



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>2600 Calories] Lean and Tone Physique - Day 01</b>							
<b>Breakfast - Oatmeal w/nuts and berries.</b>							
14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
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	1.8	cup	Milk - 1%	14.00	20.47	4.55	178.50
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 Breakfast</i>				<b>40.50</b>	<b>82.47</b>	<b>13.30</b>	<b>603.50</b>
<b>Snack 1 - Spread almond butter on muffin. Sprinkle w seeds.</b>							
21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
8	0.5	tablespoon	Pumpkin seeds, roasted, unsalted	1.00	0.50	1.75	20.00
14	0.3	1 oz	Seeds, chia seeds, dried	1.17	2.99	2.18	34.45
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Snack 1</i>				<b>8.98</b>	<b>31.65</b>	<b>9.82</b>	<b>238.93</b>
<b>Lunch - Salad, served with toast.</b>							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	12.0	ounce(s)	Chicken Breast / White Meat	78.00	0.00	4.80	372.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
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
16	7.0	each	Wheat melba toast	4.48	26.74	0.77	130.90
<i>Totals for Lunch</i>				<b>97.32</b>	<b>45.79</b>	<b>10.47</b>	<b>681.60</b>
<b>Snack 2 - Bean, cheese burrito wrap.</b>							
3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Snack 2</i>				<b>23.52</b>	<b>38.61</b>	<b>6.30</b>	<b>299.09</b>
<b>Dinner - Roast tilapia. W/beans/quinoa, brocc/spinac salad.</b>							
4	0.5	cup	Black beans	7.00	20.00	0.50	100.00
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	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
17	0.8	1 cup	Quinoa, cooked	6.11	29.55	2.66	166.50
1	9.0	ounce(s)	Tilapia	54.00	0.00	0.00	225.00
<i>Totals for Dinner</i>				<b>70.57</b>	<b>59.33</b>	<b>5.72</b>	<b>552.60</b>
<b>Snack 3 - Top cottage cheese w peaches.</b>							
5	1.0	cup	Cottage cheese	27.00	8.00	6.00	190.00
7	0.8	cup	Sliced fresh peaches	1.16	12.16	0.32	49.73
<i>Totals for Snack 3</i>				<b>28.16</b>	<b>20.16</b>	<b>6.32</b>	<b>239.73</b>
<b>Totals For 2600 Calories] Lean and Tone Physique - Day 01</b>				<b>269.05</b>	<b>278.01</b>	<b>51.93</b>	<b>2615.45</b>



2600 Calories] Lean and Tone Physique - Day 02

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

1	2.0	ounce(s)	Canadian bacon, extra lean	12.00	2.00	2.00	70.00
6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	7.0	large	Egg white	28.00	0.00	0.00	105.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
7	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
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
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				<b>61.04</b>	<b>75.82</b>	<b>11.16</b>	<b>600.60</b>

**Snack 1 - Protein smoothie**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>24.00</b>	<b>20.70</b>	<b>3.60</b>	<b>232.00</b>

**Lunch - Tuna veg pasta salad.**

6	0.3	cup	Artichokes	1.65	6.60	0.17	29.70
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
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
1	10.0	ounce(s)	Water packed white tuna	70.00	0.00	10.00	350.00
3	1.5	cup	Whole wheat pasta, cooked	10.50	55.50	1.50	255.00
<i>Totals for Lunch</i>				<b>83.15</b>	<b>72.10</b>	<b>13.67</b>	<b>699.70</b>

**Snack 2 - Turkey sandwich snack.**

6	0.7	cup	Carrots	0.75	7.72	0.19	33.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	1.0	tea spoon	Mustard	0.22	0.27	0.20	3.35
1	3.0	ounce(s)	Turkey breast	25.50	0.00	0.60	114.00
3	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Snack 2</i>				<b>31.93</b>	<b>35.75</b>	<b>3.81</b>	<b>308.35</b>

**Dinner - Toss potato in oil/season/roast.**

6	14.0	each	Asparagus spears	4.90	8.68	0.28	44.80
6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
1	8.0	ounce(s)	Extra lean beef	50.00	4.00	6.00	260.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
2	1.5	cup	Red potatoes	4.50	36.00	0.00	150.00
<i>Totals for Dinner</i>				<b>64.98</b>	<b>65.48</b>	<b>13.99</b>	<b>596.70</b>

