



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1300 Calories Template, Asian Explosion - Day 01</b>							
<b>Breakfast</b>							
15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>12.57</b>	<b>47.69</b>	<b>5.64</b>	<b>280.13</b>
<b>Snack 1</b>							
14	6.0	1 almond	Nuts, almonds	1.52	1.55	3.59	41.69
7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<i>Totals for Snack 1</i>				<b>2.22</b>	<b>26.65</b>	<b>3.59</b>	<b>139.69</b>
<b>Lunch</b>							
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
17	0.3	1 cup	Noodles, chinese, chow mein	0.91	8.19	1.74	53.44
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	1.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	2.50	0.75	17.50
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
<i>Totals for Lunch</i>				<b>27.03</b>	<b>24.44</b>	<b>4.74</b>	<b>238.84</b>
<b>Snack 2</b>							
7	10.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.36	9.05	0.08	34.50
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				<b>5.16</b>	<b>45.15</b>	<b>2.38</b>	<b>219.50</b>
<b>Dinner</b>							
6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	6.75	59.67
13	1.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	22.24	0.00	2.98	121.55
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
4	2.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	2.57	1.59	0.09	16.19
0	0.3	1 teaspoon	Spices, ginger, ground	0.04	0.32	0.02	1.51
<i>Totals for Dinner</i>				<b>31.14</b>	<b>35.00</b>	<b>11.24</b>	<b>359.74</b>
<b>Snack 3</b>							
0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				<b>3.11</b>	<b>18.67</b>	<b>1.09</b>	<b>92.88</b>
<b>Totals For 1300 Calories Template, Asian Explosion - Day 01</b>				<b>81.23</b>	<b>197.60</b>	<b>28.68</b>	<b>1330.78</b>

1300 Calories Template, Asian Explosion - Day 02

**Breakfast**

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>22.92</b>	<b>38.25</b>	<b>6.07</b>	<b>294.87</b>

**Snack 1**

9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
<i>Totals for Snack 1</i>				<b>1.60</b>	<b>19.90</b>	<b>0.70</b>	<b>83.00</b>

**Lunch**

6	0.5	cup	bean Sprouts, fresh, stir fried	2.65	6.55	0.15	31.00
6	0.3	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.42	1.03	0.09	5.46
17	0.3	1 cup	Rice, brown, long-grain, cooked	1.26	11.19	0.44	54.11
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
<i>Totals for Lunch</i>				<b>20.62</b>	<b>28.56</b>	<b>3.72</b>	<b>228.66</b>

**Snack 2**

7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
<i>Totals for Snack 2</i>				<b>1.35</b>	<b>24.72</b>	<b>0.63</b>	<b>99.00</b>

**Dinner**

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
4	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
4	0.3	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.06	30.13	0.02	122.85
23	0.5	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	6.75	59.67
6	1.0	1 tablespoon chopped	Onions, spring or scallions (includes tops and bulb), raw	0.11	0.44	0.01	1.92
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				<b>23.93</b>	<b>55.87</b>	<b>14.77</b>	<b>440.14</b>

**Snack 3**

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 3</i>				<b>4.00</b>	<b>29.00</b>	<b>2.00</b>	<b>150.00</b>

<b>Totals For 1300 Calories Template, Asian Explosion - Day 02</b>				<b>74.42</b>	<b>196.30</b>	<b>27.89</b>	<b>1295.67</b>
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1300 Calories Template, Asian Explosion - Day 03

**Breakfast**

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
7	0.5	1 cup, sliced	Mangos, raw	0.68	12.36	0.31	49.50
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>9.65</b>	<b>45.22</b>	<b>2.94</b>	<b>220.27</b>

**Snack 1**

7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 1</i>				<b>4.84</b>	<b>49.34</b>	<b>2.19</b>	<b>227.50</b>

**Lunch**

6	1.0	1 cup (1/2" slices)	Bamboo shoots, cooked, boiled, drained, without salt	1.84	2.30	0.26	14.40
4	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
<i>Totals for Lunch</i>				<b>17.29</b>	<b>33.19</b>	<b>5.45</b>	<b>245.40</b>

**Snack 2**

4	12.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.92	2.55	5.96	70.44
<i>Totals for Snack 2</i>				<b>2.92</b>	<b>2.55</b>	<b>5.96</b>	<b>70.44</b>

