



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1900 Calories Athletic Training - Day 01							
Breakfast - Prepare oats w/milk. Top w/nuts. Pro w/water/berrie							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
Totals for Breakfast				36.00	66.05	11.40	503.00
Snack 1 - Spread almond butter on muffin. Sprinkle w seeds.							
21	0.3	tablespoon	Almond Butter	0.50	0.75	2.25	25.25
8	0.3	tablespoon	Pumpkin seeds, roasted, unsalted	0.50	0.25	0.88	10.00
3	0.5	each	Whole wheat English muffin	2.90	13.33	0.69	66.99
Totals for Snack 1				3.90	14.33	3.82	102.24
Lunch - Toss ing together. Serve w melba.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	3.90	10.68	1.54	69.70
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
23	0.1	cup	Sliced avocado	0.39	1.56	2.73	29.90
Totals for Lunch				50.29	43.54	8.67	457.60
Snack 2 - Bean, cheese burrito wrap.							
1	0.5	ounce(s)	2% milkfat cheddar cheese	3.50	0.50	1.00	25.00
1	0.2	cup	Beans	2.40	6.80	0.20	40.00
21	0.1	cup	Salsa	0.40	1.62	0.04	6.99
3	0.5	each	Whole wheat wrap	4.50	10.00	0.75	50.00
Totals for Snack 2				10.80	18.92	1.99	121.99
Dinner - Roast tilapia. W/beans/quinoa, brocc/spinac salad.							
4	0.8	cup	Black beans	10.50	30.00	0.75	150.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	1.3	1 cup	Quinoa, cooked	10.83	52.41	4.72	295.26
1	5.0	ounce(s)	Tilapia	30.00	0.00	0.00	125.00
Totals for Dinner				54.79	91.19	7.03	621.36
Snack 3							
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
Totals for Snack 3				1.00	23.00	0.00	90.00
Totals For 1900 Calories Athletic Training - Day 01				156.78	257.03	32.91	1896.19

1900 Calories Athletic Training - Day 02

Breakfast - Egg white/tom/mush in spread. oats w/milk.

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.5	cup	Oatmeal - quick, measure uncooked	6.60	27.90	3.00	148.50
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
<i>Totals for Breakfast</i>				45.04	65.42	7.66	470.60

Snack 1

3	0.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	7.50	0.25	40.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				3.50	20.00	3.25	115.00

Lunch - Tuna veg pasta salad.

6	0.3	cup	Artichokes	1.25	5.00	0.13	22.50
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	5.0	ounce(s)	Water packed white tuna	35.00	0.00	5.00	175.00
3	1.3	cup	Whole wheat pasta, cooked	8.75	46.25	1.25	212.50
<i>Totals for Lunch</i>				46.00	61.25	10.88	505.00

Snack 2

15	0.3	cup	Bran flakes	1.50	11.50	0.00	45.00
5	0.8	cup	Milk - 1%	6.00	8.77	1.95	76.50
<i>Totals for Snack 2</i>				7.50	20.27	1.95	121.50

Dinner - Toss potato in oil/season/roast.

6	10.0	each	Asparagus spears	3.50	6.20	0.20	32.00
2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	6.0	ounce(s)	Extra lean beef	37.50	3.00	4.50	195.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
<i>Totals for Dinner</i>				51.72	83.40	9.84	601.60

Snack 3

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 3</i>				1.00	27.00	0.00	100.00

Totals For 1900 Calories Athletic Training - Day 02				154.76	277.34	33.58	1913.70
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1900 Calories Athletic Training - Day 03

Breakfast - Top waffle w fried egg/bacon/honey.

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
22	1.3	tablespoon	Honey	0.13	21.62	0.00	80.00
16	2.0	each	Van's Whole Grain Waffles	5.00	25.00	5.00	150.00
<i>Totals for Breakfast</i>				30.53	51.22	21.60	500.00

Snack 1 - Open faced peanut butter banana s/wich.

3	0.5	slice	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	7.50	0.25	40.00
1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
<i>Totals for Snack 1</i>				3.50	20.00	3.25	115.00

Lunch - Toss ingredients for a hearty salad.

