



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Carb - Day 01							
Breakfast							
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				14.00	46.90	6.00	312.00
Snack 1							
4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.89	7.76	18.13	214.26
<i>Totals for Snack 1</i>				8.89	7.76	18.13	214.26
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<i>Totals for Lunch</i>				26.73	35.28	7.17	308.70
Snack 2							
0	1.0	cup	Chicken vegetable soup - Campbell's, prepared	3.00	8.00	3.00	70.00
<i>Totals for Snack 2</i>				3.00	8.00	3.00	70.00
Dinner							
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	0.5	0.5 cup	Sauce, salsa, ready-to-serve	1.00	4.37	0.11	18.85
<i>Totals for Dinner</i>				38.70	33.77	8.81	376.85
Totals For 1300 Calories Low Carb - Day 01				91.32	131.71	43.11	1281.81

1300 Calories Low Carb - Day 02

Breakfast

7	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	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				14.00	56.20	3.00	286.00

Snack 1

7	1.3	1 cup	Grapes, american type (slip skin), raw	0.72	19.72	0.40	77.05
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.22	33.22	0.40	167.05

Lunch

6	0.5	1 cup, grated	Carrots, raw	0.51	5.27	0.13	22.55
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	0.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	2.44	2.92	8.05	87.74
6	3.0	1 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals for Lunch				25.81	15.02	25.83	400.49

Snack 2

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
Totals for Snack 2				16.00	2.00	3.00	100.00

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
19	4.0	ounce(s)	Flank - fat trimmed off, braised	31.72	0.00	14.68	268.00
6	0.5	1 cup, pieces or slices	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.3	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
Totals for Dinner				35.22	14.89	18.72	381.76
Totals For 1300 Calories Low Carb - Day 02				99.25	121.33	50.95	1335.30

1300 Calories Low Carb - Day 03

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	0.8	1 cup, balls	Melons, cantaloupe, raw	1.12	10.83	0.25	45.14
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				24.58	23.53	4.80	236.56

Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	14.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.33	18.67	0.00	84.00
Totals for Snack 1				2.63	39.77	0.00	165.00

Lunch

0	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	1.3	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	8.75	0.63	7.50	112.50
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.12	0.41	0.02	1.93
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.11	0.16	14.40
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				33.57	20.15	11.68	320.83

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 2				14.77	11.21	1.36	115.15

Dinner

5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.88	0.79	4.51	72.01
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
21	0.3	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	1.00	7.50	1.00	55.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	4.06	21.60	0.65	110.60
Totals for Dinner				39.24	40.39	8.16	416.61
Totals For 1300 Calories Low Carb - Day 03				114.79	135.05	26.00	1254.15

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				22.40	33.90	6.40	286.00

Snack 1

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.52	25.17	0.46	138.64

Lunch

21	0.5	tablespoon	Catsup - tomato	0.10	2.05	0.05	8.00
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
19	1.0	each	HEALTHY CHOICE Beef Franks, Low Fat	5.00	4.00	1.00	50.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.37	0.58	0.33	6.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
Totals for Lunch				15.54	47.44	9.19	323.29

Snack 2

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.89	7.76	18.13	214.26
Totals for Snack 2				8.89	7.76	18.13	214.26

Dinner

3	1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
12	1.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	18.79	0.00	10.50	175.10
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals for Dinner				29.27	28.00	12.36	330.62
Totals For 1300 Calories Low Carb - Day 04				84.62	142.27	46.54	1292.81

1300 Calories Low Carb - Day 05

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	0.8	1 cup, balls	Melons, cantaloupe, raw	1.12	10.83	0.25	45.14
Totals for Breakfast				23.18	12.13	10.40	240.56

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 1				15.55	19.32	1.58	148.30

Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	12.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.00	16.00	0.00	72.00
Totals for Lunch				26.50	60.10	7.60	415.00

Snack 2

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
Totals for Snack 2				16.00	2.00	3.00	100.00

Dinner

18	1.0	3 oz	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24.67	0.00	8.96	186.15
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
6	0.3	1 cup, pieces or slices	Mushrooms, white, raw	0.54	0.57	0.06	3.85
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 teaspoon	Spices, garlic powder	0.51	2.25	0.02	10.26
Totals for Dinner				31.06	31.06	20.08	422.93
Totals For 1300 Calories Low Carb - Day 05				112.29	124.61	42.66	1326.79

1300 Calories Low Carb - Day 06

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				13.62	45.58	2.77	244.27

Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	3.0	tablespoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
Totals for Snack 1				4.65	27.05	5.25	190.50

Lunch

12	1.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	20.08	0.00	2.52	108.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.3	tablespoon	Relish - pickle	0.03	1.33	0.03	5.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.33	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				24.04	36.61	9.94	325.43

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				7.50	13.50	0.00	90.00

Dinner

21	2.0	tablespoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
13	2.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	44.49	0.00	5.97	243.10
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	0.8	1 cup	Spinach, cooked, boiled, drained, without salt	4.01	5.06	0.35	31.05
6	0.5	cup	Vegetables - mixed, frozen, boiled	2.60	11.90	0.10	54.00
Totals for Dinner				52.46	38.86	6.86	433.15
Totals For 1300 Calories Low Carb - Day 06				102.27	161.60	24.82	1283.35

1300 Calories Low Carb - Day 07

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
Totals for Breakfast				14.00	34.45	6.00	256.00

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 1				14.77	11.21	1.36	115.15

Lunch

20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
Totals for Lunch				25.24	49.13	8.63	371.20

Snack 2

0	0.5	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[3.00	12.00	2.00	80.00
Totals for Snack 2				3.00	12.00	2.00	80.00

Dinner

17	0.5	cup	Angel hair - whole wheat, cooked, De Boles	4.50	20.00	1.00	105.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	3.50	32.50
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
1	4.0	ounce(s)	Swordfish - cooked dry heat	28.80	0.00	5.84	176.00
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	0.5	cup	Zucchini, Frozen, Boiled, Drained	1.30	4.01	0.15	19.15
Totals For 1300 Calories Low Carb - Day 07				105.51	139.33	37.88	1319.83