



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Lactose Intolerant - Day 01							
Breakfast							
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
1	2.0	tablespoon	Peanut Butter, Jif Reduced Fat	8.00	15.00	12.00	190.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				16.88	79.57	13.86	483.45
Snack 1							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				5.30	40.00	0.50	181.00
Lunch							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
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
<i>Totals for Lunch</i>				46.20	37.94	7.19	399.92
Snack 2							
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
0	15.0	each	Pretzels - Rold Gold, Tiny Tim	1.50	17.25	0.75	90.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<i>Totals for Snack 2</i>				3.96	30.41	5.60	187.44
Dinner							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
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>				34.66	42.96	9.62	379.07
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill 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 Lactose Intolerant - Day 01				109.01	238.89	39.77	1699.88

1700 Calories Lactose Intolerant - Day 02

Breakfast

16	1.0	1 bagel (4" dia)	Bagels, oat bran	9.52	47.44	1.07	226.95
7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
Totals for Breakfast				12.62	94.89	7.56	474.65

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 1				5.30	40.00	0.50	181.00

Lunch

3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
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
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Lunch				40.27	40.75	9.29	396.80

Snack 2

7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 2				2.24	22.92	0.00	104.00

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals for Dinner				40.58	43.29	16.05	468.88

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	10 chips	Snacks, tortilla chips, light (baked with less oil)	1.39	11.74	2.43	74.40
Totals for Snack 3				1.39	11.74	2.43	82.40
Totals For 1700 Calories Lactose Intolerant - Day 02				102.40	253.59	35.83	1707.73

Breakfast

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
0	0.3	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	5.70	0.33	1.15	34.43
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
Totals for Breakfast				37.67	50.66	12.55	457.28

Snack 1

7	2.0	each	Plum - fresh, 2.25" diam	1.00	17.20	0.80	72.00
Totals for Snack 1				1.00	17.20	0.80	72.00

Lunch

4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
20	3.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	6.00	6.00	60.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Lunch				11.43	48.17	15.29	351.94

Snack 2

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 2				6.27	20.29	3.00	134.74

Dinner

18	1.5	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
6	1.0	1 cup	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
2	6.0	ounce(s)	Potato/White - Baked	3.90	42.90	0.18	186.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
Totals for Dinner				46.47	55.29	17.26	559.96

Snack 3

9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Snack 3				3.02	29.67	0.46	128.64
Totals For 1700 Calories Lactose Intolerant - Day 03				105.86	221.28	49.36	1704.56

1700 Calories Lactose Intolerant - Day 04

Breakfast

15	1.0	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.49	24.42	1.23	111.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
Totals for Breakfast				16.38	44.88	10.63	334.50

Snack 1

7	1.0	1 fruit without skin, large	Kiwifruit, green, raw	1.04	13.34	0.47	55.51
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
Totals for Snack 1				6.04	32.34	0.47	155.51

Lunch

6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.8	1 cup	Refried beans, canned, traditional style (includes USDA commodity)	8.89	24.19	3.59	160.65
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				19.10	38.55	10.57	320.75

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
0	15.0	each	Pretzels - Rold Gold, Tiny Tim	1.50	17.25	0.75	90.00
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
Totals for Snack 2				4.26	51.41	6.10	268.44

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.0	1 cup	Beans, snap, yellow, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.8	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	3.01	31.06	0.23	135.00
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
Totals for Dinner				51.84	69.79	10.21	555.12

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 Lactose Intolerant - Day 04				99.63	244.98	40.98	1703.32

Breakfast

16	1.0	1 bagel (4" dia)	Bagels, oat bran	9.52	47.44	1.07	226.95
9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.74	111.81	5.13	517.26

Snack 1

1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
Totals for Snack 1				6.00	25.50	6.00	175.00

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
21	2.0	tablespoon	Mayonnaise - low fat	0.00	8.00	2.00	50.00
21	1.0	tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
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
8	4.0	ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals for Lunch				42.11	52.95	10.32	454.92

Snack 2

7	1.0	1 fruit without skin, large	Kiwifruit, green, raw	1.04	13.34	0.47	55.51
Totals for Snack 2				1.04	13.34	0.47	55.51

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
Totals for Dinner				41.71	46.09	7.68	407.85

Snack 3

21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	10 chips	Snacks, tortilla chips, light (baked with less oil)	1.39	11.74	2.43	74.40
Totals for Snack 3				1.39	11.74	2.43	82.40

Totals For 1700 Calories Lactose Intolerant - Day 05				105.99	261.43	32.03	1692.94
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1700 Calories Lactose Intolerant - Day 06

Breakfast

1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
0	0.3	1 cup, diced	Ham, sliced, packaged (96% fat free, water added)	5.70	0.33	1.15	34.43
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
Totals for Breakfast				36.96	49.83	15.35	476.91

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
Totals for Snack 1				11.30	36.50	10.50	276.00

Lunch

16	3.0	1 toast	Crackers, melba toast, wheat	1.93	11.46	0.34	56.10
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
0	2.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	8.38	26.47	2.57	161.84
Totals for Lunch				12.31	63.93	2.91	327.94

Snack 2

7	2.0	each	Plum - fresh, 2.25" diam	1.00	17.20	0.80	72.00
Totals for Snack 2				1.00	17.20	0.80	72.00

Dinner

12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, frozen, boiled, drained	1.29	4.01	0.15	19.00
Totals for Dinner				40.29	39.69	20.72	489.05

Snack 3

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
Totals for Snack 3				1.34	5.34	2.00	46.00
Totals For 1700 Calories Lactose Intolerant - Day 06				103.20	212.49	52.28	1687.90

1700 Calories Lactose Intolerant - Day 07

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	0.8	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.87	18.32	0.92	83.25
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Silk Soy Milk- Plain	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				11.38	65.75	5.82	341.29

Snack 1

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
5	6.0	ounce(s)	Yoplait, Light Yogurt	5.00	19.00	0.00	100.00
<i>Totals for Snack 1</i>				7.54	21.59	5.99	169.48

Lunch

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
2	5.0	ounce(s)	Potato/White - Baked	3.25	35.75	0.15	155.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	5.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	10.00
5	1.0	ounce(s)	Soy Cheese	7.80	0.70	5.70	85.00
<i>Totals for Lunch</i>				18.05	57.79	8.47	370.52

Snack 2

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0	8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	2.00	26.00	0.00	110.00
<i>Totals for Snack 2</i>				8.29	26.56	5.30	187.50

Dinner

21	2.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	12.00	1.00	50.00
6	1.0	1 cup	Beans, snap, yellow, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
13	1.5	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	33.37	0.00	4.48	182.33
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
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>				39.04	56.06	10.38	455.08

Snack 3

1	1.0	tablespoon	Peanut Butter, Jif Reduced Fat	4.00	7.50	6.00	95.00
9	2.0	each	Rice cake - apple cinnamon, Quaker	2.00	18.00	0.00	80.00
<i>Totals for Snack 3</i>				6.00	25.50	6.00	175.00
Totals For 1700 Calories Lactose Intolerant - Day 07				90.30	253.25	41.96	1698.87