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
6	0.5	cup	Cucumber	0.50	2.00	0.00	7.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
7	0.5	each	Orange - medium	0.55	8.70	0.15	34.50
7	1.0	tablespoon	Raisins	0.00	8.00	0.00	35.00
6	1.0	cup	Roasted beets	1.00	11.00	0.00	50.00
14	1.0	tablespoon	Sunflower seeds	2.00	2.00	4.00	45.00
1	6.0	ounce(s)	Turkey breast	51.00	0.00	1.20	228.00
<i>Totals for Lunch</i>				58.65	41.88	6.59	453.80

Snack 2 - Hummus tortilla wraps.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
4	1.0	tablespoon	Hummus	1.00	2.00	1.50	25.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Snack 2</i>				4.33	17.31	2.50	108.20

Dinner - Roast chicken/vegetables w/oil.

6	6.0	each	Asparagus spears	2.10	3.72	0.12	19.20
2	1.0	each	Baked potato, large	7.00	63.00	0.00	280.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.5	cup	Carrots	1.69	17.53	0.43	75.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	0.3	1 small	Onions, raw	0.19	1.63	0.02	7.00
<i>Totals for Dinner</i>				53.70	97.08	3.61	621.80

Snack 3

7	1.0	1 cup pieces	Mangos, raw	1.35	24.72	0.63	99.00
<i>Totals for Snack 3</i>				1.35	24.72	0.63	99.00

Totals For 1900 Calories Athletic Training - Day 03				152.06	252.21	38.18	1897.80
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1900 Calories Athletic Training - Day 04

Breakfast - Egg white scramble wraps w/raisin/melon salad

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	3.0	large	Egg white	12.00	0.00	0.00	45.00
7	1.0	cup	Fresh cantaloupe	1.31	12.73	0.30	53.04
7	1.0	1 cup, diced (approx 20 pieces per cup)	Melons, honeydew, raw	0.92	15.45	0.24	61.20
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Breakfast</i>				39.23	85.18	5.54	479.24

Snack 1 - Open faced almond butter banana sandwich.

21	0.3	tablespoon	Almond Butter	0.50	0.75	2.25	25.25
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				3.73	24.13	3.16	136.75

Lunch - Salmon quinoa salad.

1	0.3	cup	Beans	3.00	8.50	0.25	50.00
1	5.0	ounce(s)	Canned salmon	35.00	0.00	5.00	200.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Lunch</i>				47.14	52.40	9.80	497.00

Snack 2 - Peanut butter wrap w/ milk.

5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
1	0.5	tea spoon	Peanut butter	0.50	0.50	1.50	15.00
3	0.5	each	Whole wheat wrap	4.50	10.00	0.75	50.00
<i>Totals for Snack 2</i>				9.00	16.35	3.55	116.00

Dinner - Season/grill or broil shrimp.

3	1.5	cup	Brown rice, cooked	7.50	67.50	3.00	330.00
6	1.0	cup	Green beans, steamed or boiled	3.00	7.00	0.50	45.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	8.0	ounce(s)	Shrimp	32.00	0.00	0.00	160.00
<i>Totals for Dinner</i>				42.50	74.50	8.00	575.00

Snack 3 - Process berries w/ protein/water.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				15.54	10.51	1.24	111.33

Totals For 1900 Calories Athletic Training - Day 04				157.14	263.07	31.29	1915.32
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1900 Calories Athletic Training - Day 05

Breakfast - Spread nut butter on bread. With protein bar/milk

21	0.8	tablespoon	Almond Butter	1.50	2.25	6.75	75.75
7	0.5	each	Grapefruit	0.60	11.90	0.10	46.00
8	1.0	each	Kind Bar, Peanut Butter Dark Chocolate + Protein	7.00	17.00	13.00	200.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Breakfast</i>				19.83	54.73	23.36	490.25

Snack 1 - Top yogurt w/ cereal & sliced banana.

15	0.3	cup	Bran flakes	1.50	11.50	0.00	45.00
1	2.0	ounce(s)	Greek yogurt, plain, non fat	4.00	2.00	0.00	30.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				6.50	36.50	0.00	165.00

Lunch - Roast/grill chicken. W/ rice and vegetables.

4	0.3	cup	Black beans	4.62	13.20	0.33	66.00
3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Lunch</i>				48.95	60.51	4.73	485.20

Snack 2 - Rice/bean/cheese burrito.

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
1	0.3	ounce(s)	2% milkfat cheddar cheese	1.75	0.25	0.50	12.50
1	0.2	cup	Beans	1.80	5.10	0.15	30.00
3	0.2	cup	Brown rice, cooked	0.75	6.75	0.30	33.00
21	1.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	2.00
<i>Totals for Snack 2</i>				7.30	25.10	1.95	147.50

Dinner - Saute chick/onion in oil. Add sauce/overspaghetti

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.8	cup	Broccoli	2.79	8.40	0.48	40.95
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	0.5	tablespoon	Grated parmesan cheese	0.96	0.10	0.71	10.77
1	5.0	ounce(s)	Lean ground turkey, raw	35.00	0.00	0.00	150.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.0	each	Salad	1.00	3.00	0.00	10.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	1.3	cup	Whole wheat spaghetti, cooked	9.33	46.45	0.95	217.00
<i>Totals for Dinner</i>				51.38	70.65	6.64	520.72

Snack 3 - Process pro powder/berries and water.

