



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Organic Low Carb - Day 01</b>							
<b>Breakfast</b>							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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>				<b>12.55</b>	<b>42.72</b>	<b>2.24</b>	<b>232.18</b>
<b>Snack 1</b>							
5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
<i>Totals for Snack 1</i>				<b>9.00</b>	<b>19.00</b>	<b>5.50</b>	<b>160.00</b>
<b>Lunch</b>							
6	6.0	medium	baby carrots, organic	0.36	4.92	0.60	24.00
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	4.0	ounce(s)	Turkey Breast slices, Organic Prairie	28.00	0.00	1.00	100.00
<i>Totals for Lunch</i>				<b>41.72</b>	<b>21.48</b>	<b>13.18</b>	<b>337.00</b>
<b>Snack 2</b>							
14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
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>				<b>7.05</b>	<b>26.00</b>	<b>4.05</b>	<b>158.90</b>
<b>Dinner</b>							
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
12	5.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	36.03	0.00	11.52	257.83
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>				<b>38.33</b>	<b>17.50</b>	<b>15.92</b>	<b>381.83</b>
<b>Snack 3</b>							
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
<i>Totals for Snack 3</i>				<b>1.31</b>	<b>12.73</b>	<b>0.30</b>	<b>53.04</b>
<b>Totals For 1300 Calories Organic Low Carb - Day 01</b>				<b>109.96</b>	<b>139.43</b>	<b>41.19</b>	<b>1322.95</b>

**1300 Calories Organic Low Carb - Day 02****Breakfast**

16	1.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	4.00	7.00	0.50	45.00
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	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
<i>Totals for Breakfast</i>				<b>16.87</b>	<b>34.14</b>	<b>8.90</b>	<b>276.36</b>

**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
<i>Totals for Snack 1</i>				<b>12.00</b>	<b>25.00</b>	<b>6.50</b>	<b>200.00</b>

**Lunch**

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	2.0	ounce(s)	Shrimp, Organic, boiled or steamed	11.84	0.00	0.60	56.00
0	1.0	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
<i>Totals for Lunch</i>				<b>15.79</b>	<b>29.25</b>	<b>6.20</b>	<b>245.00</b>

**Snack 2**

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 2</i>				<b>0.60</b>	<b>9.70</b>	<b>0.10</b>	<b>37.00</b>

**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
<i>Totals for Dinner</i>				<b>44.80</b>	<b>31.50</b>	<b>14.90</b>	<b>454.00</b>

**Snack 3**

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
<i>Totals for Snack 3</i>				<b>13.00</b>	<b>4.00</b>	<b>2.50</b>	<b>100.00</b>

<b>Totals For 1300 Calories Organic Low Carb - Day 02</b>				<b>103.06</b>	<b>133.59</b>	<b>39.10</b>	<b>1312.36</b>
---	--	--	--	---------------	---------------	--------------	----------------

1300 Calories Organic Low Carb - Day 03

**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
<i>Totals for Breakfast</i>				<b>11.60</b>	<b>46.90</b>	<b>2.10</b>	<b>236.00</b>

**Snack 1**

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
<i>Totals for Snack 1</i>				<b>0.30</b>	<b>6.15</b>	<b>0.00</b>	<b>30.00</b>

**Lunch**

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
21	2.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.00	3.00	0.00	15.00
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
<i>Totals for Lunch</i>				<b>47.50</b>	<b>22.00</b>	<b>21.60</b>	<b>439.00</b>

**Snack 2**

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
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>				<b>7.05</b>	<b>26.00</b>	<b>4.05</b>	<b>158.90</b>

**Dinner**

21	1.0	tablespoon	BBQ sauce, organic	0.00	4.50	0.50	22.50
6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
0	4.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	28.00	0.00	7.00	180.00
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
<i>Totals for Dinner</i>				<b>31.63</b>	<b>36.00</b>	<b>14.57</b>	<b>413.17</b>

**Snack 3**

7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 3</i>				<b>0.51</b>	<b>5.84</b>	<b>0.23</b>	<b>24.32</b>

<b>Totals For 1300 Calories Organic Low Carb - Day 03</b>				<b>98.59</b>	<b>142.89</b>	<b>42.55</b>	<b>1301.39</b>
---	--	--	--	--------------	---------------	--------------	----------------

**1300 Calories Organic Low Carb - Day 04****Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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>				<b>12.55</b>	<b>42.72</b>	<b>2.24</b>	<b>232.18</b>

**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
<i>Totals for Snack 1</i>				<b>6.60</b>	<b>34.70</b>	<b>1.60</b>	<b>167.00</b>

**Lunch**

5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
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
<i>Totals for Lunch</i>				<b>21.95</b>	<b>22.25</b>	<b>15.10</b>	<b>331.50</b>

**Snack 2**

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	6.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.75	7.50	2.25	48.75
<i>Totals for Snack 2</i>				<b>8.75</b>	<b>8.50</b>	<b>7.25</b>	<b>128.75</b>

