



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1700 Calories Organic Low Carb - Day 01</b>							
<b>Breakfast</b>							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>18.55</b>	<b>42.72</b>	<b>7.24</b>	<b>302.18</b>
<b>Snack 1</b>							
5	1.5	ounce(s)	Cheese, monterey jack, Organic Valley	12.00	1.50	7.50	120.00
0	2.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00
<i>Totals for Snack 1</i>				<b>14.00</b>	<b>37.50</b>	<b>8.50</b>	<b>280.00</b>
<b>Lunch</b>							
6	10.0	medium	baby carrots, organic	0.60	8.20	1.00	40.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
11	5.0	ounce(s)	Turkey Breast slices, Organic Prairie	35.00	0.00	1.25	125.00
<i>Totals for Lunch</i>				<b>48.96</b>	<b>24.76</b>	<b>13.83</b>	<b>378.00</b>
<b>Snack 2</b>							
14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 2</i>				<b>7.68</b>	<b>26.60</b>	<b>5.58</b>	<b>176.24</b>
<b>Dinner</b>							
6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
12	6.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	43.24	0.00	13.82	309.40
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>46.54</b>	<b>23.50</b>	<b>18.22</b>	<b>463.40</b>
<b>Snack 3</b>							
7	2.0	1 cup, diced	Melons, cantaloupe, raw	2.62	25.46	0.59	106.08
<i>Totals for Snack 3</i>				<b>2.62</b>	<b>25.46</b>	<b>0.59</b>	<b>106.08</b>
<b>Totals For 1700 Calories Organic Low Carb - Day 01</b>				<b>138.35</b>	<b>180.54</b>	<b>53.96</b>	<b>1705.90</b>

1700 Calories Organic Low Carb - Day 02

**Breakfast**

16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
1	2.0	tablespoon	peanut butter, organic, Smuckers	8.00	6.00	16.00	210.00
<i>Totals for Breakfast</i>				<b>24.87</b>	<b>44.14</b>	<b>17.40</b>	<b>426.36</b>

**Snack 1**

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>12.00</b>	<b>25.00</b>	<b>6.50</b>	<b>200.00</b>

**Lunch**

16	6.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	0.75	7.50	2.25	48.75
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
12	3.0	ounce(s)	Shrimp, Organic, boiled or steamed	17.76	0.00	0.90	84.00
0	2.0	cup	soup, Amy's Organic Vegetable Barley Soup	4.00	26.00	2.00	140.00
<i>Totals for Lunch</i>				<b>24.46</b>	<b>49.75</b>	<b>9.75</b>	<b>391.75</b>

**Snack 2**

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 2</i>				<b>0.60</b>	<b>9.70</b>	<b>0.10</b>	<b>37.00</b>

**Dinner**

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
5	1.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	7.00	1.00	6.00	90.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	1.0	1/2 cup	Prego Organic Tomato & Basil Italian Sauce	2.00	15.00	2.50	90.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>44.80</b>	<b>31.50</b>	<b>14.90</b>	<b>454.00</b>

**Snack 3**

5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
<i>Totals for Snack 3</i>				<b>26.00</b>	<b>8.00</b>	<b>5.00</b>	<b>200.00</b>

<b>Totals For 1700 Calories Organic Low Carb - Day 02</b>				<b>132.73</b>	<b>168.09</b>	<b>53.65</b>	<b>1709.11</b>
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1700 Calories Organic Low Carb - Day 03

**Breakfast**

15	1.0	cup	Cereal, Cascadian Farms Organic Purely O's	3.00	22.00	2.00	110.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>11.60</b>	<b>46.90</b>	<b>2.10</b>	<b>236.00</b>

**Snack 1**

7	20.0	each	Grapes - American	0.40	8.20	0.00	40.00
<i>Totals for Snack 1</i>				<b>0.40</b>	<b>8.20</b>	<b>0.00</b>	<b>40.00</b>

**Lunch**

6	5.0	each	Celery, Organic stalk, trimmed	2.50	10.00	0.00	50.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	4.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	2.00	6.00	0.00	30.00
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
<i>Totals for Lunch</i>				<b>56.00</b>	<b>29.00</b>	<b>22.00</b>	<b>505.00</b>

**Snack 2**

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 2</i>				<b>7.68</b>	<b>26.60</b>	<b>5.58</b>	<b>176.24</b>

**Dinner**

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
0	3.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
0	6.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	42.00	0.00	10.50	270.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>47.30</b>	<b>53.50</b>	<b>19.90</b>	<b>599.00</b>