**Snack 3 - Cup of berries with glass of milk.**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
<i>Totals for Snack 3</i>				<b>9.10</b>	<b>33.15</b>	<b>3.09</b>	<b>186.36</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 02</b>				<b>274.20</b>	<b>303.00</b>	<b>49.32</b>	<b>2623.71</b>
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2600 Calories] Lean and Tone Physique - Day 03

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

1	4.0	ounce(s)	Canadian bacon, extra lean	24.00	4.00	4.00	140.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
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>				<b>43.03</b>	<b>66.72</b>	<b>23.60</b>	<b>620.00</b>

**Snack 1 - Protein Smoothie**

7	0.5	cup	Frozen unsweetened strawberries	0.47	10.09	0.12	38.67
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>16.47</b>	<b>33.09</b>	<b>1.12</b>	<b>198.67</b>

**Lunch - Roast turkey w/ sw potato/asparagus/spinach salad.**

6	1.5	cup	Broccoli	5.58	16.80	0.96	81.90
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
3	1.0	each	Sweet potato, baked in peel, large	4.00	37.00	0.00	160.00
1	11.0	ounce(s)	Turkey breast	93.50	0.00	2.20	418.00
<i>Totals for Lunch</i>				<b>104.68</b>	<b>56.98</b>	<b>4.40</b>	<b>683.70</b>

**Snack 2 - Hummus tortilla wraps. With apple.**

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
4	3.0	tablespoon	Hummus	3.00	6.00	4.50	75.00
6	0.3	cup	Mixed vegetables (non starchy)	0.33	2.31	0.00	13.20
<i>Totals for Snack 2</i>				<b>9.63</b>	<b>55.31</b>	<b>7.00</b>	<b>309.20</b>

**Dinner - Roast chicken/vegetables w/oil.**

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
23	1.8	tea spoon	Olive oil	0.00	0.00	7.88	70.00
6	0.5	1 small	Onions, raw	0.39	3.27	0.04	14.00
2	1.0	cup	Red potatoes	3.00	24.00	0.00	100.00
<i>Totals for Dinner</i>				<b>73.84</b>	<b>46.36</b>	<b>12.61</b>	<b>583.60</b>

**Snack 3 - Protein smoothie**

7	1.0	cup	Fresh raspberries	1.00	15.00	1.00	60.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>17.00</b>	<b>38.00</b>	<b>2.00</b>	<b>220.00</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 03</b>				<b>264.65</b>	<b>296.46</b>	<b>50.73</b>	<b>2615.17</b>
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2600 Calories] Lean and Tone Physique - Day 04

**Breakfast - Egg white scramble over muffin w/bacon/grapes.**

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
7	1.3	cup	Grapes	1.25	33.75	0.00	125.00
7	1.5	cup	Strawberries	1.50	13.50	0.00	90.00
11	1.0	ounce(s)	Turkey bacon	4.74	0.50	4.46	61.12
3	1.0	each	Whole wheat English muffin	5.81	26.66	1.39	133.98
<i>Totals for Breakfast</i>				<b>51.30</b>	<b>76.41</b>	<b>9.85</b>	<b>600.10</b>

**Snack 1 - Open faced tuna sandwich w/carrots.**

6	6.0	each	Baby carrots	0.60	4.80	0.60	24.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
1	0.3	cup	Tuna Solid White in water	15.00	0.00	1.00	70.00
3	1.0	slice	Wheat bread	2.73	11.88	0.91	66.50
<i>Totals for Snack 1</i>				<b>18.33</b>	<b>18.68</b>	<b>3.01</b>	<b>173.00</b>

**Lunch - Salmon quinoa salad.**

1	8.0	ounce(s)	Canned salmon	56.00	0.00	8.00	320.00
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	2.95	8.09	1.17	52.80
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	1.3	1 cup	Quinoa, cooked	10.83	52.41	4.72	295.26
<i>Totals for Lunch</i>				<b>70.78</b>	<b>65.00</b>	<b>14.89</b>	<b>693.06</b>

**Snack 2 - Peanut butter wraps.**

3	2.0	each	100% whole wheat wrap, 6"	6.00	26.00	2.00	140.00
5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	tea spoon	Peanut butter	2.00	2.00	6.00	60.00
<i>Totals for Snack 2</i>				<b>16.00</b>	<b>39.70</b>	<b>10.60</b>	<b>302.00</b>

