



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Organic Low Carb - Day 01							
Breakfast							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				18.55	42.72	7.24	302.18
Snack 1							
5	1.5	ounce(s)	Cheese, monterey jack, Organic Valley	12.00	1.50	7.50	120.00
0	2.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00
<i>Totals for Snack 1</i>				14.00	37.50	8.50	280.00
Lunch							
6	10.0	medium	baby carrots, organic	0.60	8.20	1.00	40.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
11	5.0	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00
<i>Totals for Lunch</i>				48.96	24.76	13.83	378.00
Snack 2							
14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 2</i>				7.68	26.60	5.58	176.24
Dinner							
6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
12	6.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	43.24	0.00	13.82	309.40
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				46.54	23.50	18.22	463.40
Snack 3							
7	2.0	1 cup, diced	Melons, cantaloupe, raw	2.62	25.46	0.59	106.08
<i>Totals for Snack 3</i>				2.62	25.46	0.59	106.08
Totals For 1700 Calories Organic Low Carb - Day 01				138.35	180.54	53.96	1705.90

Breakfast

16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	2.0	tablespoon	peanut butter, organic, Smuckers	8.00	6.00	16.00	210.00
Totals for Breakfast				24.87	44.14	17.40	426.36

Snack 1

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				12.00	25.00	6.50	200.00

Lunch

16	6.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.75	7.50	2.25	48.75
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
12	3.0	ounce(s)	Shrimp, Organic, boiled or steamed	17.76	0.00	0.90	84.00
0	2.0	cup	soup, Amy's Oganic Vegetable Barley Soup	4.00	26.00	2.00	140.00
Totals for Lunch				24.46	49.75	9.75	391.75

Snack 2

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 2				0.60	9.70	0.10	37.00

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	1.0	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				44.80	31.50	14.90	454.00

Snack 3

5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
Totals for Snack 3				26.00	8.00	5.00	200.00
Totals For 1700 Calories Organic Low Carb - Day 02				132.73	168.09	53.65	1709.11

Breakfast

15	1.0	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				11.60	46.90	2.10	236.00

Snack 1

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
Totals for Snack 1				0.40	8.20	0.00	40.00

Lunch

6	5.0	each	Celery, Organic stalk, trimmed	2.50	10.00	0.00	50.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	4.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	2.00	6.00	0.00	30.00
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
Totals for Lunch				56.00	29.00	22.00	505.00

Snack 2

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 2				7.68	26.60	5.58	176.24

Dinner

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
0	3.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
0	6.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	42.00	0.00	10.50	270.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				47.30	53.50	19.90	599.00

Snack 3

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				14.02	15.67	2.96	148.64
Totals For 1700 Calories Organic Low Carb - Day 03				137.00	179.87	52.54	1704.88

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				13.10	53.45	2.49	274.36

Snack 1

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				6.60	34.70	1.60	167.00

Lunch

5	2.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	14.00	2.00	12.00	180.00
5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
20	3.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	3.00	6.00	67.50
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
Totals for Lunch				41.95	27.25	23.60	521.50

Snack 2

5	2.0	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00
16	10.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.25	12.50	3.75	81.25
Totals for Snack 2				17.25	14.50	13.75	241.25

Dinner

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
13	6.0	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
Totals for Dinner				51.84	16.00	8.18	363.80

Snack 3

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 3				6.00	11.00	8.00	145.00
Totals For 1700 Calories Organic Low Carb - Day 04				136.74	156.90	57.62	1712.91

1700 Calories Organic Low Carb - Day 05

Breakfast

15	1.5	cup	Cereal, Cascadian Farms Organic Purely O's	4.50	33.00	3.00	165.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				13.81	58.73	3.30	298.04

Snack 1

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				7.68	26.60	5.58	176.24

Lunch

6	12.0	medium	baby carrots, organic	0.72	9.84	1.20	48.00
23	2.0	tablespoon	Mayo, organic, light	0.00	2.00	7.00	70.00
5	2.0	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	2.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00
11	6.0	ounce(s)	Turkey Breast slices, Organic Prairie	42.00	0.00	1.50	150.00
Totals for Lunch				63.08	35.40	27.78	536.00

Snack 2

16	8.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
0	1.0	cup	soup, Amy's Oganic Vegetable Barley Soup	2.00	13.00	1.00	70.00
Totals for Snack 2				3.00	23.00	4.00	135.00

Dinner

18	6.0	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	47.30	0.00	14.14	329.80
6	2.0	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	2.00	10.00	0.00	50.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
21	4.0	tablespoon	Soy sauce, Organic, Lite	0.00	5.20	0.00	44.00
Totals for Dinner				50.60	26.70	18.54	517.80

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals for Snack 3				0.40	8.20	0.20	40.00
Totals For 1700 Calories Organic Low Carb - Day 05				138.57	178.63	59.40	1703.08

1700 Calories Organic Low Carb - Day 06

Breakfast

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
Totals for Breakfast				14.60	24.90	5.10	196.00

Snack 1

5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 1				26.60	17.70	5.10	237.00

Lunch

6	12.0	medium	baby carrots, organic	0.72	9.84	1.20	48.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
0	5.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	35.00	0.00	8.75	225.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
Totals for Lunch				49.08	26.40	21.53	486.00

Snack 2

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
Totals for Snack 2				6.00	11.00	8.00	145.00

Dinner

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	2.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	4.00	24.00	0.00	120.00
11	6.0	ounce(s)	Chicken breast, organic	39.00	0.00	2.40	186.00
0	3.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
Totals for Dinner				45.00	54.00	7.40	481.00

Snack 3

0	2.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00
Totals for Snack 3				2.00	36.00	1.00	160.00

Totals For 1700 Calories Organic Low Carb - Day 06				143.28	170.00	48.13	1705.00
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Breakfast

15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.02	43.67	2.46	238.64

Snack 1

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
Totals for Snack 1				7.68	26.60	5.58	176.24

Lunch

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	3.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
Totals for Lunch				55.00	25.50	22.00	487.50

Snack 2

5	2.0	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00
16	10.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.25	12.50	3.75	81.25
Totals for Snack 2				17.25	14.50	13.75	241.25

Dinner

6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
12	6.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	43.24	0.00	13.82	309.40
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
Totals for Dinner				48.54	35.50	18.22	523.40

Snack 3

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
Totals For 1700 Calories Organic Low Carb - Day 07				142.36	156.91	62.41	1713.39