**Snack 3**

5	1.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	13.00	4.00	2.50	100.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 3</i>				<b>14.02</b>	<b>15.67</b>	<b>2.96</b>	<b>148.64</b>
<b>Totals For 1700 Calories Organic Low Carb - Day 03</b>				<b>137.00</b>	<b>179.87</b>	<b>52.54</b>	<b>1704.88</b>

1700 Calories Organic Low Carb - Day 04

**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>13.10</b>	<b>53.45</b>	<b>2.49</b>	<b>274.36</b>

**Snack 1**

7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>6.60</b>	<b>34.70</b>	<b>1.60</b>	<b>167.00</b>

**Lunch**

5	2.0	1/4 cup	Cheese, Organic Valley Shredded Mozzarella	14.00	2.00	12.00	180.00
5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
20	3.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	3.00	6.00	67.50
6	1.0	each	Salad- med w/ organic vegetables	1.95	14.25	0.60	74.00
<i>Totals for Lunch</i>				<b>41.95</b>	<b>27.25</b>	<b>23.60</b>	<b>521.50</b>

**Snack 2**

5	2.0	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00
16	10.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.25	12.50	3.75	81.25
<i>Totals for Snack 2</i>				<b>17.25</b>	<b>14.50</b>	<b>13.75</b>	<b>241.25</b>

**Dinner**

6	1.0	2/3 cup	Cascadian Farms Organic Broccoli Cuts	2.00	4.00	0.00	25.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
13	6.0	ounce(s)	Pork, organic, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
<i>Totals for Dinner</i>				<b>51.84</b>	<b>16.00</b>	<b>8.18</b>	<b>363.80</b>

**Snack 3**

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
<i>Totals for Snack 3</i>				<b>6.00</b>	<b>11.00</b>	<b>8.00</b>	<b>145.00</b>

<b>Totals For 1700 Calories Organic Low Carb - Day 04</b>				<b>136.74</b>	<b>156.90</b>	<b>57.62</b>	<b>1712.91</b>
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1700 Calories Organic Low Carb - Day 05

**Breakfast**

15	1.5	cup	Cereal, Cascadian Farms Organic Purely O's	4.50	33.00	3.00	165.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>13.81</b>	<b>58.73</b>	<b>3.30</b>	<b>298.04</b>

**Snack 1**

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>7.68</b>	<b>26.60</b>	<b>5.58</b>	<b>176.24</b>

**Lunch**

6	12.0	medium	baby carrots, organic	0.72	9.84	1.20	48.00
23	2.0	tablespoon	Mayo, organic, light	0.00	2.00	7.00	70.00
5	2.0	slice	Mild Cheddar Cheese Slices, Organic Valley	10.00	0.00	14.00	160.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
16	2.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	10.00	22.00	4.00	100.00
11	6.0	ounce(s)	Turkey Breast slices, Organic Prairie	42.00	0.00	1.50	150.00
<i>Totals for Lunch</i>				<b>63.08</b>	<b>35.40</b>	<b>27.78</b>	<b>536.00</b>

**Snack 2**

16	8.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.00	10.00	3.00	65.00
0	1.0	cup	soup, Amy's Organic Vegetable Barley Soup	2.00	13.00	1.00	70.00
<i>Totals for Snack 2</i>				<b>3.00</b>	<b>23.00</b>	<b>4.00</b>	<b>135.00</b>

**Dinner**

18	6.0	ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	47.30	0.00	14.14	329.80
6	2.0	3/4 cup	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	2.00	10.00	0.00	50.00
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
21	4.0	tablespoon	Soy sauce, Organic, Lite	0.00	5.20	0.00	44.00
<i>Totals for Dinner</i>				<b>50.60</b>	<b>26.70</b>	<b>18.54</b>	<b>517.80</b>

**Snack 3**

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
<i>Totals for Snack 3</i>				<b>0.40</b>	<b>8.20</b>	<b>0.20</b>	<b>40.00</b>

<b>Totals For 1700 Calories Organic Low Carb - Day 05</b>				<b>138.57</b>	<b>178.63</b>	<b>59.40</b>	<b>1703.08</b>
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**1700 Calories Organic Low Carb - Day 06****Breakfast**

19	1.0	large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
<i>Totals for Breakfast</i>				<b>14.60</b>	<b>24.90</b>	<b>5.10</b>	<b>196.00</b>

**Snack 1**

5	2.0	1/2 cup	Cottage Cheese, Horizon Organic Low Fat	26.00	8.00	5.00	200.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
<i>Totals for Snack 1</i>				<b>26.60</b>	<b>17.70</b>	<b>5.10</b>	<b>237.00</b>