**Dinner**

6	1.0	1 cup, shredded	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.79	2.87	0.20	16.66
12	1.5	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	32.44	0.00	10.37	232.05
4	0.5	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.11	60.26	0.04	245.70
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				<b>34.92</b>	<b>66.67</b>	<b>10.66</b>	<b>508.81</b>

**Snack 3**

7	20.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.72	18.10	0.16	69.00
<i>Totals for Snack 3</i>				<b>0.72</b>	<b>18.10</b>	<b>0.16</b>	<b>69.00</b>

<b>Totals For 1300 Calories Template, Asian Explosion - Day 03</b>				<b>70.34</b>	<b>215.07</b>	<b>27.36</b>	<b>1341.42</b>
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1300 Calories Template, Asian Explosion - Day 04

**Breakfast**

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>12.57</b>	<b>47.69</b>	<b>5.64</b>	<b>280.13</b>

**Snack 1**

16	1.0	1 oz	Bread, whole-wheat, commercially prepared	3.53	12.11	0.99	71.44
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
<i>Totals for Snack 1</i>				<b>6.08</b>	<b>27.41</b>	<b>4.14</b>	<b>161.94</b>

**Lunch**

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	2.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	9.00	79.56
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
<i>Totals for Lunch</i>				<b>24.96</b>	<b>30.16</b>	<b>11.39</b>	<b>321.59</b>

**Snack 2**

7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				<b>4.84</b>	<b>49.34</b>	<b>2.19</b>	<b>227.50</b>

**Dinner**

6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
1	5.0	ounce(s)	Shrimp - boiled or steamed	29.60	0.00	1.50	140.00
6	1.0	1 cup, cubes	Squash, winter, butternut, cooked, baked, without salt	1.84	21.50	0.18	82.00
<i>Totals for Dinner</i>				<b>33.77</b>	<b>27.01</b>	<b>2.82</b>	<b>264.00</b>

**Snack 3**

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				<b>3.11</b>	<b>18.67</b>	<b>1.09</b>	<b>92.88</b>
<b>Totals For 1300 Calories Template, Asian Explosion - Day 04</b>				<b>85.33</b>	<b>200.28</b>	<b>27.27</b>	<b>1348.04</b>

1300 Calories Template, Asian Explosion - Day 05

**Breakfast**

16	1.0	1 slice	Bread, whole-wheat, commercially prepared, toasted	4.07	12.79	1.02	76.50
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
7	0.5	1 cup, sliced	Mangos, raw	0.68	12.36	0.31	49.50
23	0.3	tablespoon	Soy Nut Butter	1.17	1.67	1.83	28.31
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>12.92</b>	<b>28.13</b>	<b>3.16</b>	<b>190.68</b>

**Snack 1**

7	10.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.36	9.05	0.08	34.50
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
<i>Totals for Snack 1</i>				<b>7.16</b>	<b>24.15</b>	<b>2.38</b>	<b>139.50</b>

**Lunch**

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
4	1.0	1/2 cup	Edamame (green soybeans)	11.00	13.00	2.50	120.00
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
17	0.3	1 cup	Noodles, chinese, chow mein	0.91	8.19	1.74	53.44
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
<i>Totals for Lunch</i>				<b>15.94</b>	<b>42.70</b>	<b>7.34</b>	<b>302.35</b>

**Snack 2**

14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 2</i>				<b>5.27</b>	<b>30.29</b>	<b>5.00</b>	<b>184.74</b>

**Dinner**

6	1.0	1 cup (1/2" slices)	Bamboo shoots, cooked, boiled, drained, without salt	1.84	2.30	0.26	14.40
18	4.0	1 oz	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	32.97	0.00	8.80	220.00
6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	1.0	1 teaspoon	Oil, peanut, salad or cooking	0.00	0.00	4.50	39.78
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
0	0.5	1 teaspoon	Spices, ginger, ground	0.08	0.64	0.04	3.02
<i>Totals for Dinner</i>				<b>41.64</b>	<b>32.86</b>	<b>14.96</b>	<b>428.52</b>

