



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Heart Healthy - Day 01							
Breakfast							
16	0.5	each	Bagel - Plain, Lenders Bake Shop	4.00	21.00	1.00	105.00
5	2.0	ounce(s)	Cream Cheese, fat free,Healthy Choice	12.00	4.00	0.00	60.00
5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				38.06	33.80	9.15	370.42
Snack 1							
7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
<i>Totals for Snack 1</i>				4.57	43.31	7.54	242.21
Lunch							
6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
6	1.0	tablespoon	HUNT'S Tomato Ketchup No Salt Added	0.23	3.45	0.13	15.90
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
<i>Totals for Lunch</i>				10.61	44.55	2.47	233.55
Snack 2							
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Snack 2</i>				3.00	19.00	0.00	86.00
Dinner							
6	1.0	0.5 cup	Broccoli, frozen, spears, cooked, boiled, drained, without salt	2.85	4.93	0.10	25.76
12	1.0	1 fillet	Fish, cod, Atlantic, cooked, dry heat	41.09	0.00	1.55	189.00
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
2	1.0	cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
<i>Totals for Dinner</i>				48.54	61.79	10.87	544.19
Snack 3							
0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
<i>Totals for Snack 3</i>				2.77	30.80	5.51	184.60
Totals For 1700 Calories Heart Healthy - Day 01				107.55	233.25	35.54	1660.97

1700 Calories Heart Healthy - Day 02

Breakfast

7	1.0	1 medium (7" to 7-7/8" long)	Bananas, raw	1.29	26.95	0.39	105.02
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
2	1.0	cup	Oatmeal -Quick, measured uncooked	13.20	55.80	6.00	297.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				22.89	119.55	6.79	600.02

Snack 1

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
Totals for Snack 1				10.07	36.01	5.76	232.65

Lunch

0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
8	1.0	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	14.00	4.00	2.00	80.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				33.28	23.10	5.64	253.65

Snack 2

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 2				9.10	27.90	0.60	160.00

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
6	1.0	1 cup, pieces or slices	Mushrooms, white, raw	2.16	2.28	0.24	15.40
17	0.8	1 cup	Rice, brown, long-grain, cooked	3.77	33.58	1.32	162.34
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				42.02	49.88	3.85	401.03
Totals For 1700 Calories Heart Healthy - Day 02				117.36	256.44	22.64	1647.35

1700 Calories Heart Healthy - Day 03

Breakfast

16	1.0	each	Bagel - Plain, Lenders Bake Shop	8.00	42.00	2.00	210.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
0	6.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	18.67	0.00	84.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				8.96	76.76	8.25	411.06

Snack 1

14	2.0	tablespoon	BLUE DIAMOND Almonds, Chopped	3.30	3.26	7.96	95.88
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	4.26	39.64	2.79	190.61
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
<i>Totals for Snack 1</i>				17.28	88.85	11.35	501.06

Lunch

12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
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
6	0.5	1 can (11.5 oz), prepared	Spinach, raw	0.43	0.54	0.06	3.45
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
<i>Totals for Lunch</i>				26.29	30.03	1.57	233.25

Snack 2

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

Dinner

20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
23	1.0	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	14.00	120.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
11	1.0	1 unit (yield from 1 lb ready-to-cook turkey)	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	26.21	0.00	1.81	127.89
<i>Totals for Dinner</i>				36.43	38.75	20.85	471.23

Totals For 1700 Calories Heart Healthy - Day 03				96.46	247.89	42.02	1706.60
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1700 Calories Heart Healthy - Day 04

Breakfast

15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				18.71	77.27	2.88	361.90

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
<i>Totals for Snack 1</i>				10.20	41.70	5.88	255.00

Lunch

5	1.0	ounce(s)	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	9.00	0.50	4.00	80.00
4	1.0	1/2 cup	OLD EL PASO Fat Free Refried Beans	6.00	18.00	0.00	100.00
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
6	0.5	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.79	3.50	0.18	16.20
0	2.0	each	Tortilla - flour, soft, 7" diam.	4.00	28.00	4.00	160.00
<i>Totals for Lunch</i>				19.79	50.00	8.18	364.20

Snack 2

14	0.5	ounce(s)	SOLNUTS Soybeans	6.70	3.90	3.40	73.00
<i>Totals for Snack 2</i>				6.70	3.90	3.40	73.00

Dinner

6	1.0	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	2.90	6.75	0.40	34.20
6	1.0	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.82	8.64	0.23	34.65
12	1.0	1 fillet	Fish, cod, Atlantic, cooked, dry heat	41.09	0.00	1.55	189.00
20	1.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.13	2.61	23.38
5	2.0	tablespoon	Parmesean Cheese, Low Sodium	4.16	0.37	3.00	45.60
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Dinner</i>				51.57	34.89	8.59	424.83