**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	5.0	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	39.87	0.00	6.82	232.33
<i>Totals for Dinner</i>				<b>43.87</b>	<b>16.00</b>	<b>6.82</b>	<b>317.33</b>

**Snack 3**

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
<i>Totals for Snack 3</i>				<b>5.50</b>	<b>9.00</b>	<b>8.00</b>	<b>135.00</b>

<b>Totals For 1300 Calories Organic Low Carb - Day 04</b>				<b>99.22</b>	<b>133.17</b>	<b>41.01</b>	<b>1311.76</b>
---	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Organic Low Carb - Day 05

**Breakfast**

15	1.0	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
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
<i>Totals for Breakfast</i>				<b>12.31</b>	<b>47.73</b>	<b>2.30</b>	<b>243.04</b>

**Snack 1**

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>7.05</b>	<b>26.00</b>	<b>4.05</b>	<b>158.90</b>

**Lunch**

6	6.0	medium	baby carrots, organic	0.36	4.92	0.60	24.00
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
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
11	5.0	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00
<i>Totals for Lunch</i>				<b>45.72</b>	<b>18.48</b>	<b>14.43</b>	<b>322.00</b>

**Snack 2**

16	4.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.50	5.00	1.50	32.50
0	1.0	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
<i>Totals for Snack 2</i>				<b>2.50</b>	<b>18.00</b>	<b>2.50</b>	<b>102.50</b>

**Dinner**

18	5.0	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	39.42	0.00	11.78	274.83
6	1.0	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1.00	5.00	0.00	25.00
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
<i>Totals for Dinner</i>				<b>41.72</b>	<b>21.70</b>	<b>16.18</b>	<b>437.83</b>

**Snack 3**

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 3</i>				<b>0.40</b>	<b>8.20</b>	<b>0.20</b>	<b>40.00</b>

<b>Totals For 1300 Calories Organic Low Carb - Day 05</b>				<b>109.70</b>	<b>140.11</b>	<b>39.66</b>	<b>1304.27</b>
---	--	--	--	---------------	---------------	--------------	----------------

1300 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
<i>Totals for Breakfast</i>				<b>14.60</b>	<b>24.90</b>	<b>5.10</b>	<b>196.00</b>

**Snack 1**

5	1.5	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	19.50	6.00	3.75	150.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				<b>20.10</b>	<b>15.70</b>	<b>3.85</b>	<b>187.00</b>

**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
0	3.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	21.00	0.00	5.25	135.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
<i>Totals for Lunch</i>				<b>34.96</b>	<b>24.76</b>	<b>17.83</b>	<b>388.00</b>

**Snack 2**

6	3.0	each	Celery, Organic stalk, trimmed	1.50	6.00	0.00	30.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
<i>Totals for Snack 2</i>				<b>5.50</b>	<b>9.00</b>	<b>8.00</b>	<b>135.00</b>

**Dinner**

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	2.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	1.33	14.00	2.67	86.67
<i>Totals for Dinner</i>				<b>29.33</b>	<b>35.00</b>	<b>5.27</b>	<b>315.67</b>

**Snack 3**

0	1.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	1.00	18.00	0.50	80.00
<i>Totals for Snack 3</i>				<b>1.00</b>	<b>18.00</b>	<b>0.50</b>	<b>80.00</b>

<b>Totals For 1300 Calories Organic Low Carb - Day 06</b>				<b>105.49</b>	<b>127.36</b>	<b>40.55</b>	<b>1301.67</b>
---	--	--	--	---------------	---------------	--------------	----------------

**1300 Calories Organic Low Carb - Day 07****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	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Breakfast</i>				<b>12.51</b>	<b>37.84</b>	<b>2.23</b>	<b>214.32</b>

**Snack 1**

14	5.0	each	nuts, organic almonds	1.05	1.00	2.55	28.90
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>7.05</b>	<b>26.00</b>	<b>4.05</b>	<b>158.90</b>

**Lunch**

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
5	1.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
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
<i>Totals for Lunch</i>				<b>41.50</b>	<b>24.50</b>	<b>12.60</b>	<b>346.50</b>

**Snack 2**

5	1.0	ounce(s)	Cheese, monterey jack, Organic Valley	8.00	1.00	5.00	80.00
16	8.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
<i>Totals for Snack 2</i>				<b>9.00</b>	<b>11.00</b>	<b>8.00</b>	<b>145.00</b>

**Dinner**

6	1.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	1.00	6.00	0.00	30.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
12	4.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	28.83	0.00	9.21	206.27
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>				<b>33.13</b>	<b>29.50</b>	<b>13.61</b>	<b>390.27</b>

**Snack 3**

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
<b>Totals For 1300 Calories Organic Low Carb - Day 07</b>				<b>104.06</b>	<b>139.98</b>	<b>40.89</b>	<b>1301.35</b>