**Snack 3**

7	1.5	1 cup, diced	Watermelon, raw	1.39	17.21	0.34	68.40
<i>Totals for Snack 3</i>				<b>1.39</b>	<b>17.21</b>	<b>0.34</b>	<b>68.40</b>

<b>Totals For 1300 Calories Template, Asian Explosion - Day 05</b>				<b>84.32</b>	<b>175.34</b>	<b>33.18</b>	<b>1314.19</b>
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1300 Calories Template, Asian Explosion - Day 06

**Breakfast**

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>9.57</b>	<b>46.21</b>	<b>2.93</b>	<b>223.27</b>

**Snack 1**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 1</i>				<b>5.10</b>	<b>50.45</b>	<b>2.49</b>	<b>234.36</b>

**Lunch**

6	0.5	cup	bean Sprouts, fresh, stir fried	2.65	6.55	0.15	31.00
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
7	15.0	1 grape, seedless	Grapes, red or green (European type, such as Thompson seedless), raw	0.54	13.58	0.12	51.75
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
4	1.0	1 teaspoon	Soy sauce made from soy and wheat (shoyu), low sodium	0.41	0.25	0.01	2.57
<i>Totals for Lunch</i>				<b>22.82</b>	<b>48.12</b>	<b>4.23</b>	<b>308.14</b>

**Snack 2**

4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
7	1.0	1 cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
<i>Totals for Snack 2</i>				<b>3.02</b>	<b>14.52</b>	<b>7.83</b>	<b>134.60</b>

**Dinner**

6	1.0	1 cup, shredded	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1.79	2.87	0.20	16.66
6	1.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	0.59	6.41	0.14	27.30
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				<b>31.32</b>	<b>41.84</b>	<b>2.91</b>	<b>314.94</b>

**Snack 3**

0	3.0	1 cup	Snacks, popcorn, air-popped	3.11	18.67	1.09	92.88
<i>Totals for Snack 3</i>				<b>3.11</b>	<b>18.67</b>	<b>1.09</b>	<b>92.88</b>

<b>Totals For 1300 Calories Template, Asian Explosion - Day 06</b>				<b>74.94</b>	<b>219.81</b>	<b>21.48</b>	<b>1308.19</b>
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**1300 Calories Template, Asian Explosion - Day 07****Breakfast**

15	1.0	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	5.55	27.31	3.18	159.12
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water	0.00	0.71	0.00	2.37
<b>Totals for Breakfast</b>				<b>19.57</b>	<b>48.29</b>	<b>5.64</b>	<b>314.13</b>

**Snack 1**

7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
<b>Totals for Snack 1</b>				<b>0.80</b>	<b>12.80</b>	<b>0.40</b>	<b>48.00</b>

**Lunch**

6	0.5	1 cup, strips or slices	Carrots, raw	0.57	5.84	0.15	25.01
0	1.0	cup	Miso Soup	1.00	4.00	1.00	32.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
17	0.3	1 cup	Noodles, chinese, chow mein	0.91	8.19	1.74	53.44
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	23.10
23	2.0	tablespoon	Salad Dressing, Newman's Own low fat Sesame Ginger	0.00	5.00	1.50	35.00
6	2.0	1 cup	Spinach, raw	1.72	2.18	0.23	13.80
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<b>Totals for Lunch</b>				<b>30.61</b>	<b>35.38</b>	<b>14.06</b>	<b>384.05</b>

**Snack 2**

5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<b>Totals for Snack 2</b>				<b>4.00</b>	<b>29.00</b>	<b>2.00</b>	<b>150.00</b>

**Dinner**

6	1.0	1/2 cup	Bok Choy, boiled, drained	1.33	1.51	0.14	10.00
4	0.5	1 cup	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.11	60.26	0.04	245.70
4	1.0	1 tablespoon	Soy sauce made from soy and wheat (shoyu), low sodium	1.29	0.79	0.04	8.09
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
<b>Totals for Dinner</b>				<b>13.05</b>	<b>64.69</b>	<b>5.47</b>	<b>351.99</b>

**Snack 3**

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
<b>Totals for Snack 3</b>				<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>

<b>Totals For 1300 Calories Template, Asian Explosion - Day 07</b>				<b>68.73</b>	<b>215.26</b>	<b>27.57</b>	<b>1346.17</b>
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