**Dinner - Season roast tilapia.**

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
6	1.5	cup	Green beans, steamed or boiled	4.50	10.50	0.75	67.50
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
1	10.0	ounce(s)	Tilapia	60.00	0.00	0.00	250.00
<i>Totals for Dinner</i>				<b>69.50</b>	<b>55.50</b>	<b>7.25</b>	<b>577.50</b>

**Snack 3 - Protein smoothie.**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>38.00</b>	<b>11.70</b>	<b>4.60</b>	<b>242.00</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 04</b>				<b>263.91</b>	<b>266.99</b>	<b>50.20</b>	<b>2587.66</b>
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**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	1.0	each	Grapefruit	1.20	23.80	0.20	92.00
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	2.0	slice	Wheat bread	5.46	23.76	1.82	133.00
<i>Totals for Breakfast</i>				<b>23.16</b>	<b>78.51</b>	<b>24.37</b>	<b>602.75</b>

**Snack 1 - Top yogurt w/sliced banana.**

1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Snack 1</i>				<b>17.00</b>	<b>31.00</b>	<b>0.00</b>	<b>210.00</b>

**Lunch - Top rice w/grilled chick/veg/tomato/avocado.**

3	1.0	cup	Brown rice, cooked	5.00	45.00	2.00	220.00
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	1.0	cup	Mixed vegetables (non starchy)	1.00	7.00	0.00	40.00
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				<b>72.75</b>	<b>58.50</b>	<b>11.25</b>	<b>642.50</b>

**Snack 2 - Turkey wraps.**

3	1.0	each	100% whole wheat wrap, 6"	3.00	13.00	1.00	70.00
6	0.5	cup	Carrots	0.56	5.84	0.14	25.00
6	4.0	each	Lettuce leaf	0.00	0.00	0.00	20.00
6	0.5	cup	Mixed greens	0.00	0.50	0.00	2.50
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Snack 2</i>				<b>46.06</b>	<b>19.34</b>	<b>2.14</b>	<b>307.50</b>

**Dinner - Chicken/onion in oil. Add sauce/overspaghetti**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
5	1.0	tablespoon	Grated parmesan cheese	1.92	0.20	1.43	21.55
1	9.0	ounce(s)	Lean ground turkey, raw	63.00	0.00	0.00	270.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
3	1.0	cup	Whole wheat spaghetti, cooked	7.46	37.16	0.76	173.60
<i>Totals for Dinner</i>				<b>78.54</b>	<b>61.66</b>	<b>9.26</b>	<b>624.45</b>

**Snack 3 - Protein smoothie.**

5	1.0	cup	Milk - 1%	8.00	11.70	2.60	102.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Snack 3</i>				<b>24.00</b>	<b>20.70</b>	<b>3.60</b>	<b>232.00</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 05</b>				<b>261.51</b>	<b>269.71</b>	<b>50.62</b>	<b>2619.20</b>
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2600 Calories] Lean and Tone Physique - Day 06

**Breakfast - Egg scramble, side of oatmeal.**

6	1.0	cup	Chopped tomato	2.00	7.00	0.00	30.00
1	7.0	large	Egg white	28.00	0.00	0.00	105.00
6	1.5	cup	Fresh mushrooms	3.24	3.42	0.36	23.10
5	1.3	cup	Milk - 1%	10.64	15.56	3.46	135.66
10	0.8	cup	Oatmeal - quick, measure uncooked	9.90	41.85	4.50	222.75
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>				<b>54.98</b>	<b>83.23</b>	<b>11.52</b>	<b>608.51</b>

**Snack 1 - Top cottage cheese w peaches.**

5	0.8	cup	Cottage cheese	20.25	6.00	4.50	142.50
7	1.0	cup	Sliced fresh peaches	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<b>21.80</b>	<b>22.22</b>	<b>4.93</b>	<b>208.80</b>

**Lunch - Loaded baked potato.**

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
2	0.5	each	Baked potato, large	3.50	31.50	0.00	140.00
20	2.0	tablespoon	Balsamic Vinegar	0.00	4.00	0.00	20.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	8.0	ounce(s)	Chicken Breast / White Meat	52.00	0.00	3.20	248.00
6	0.1	cup	Chopped tomato	0.26	0.91	0.00	3.90
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
<i>Totals for Lunch</i>				<b>74.00</b>	<b>53.72</b>	<b>7.89</b>	<b>585.59</b>

