Lunch</i>				<i>11.21</i>	<i>51.33</i>	<i>16.75</i>	<i>377.34</i>

### Snack 2

8	1.0	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	14.00	4.00	2.00	80.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<i>Totals for Snack 2</i>				<i>14.77</i>	<i>12.11</i>	<i>2.21</i>	<i>113.15</i>

### Dinner

6	1.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	0.59	6.41	0.14	27.30
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				<i>24.27</i>	<i>33.48</i>	<i>2.39</i>	<i>250.63</i>

### Snack 3

7	0.3	1 cup, unthawed	Blueberries, raw	0.27	5.25	0.12	20.66
14	0.5	1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
4	1.0	1 cup	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	6.00	10.06	0.10	68.04
<i>Totals For 1300 Calories Heart Disease - Day 07</i>				<i>79.47</i>	<i>198.49</i>	<i>30.53</i>	<i>1294.63</i>