1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				15.66	5.94	1.00	109.60

Totals For 1900 Calories Athletic Training - Day 05				149.62	253.43	37.68	1918.27
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1900 Calories Athletic Training - Day 06

Breakfast

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	4.0	large	Egg white	16.00	0.00	0.00	60.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
10	0.7	cup	Oatmeal - quick, measure uncooked	8.71	36.83	3.96	196.02
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				39.15	74.35	10.12	503.12

Snack 1

5	0.3	cup	Cottage cheese	6.75	2.00	1.50	47.50
7	0.8	cup	Sliced fresh peaches	1.16	12.16	0.32	49.73
<i>Totals for Snack 1</i>				7.91	14.16	1.82	97.23

Lunch - Toss ingredient in to go container.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	0.3	cup	Chopped tomato	0.50	1.75	0.00	7.50
3	1.0	cup	Cooked lentils	18.00	40.00	1.00	230.00
<i>Totals for Lunch</i>				53.50	64.25	4.00	502.50

Snack 2 - Top waffles w yogurt and cherries.

1	2.0	ounce(s)	Greek yogurt, plain, non fat	4.00	2.00	0.00	30.00
7	0.3	cup	Unsweetened frozen cherries	0.25	4.25	0.13	17.50
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
<i>Totals for Snack 2</i>				6.75	18.75	2.63	122.50

Dinner - Grill beef. W/brocc/quinoa /spinach salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	5.0	ounce(s)	Extra lean beef	31.25	2.50	3.75	162.50
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
17	1.3	1 cup	Quinoa, cooked	10.18	49.26	4.44	277.50
<i>Totals for Dinner</i>				48.61	72.74	13.89	585.70

Snack 3 - Yogurt with blueberries.

7	0.5	cup	Frozen unsweetened blueberries	0.32	9.43	0.50	39.53
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
<i>Totals for Snack 3</i>				8.32	13.43	0.50	99.53

Totals For 1900 Calories Athletic Training - Day 06				164.24	257.68	32.96	1910.58
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1900 Calories Athletic Training - Day 07

Breakfast - Cook oats w milk. Top w berries/nuts.

3	1.0	cup	Dry steel cut oats	10.00	54.00	5.00	300.00
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
14	0.8	tablespoon	Slivered almonds	0.75	0.75	2.63	30.00
<i>Totals for Breakfast</i>				23.25	79.80	12.03	513.00

Snack 1 - Peanut butter banana bagel.

1	1.0	tea spoon	Peanut butter	1.00	1.00	3.00	30.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
3	0.5	each	Wheat bagel	5.00	24.00	0.75	125.00
<i>Totals for Snack 1</i>				6.50	36.50	3.75	200.00

Lunch - Spread hummus on wraps, top w/turkey/greens/tomato

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
4	1.5	tablespoon	Hummus	1.50	3.00	2.25	37.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
6	3.0	each	Tomato slice	0.51	2.79	0.21	12.60
1	7.0	ounce(s)	Turkey breast	59.50	0.00	1.40	266.00
3	1.0	each	Whole wheat wrap	9.00	20.00	1.50	100.00
<i>Totals for Lunch</i>				71.01	32.29	5.36	443.60

Snack 2

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	5.00	150.00

Dinner - Roast/grill chick. W/salad/farro/asparagus.

6	10.0	each	Asparagus spears	3.50	6.20	0.20	32.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
3	1.5	1/2 cup	Farro, uncooked	9.00	51.00	2.25	255.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
<i>Totals for Dinner</i>				50.72	76.40	5.09	526.60

Snack 3 - Top cereal w milk/berries.

7	0.1	1 cup	Blueberries, raw	0.14	2.79	0.06	10.97
15	0.3	cup	Bran flakes	1.50	11.50	0.00	45.00
5	0.3	cup	Milk - 1%	2.00	2.92	0.65	25.50
<i>Totals for Snack 3</i>				3.64	17.21	0.71	81.47

Totals For 1900 Calories Athletic Training - Day 07				156.12	269.20	31.94	1914.67
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