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
<i>Totals for Snack 3</i>				2.77	30.80	5.51	184.60

Totals For 1700 Calories Heart Healthy - Day 04				109.74	238.56	34.44	1663.53
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1700 Calories Heart Healthy - Day 05**Breakfast**

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
0	0.8	cup	Silk Plain Soy Milk	5.25	6.00	3.00	75.00
<i>Totals for Breakfast</i>				24.45	61.90	5.60	398.00

Snack 1

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Snack 1</i>				4.86	38.67	10.62	253.60

Lunch

0	1.0	1 package yields	HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree	18.98	27.84	3.94	223.20
8	1.0	1/2 cup	LUCERNE No Salt added 1% Fat Cottage Cheese	14.00	4.00	2.00	80.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
<i>Totals for Lunch</i>				34.08	49.24	6.24	372.20

Snack 2

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				8.70	40.20	0.60	195.00

Dinner

0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
20	2.0	tea spoon	Oil & Vinegar Salad Dressing	0.00	0.26	5.22	46.76
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	0.5	1 cup	Tomatoes, sun-dried	3.81	15.06	0.80	69.66
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
<i>Totals for Dinner</i>				20.81	92.07	8.61	490.75
Totals For 1700 Calories Heart Healthy - Day 05				92.90	282.08	31.67	1709.55

1700 Calories Heart Healthy - Day 06

Breakfast

16	1.0	each	Bagel - Plain, Lenders Bake Shop	8.00	42.00	2.00	210.00
5	2.0	ounce(s)	Cream Cheese, fat free,Healthy Choice	12.00	4.00	0.00	60.00
7	1.0	1 cup, balls	Melons, honeydew, raw	0.96	16.09	0.25	63.72
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
21	2.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	6.00	53.34
<i>Totals for Breakfast</i>				20.96	86.99	8.25	499.06

Snack 1

7	1.5	1 cup, unthawed	Blueberries, raw	1.61	31.52	0.72	123.98
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
<i>Totals for Snack 1</i>				10.61	46.52	6.00	273.98

Lunch

6	1.0	medium	Carrots - baby, raw	0.10	0.80	0.10	4.00
6	4.0	each	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
4	0.5	cup	HEALTH VALLEY Fat Free Honey Baked Beans	7.00	25.00	0.00	110.00
19	1.0	each	MORNINGSTAR FARMS Deli Franks	9.63	2.96	6.54	109.00
<i>Totals for Lunch</i>				18.73	36.76	6.64	263.00

Snack 2

0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
<i>Totals for Snack 2</i>				3.33	21.67	0.00	98.00

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
6	0.5	cup	Peas - green, frozen, boiled	4.10	11.40	0.20	62.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	4.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	8.00
<i>Totals for Dinner</i>				33.70	34.93	2.80	309.93

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
<i>Totals for Snack 3</i>				2.77	30.80	5.51	184.60

Totals For 1700 Calories Heart Healthy - Day 06				90.10	257.67	29.20	1628.57
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1700 Calories Heart Healthy - Day 07

Breakfast

15	1.5	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	6.11	34.52	2.28	120.90
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
<i>Totals for Breakfast</i>				25.41	78.57	10.18	461.90

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
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
8	2.8	ounce(s)	Tuna Solid White -Water Sm. can	21.00	1.40	1.40	98.00
<i>Totals for Snack 1</i>				32.10	96.80	5.70	363.00

Lunch

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
0	3.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	16.50	0.00	1.50	75.00
21	1.0	tablespoon	Mayonnaise - KRAFT Free, fat free	0.00	3.00	0.00	8.00
6	0.3	1 can (11.5 oz), prepared	Spinach, raw	0.21	0.27	0.03	1.73
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				19.21	29.33	3.86	212.43

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, fat free, all flavors	7.00	31.00	0.00	150.00
<i>Totals for Snack 2</i>				7.00	31.00	0.00	150.00

Dinner

13	1.0	3 oz	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	23.15	0.00	5.34	147.05
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
6	2.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	7.62	9.12	1.65	64.60
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
<i>Totals for Dinner</i>				34.90	46.32	11.78	413.08

Snack 3

0	1.0	1 can (5 oz)	Puddings, tapioca, ready-to-eat	2.77	30.80	5.51	184.60
<i>Totals For 1700 Calories Heart Healthy - Day 07</i>				121.39	312.82	37.03	1785.01