**Lunch**

6	12.0	medium	baby carrots, organic	0.72	9.84	1.20	48.00
16	2.0	slice	bread, low carb, Rudi's Organic Bakery, Right Choice	8.00	14.00	1.00	90.00
23	1.0	tablespoon	Mayo, organic, light	0.00	1.00	3.50	35.00
5	1.0	slice	Mild Cheddar Cheese Slices, Organic Valley	5.00	0.00	7.00	80.00
0	5.0	ounce(s)	Roast Beef, Organic Prairie Roast Beef Slices	35.00	0.00	8.75	225.00
6	2.0	slice	Tomato, sliced, organic	0.36	1.56	0.08	8.00
<i>Totals for Lunch</i>				<b>49.08</b>	<b>26.40</b>	<b>21.53</b>	<b>486.00</b>

**Snack 2**

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
1	1.0	tablespoon	peanut butter, organic, Smuckers	4.00	3.00	8.00	105.00
<i>Totals for Snack 2</i>				<b>6.00</b>	<b>11.00</b>	<b>8.00</b>	<b>145.00</b>

**Dinner**

21	2.0	tablespoon	BBQ sauce, organic	0.00	9.00	1.00	45.00
6	2.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	4.00	24.00	0.00	120.00
11	6.0	ounce(s)	Chicken breast, organic	39.00	0.00	2.40	186.00
0	3.0	ounce(s)	French Fries, Cascadian Farms Organic Frozen French Fries	2.00	21.00	4.00	130.00
<i>Totals for Dinner</i>				<b>45.00</b>	<b>54.00</b>	<b>7.40</b>	<b>481.00</b>

**Snack 3**

0	2.0	each	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	36.00	1.00	160.00
<i>Totals for Snack 3</i>				<b>2.00</b>	<b>36.00</b>	<b>1.00</b>	<b>160.00</b>

<b>Totals For 1700 Calories Organic Low Carb - Day 06</b>				<b>143.28</b>	<b>170.00</b>	<b>48.13</b>	<b>1705.00</b>
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1700 Calories Organic Low Carb - Day 07

**Breakfast**

15	1.0	pack	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	4.00	19.00	2.00	110.00
5	1.0	cup	Milk, Stoneyfield Organic Fat-free Milk	8.00	13.00	0.00	80.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<b>13.02</b>	<b>43.67</b>	<b>2.46</b>	<b>238.64</b>

**Snack 1**

14	8.0	each	nuts, organic almonds	1.68	1.60	4.08	46.24
5	6.0	ounce(s)	Yogurt, Stoneyfield Organic low fat yogurt, peach	6.00	25.00	1.50	130.00
<i>Totals for Snack 1</i>				<b>7.68</b>	<b>26.60</b>	<b>5.58</b>	<b>176.24</b>

**Lunch**

6	4.0	each	Celery, Organic stalk, trimmed	2.00	8.00	0.00	40.00
5	2.0	1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	14.00	2.00	18.00	220.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
21	3.0	tablespoon	Salsa, Amy's Organic Black bean & Corn Salsa	1.50	4.50	0.00	22.50
16	1.0	each	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5.00	11.00	2.00	50.00
<i>Totals for Lunch</i>				<b>55.00</b>	<b>25.50</b>	<b>22.00</b>	<b>487.50</b>

**Snack 2**

5	2.0	ounce(s)	Cheese, monterey jack, Organic Valley	16.00	2.00	10.00	160.00
16	10.0	each	crackers, Keebler Organic Toasteds Harvest Wheat	1.25	12.50	3.75	81.25
<i>Totals for Snack 2</i>				<b>17.25</b>	<b>14.50</b>	<b>13.75</b>	<b>241.25</b>

**Dinner**

6	2.0	3/4 cup	Cascadian Farms Organic cut green beans, frozen	2.00	12.00	0.00	60.00
6	1.0	3/4 cup	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	12.00	0.00	60.00
12	6.0	ounce(s)	Fish, organic salmon, wild, cooked, dry heat	43.24	0.00	13.82	309.40
20	2.0	tablespoon	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	2.00	4.00	45.00
6	1.0	small	Salad, small w/ organic vegetables	1.30	9.50	0.40	49.00
<i>Totals for Dinner</i>				<b>48.54</b>	<b>35.50</b>	<b>18.22</b>	<b>523.40</b>

**Snack 3**

7	1.0	1 fruit without skin, medium	Kiwifruit, green, raw	0.87	11.14	0.40	46.36
<i>Totals For 1700 Calories Organic Low Carb - Day 07</i>				<b>142.36</b>	<b>156.91</b>	<b>62.41</b>	<b>1713.39</b>