



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
2600 Calories Lean Bodybuilder - Day 01							
Breakfast							
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
5	8.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	9.33	41.33	0.00	200.00
<i>Totals for Breakfast</i>				59.73	119.83	8.00	753.00
Snack 1							
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<i>Totals for Snack 1</i>				50.20	77.80	8.00	547.00
Lunch							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				37.00	41.45	2.00	339.76
Snack 2							
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
4	0.5	cup	Pinto bean - boiled	7.00	21.80	0.40	116.00
2	3.0	each	Tortilla - corn, soft, 7" diam.	3.00	27.00	3.00	135.00
<i>Totals for Snack 2</i>				10.60	53.40	3.50	270.00
Dinner							
6	0.5	cup	Black Eyed Peas -boiled	6.70	17.90	0.50	100.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				47.56	24.45	3.22	318.06
Snack 3							
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
<i>Totals for Snack 3</i>				37.00	22.00	2.00	250.00
Totals For 2600 Calories Lean Bodybuilder - Day 01				242.09	338.93	26.72	2477.82

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				30.49	40.23	3.77	304.34

Snack 1

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	4.0	biscuit	Shredded Wheat, Nabisco	8.00	76.00	4.00	320.00
7	4.0	ounce(s)	Strawberry - fresh, 1 medium	0.80	8.00	0.40	36.00
Totals for Snack 1				17.20	95.90	4.80	442.00

Lunch

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
Totals for Lunch				65.80	49.40	3.72	502.00

Snack 2

16	2.0	each	Bread /Rye 7 grain	10.00	72.00	4.00	180.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
Totals for Snack 2				77.00	100.00	8.00	586.00

Dinner

20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				29.83	46.60	18.72	478.76

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2600 Calories Lean Bodybuilder - Day 02				257.32	354.13	41.01	2563.10

Breakfast

15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				40.67	35.53	9.50	407.00

Snack 1

10	0.8	cup	Oatmeal - quick, measure uncooked	9.90	41.85	4.50	222.75
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	2.0	ounce(s)	Strawberry - fresh, 1 medium	0.40	4.00	0.20	18.00
5	4.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	4.67	20.67	0.00	100.00
Totals for Snack 1				51.97	88.52	6.70	590.75

Lunch

16	1.0	1 cup	Croutons, plain	3.57	22.05	1.98	122.10
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	6.0	ounce(s)	Turkey Breast / White Meat	51.00	0.00	1.20	228.00
2	0.8	cup	Yam -baked or boiled	1.50	28.20	0.15	118.50
Totals for Lunch				60.87	81.00	5.33	627.36

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				50.00	65.00	20.30	620.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				28.80	28.35	1.72	252.76
Totals For 2600 Calories Lean Bodybuilder - Day 03				232.31	298.40	43.55	2497.87

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
Totals for Breakfast				57.40	109.50	8.00	703.00

Snack 1

16	2.0	each	Bread /Rye 7 grain	10.00	72.00	4.00	180.00
21	2.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	6.00	0.00	16.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
Totals for Snack 1				77.00	100.00	8.00	586.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	1.0	cup	Rice - white cook steamed	4.50	40.50	0.00	180.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				37.00	41.45	2.00	339.76

Snack 2

6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
4	0.5	cup	Pinto bean - boiled	7.00	21.80	0.40	116.00
2	3.0	each	Tortilla - corn, soft, 7" diam.	3.00	27.00	3.00	135.00
Totals for Snack 2				10.60	53.40	3.50	270.00

Dinner

6	0.5	cup	Black Eyed Peas -boiled	6.70	17.90	0.50	100.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				33.64	24.45	14.82	364.06

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2600 Calories Lean Bodybuilder - Day 04				252.64	350.80	38.32	2512.82

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				72.31	62.64	7.53	592.82

Snack 1

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	3.0	biscuit	Shredded Wheat, Nabisco	6.00	57.00	3.00	240.00
Totals for Snack 1				15.60	95.60	4.00	431.00

Lunch

16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
21	2.0	tablespoon	Catsup - tomato	0.40	8.20	0.20	32.00
5	1.0	each	Cheese - KRAFT Free slice	5.00	3.00	0.00	30.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				49.30	49.15	5.00	437.76

Snack 2

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
16	1.0	slice	Wheat - Pepperidge Farm	2.00	13.00	1.00	70.00
Totals for Snack 2				39.00	35.00	3.00	320.00

Dinner

6	3.0	1 spear (about 5" long)	Broccoli, cooked, boiled, drained, without salt	2.64	7.97	0.46	38.85
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
Totals for Dinner				30.67	45.97	19.16	468.61

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2600 Calories Lean Bodybuilder - Day 05				243.88	310.36	40.69	2500.19

Breakfast

0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
10	0.7	cup	Oatmeal - quick, measure uncooked	8.71	36.83	3.96	196.02
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				32.60	49.16	4.73	351.86

Snack 1

5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	4.0	biscuit	Shredded Wheat, Nabisco	8.00	76.00	4.00	320.00
7	4.0	ounce(s)	Strawberry - fresh, 1 medium	0.80	8.00	0.40	36.00
Totals for Snack 1				17.20	95.90	4.80	442.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
9	4.0	ounce(s)	Potato - white medium	2.80	27.40	0.12	120.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Lunch				72.30	50.35	4.12	537.76

Snack 2

8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
2	3.0	each	Tortilla - corn, soft, 7" diam.	3.00	27.00	3.00	135.00
Totals for Snack 2				57.50	50.50	5.00	470.00

Dinner

20	1.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
9	5.0	ounce(s)	Potato - white medium	3.50	34.25	0.15	150.00
19	4.0	ounce(s)	Rib Eye - fat trimmed off, chioce	31.72	0.00	13.20	256.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Dinner				36.52	46.70	15.75	487.76

Snack 3

1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 3				37.00	22.00	2.00	250.00
Totals For 2600 Calories Lean Bodybuilder - Day 06				253.12	314.61	36.40	2539.38

Breakfast

15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	8.0	ounce(s)	Coffee - w/caffeine	0.27	0.93	0.00	8.00
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				40.67	35.53	9.50	407.00

Snack 1

10	1.0	cup	Oatmeal - quick, measure uncooked	13.20	55.80	6.00	297.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
7	2.0	ounce(s)	Strawberry - fresh, 1 medium	0.40	4.00	0.20	18.00
5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
Totals for Snack 1				57.60	112.80	8.20	715.00

Lunch

16	1.0	1 cup	Croutons, plain	3.57	22.05	1.98	122.10
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	5.0	ounce(s)	Turkey Breast / White Meat	42.50	0.00	1.00	190.00
2	1.0	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
Totals for Lunch				52.87	90.40	5.18	628.86

Snack 2

9	2.0	each	Bread - slice rye 7 grain	5.00	36.00	2.00	180.00
21	2.0	tablespoon	Peanut Butter	8.00	7.00	16.30	190.00
1	1.0	pack	Protein Drink, Generic (add 16oz. water)	37.00	22.00	2.00	250.00
Totals for Snack 2				50.00	65.00	20.30	620.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
9	1.0	ounce(s)	Potato - white medium	0.70	6.85	0.03	30.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
Totals for Snack 3				26.70	7.80	1.63	162.76
Totals For 2600 Calories Lean Bodybuilder - Day 07				227.84	311.53	44.81	2533.62