**Snack 2 - Bean, cheese & salsa wraps.**

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	0.3	cup	Beans	3.00	8.50	0.25	50.00
21	0.1	cup	Salsa	0.52	2.11	0.05	9.09
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Snack 2</i>				<b>28.52</b>	<b>51.61</b>	<b>5.30</b>	<b>309.09</b>

**Dinner - Grill beef. W/brocc/sw potato/spinach salad.**

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	9.0	ounce(s)	Extra lean beef	56.25	4.50	6.75	292.50
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	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				<b>69.71</b>	<b>59.28</b>	<b>15.68</b>	<b>632.90</b>

**Snack 3 - Protein smoothie.**

7	0.8	cup	Frozen unsweetened blueberries	0.49	14.15	0.74	59.29
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<b>38.49</b>	<b>18.15</b>	<b>2.74</b>	<b>259.29</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 06</b>				<b>287.50</b>	<b>288.21</b>	<b>48.06</b>	<b>2604.18</b>
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2600 Calories] Lean and Tone Physique - Day 07

**Breakfast - Oatmeal and protein shake.**

3	0.5	cup	Dry steel cut oats	5.00	27.00	2.50	150.00
7	0.8	cup	Fresh raspberries	0.75	11.25	0.75	45.00
5	1.5	cup	Milk - 1%	12.00	17.55	3.90	153.00
1	2.0	scoop	Protein powder	30.00	0.00	2.00	140.00
14	0.8	tablespoon	Slivered almonds	0.75	0.75	2.63	30.00
0	16.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>48.50</b>	<b>56.55</b>	<b>11.78</b>	<b>518.00</b>

**Snack 1 - Protein smoothie, waffle with jelly.**

21	1.0	tea spoon	All fruit jelly	0.00	3.00	0.00	15.00
1	8.0	ounce(s)	Greek yogurt, plain, non fat	16.00	8.00	0.00	120.00
1	1.0	scoop	Protein powder	15.00	0.00	1.00	70.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
16	1.0	each	Van's Whole Grain Waffles	2.50	12.50	2.50	75.00
0	8.0	fluid ounce(s)	Water	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				<b>33.83</b>	<b>26.47</b>	<b>3.50</b>	<b>299.80</b>

**Lunch - Apple cheddar turkey wraps.**

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
9	1.0	each	Apple	0.30	21.00	0.50	81.00
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
0	2.0	tea spoon	Mustard	0.44	0.54	0.40	6.70
6	4.0	each	Tomato slice	0.68	3.72	0.28	16.80
1	8.0	ounce(s)	Turkey breast	68.00	0.00	1.60	304.00
3	2.0	each	Whole wheat wrap	18.00	40.00	3.00	200.00
<i>Totals for Lunch</i>				<b>101.42</b>	<b>68.26</b>	<b>9.78</b>	<b>713.50</b>

**Snack 2**

7	1.3	cup	Grapes	1.33	35.91	0.00	133.00
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
8	1.0	each	String cheese, part skim mozzarella	8.00	1.00	6.00	80.00
<i>Totals for Snack 2</i>				<b>12.69</b>	<b>41.47</b>	<b>13.68</b>	<b>307.32</b>

**Dinner - Roast/grill chick. W/salad/quinoa/asparagus.**

6	12.0	each	Asparagus spears	4.20	7.44	0.24	38.40
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	0.5	cup	Broccoli	1.86	5.60	0.32	27.30
1	10.0	ounce(s)	Chicken Breast / White Meat	65.00	0.00	4.00	310.00
6	2.0	cup	Mixed green salad	2.00	6.00	0.00	20.00
17	1.0	1 cup	Quinoa, cooked	8.14	39.40	3.55	222.00
<i>Totals for Dinner</i>				<b>81.20</b>	<b>60.44</b>	<b>8.11</b>	<b>627.70</b>

**Snack 3 - Cup of berries, with a glass of milk.**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	0.5	cup	Milk - 1%	4.00	5.85	1.30	51.00
<i>Totals for Snack 3</i>				<b>5.10</b>	<b>27.30</b>	<b>1.79</b>	<b>135.36</b>

<b>Totals For 2600 Calories] Lean and Tone Physique - Day 07</b>				<b>282.74</b>	<b>280.49</b>	<b>48.64</b>	<b>2601.68</b>
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