



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Template, Healthy Soy - Day 01							
Breakfast							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	0.5	1 muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
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
<i>Totals for Breakfast</i>				11.28	37.30	5.75	232.41
Snack 1							
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
<i>Totals for Snack 1</i>				4.00	29.00	2.00	150.00
Lunch							
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	0.5	1/2 cup	Edamame (green soybeans)	5.50	6.50	1.25	60.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	2.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.27	2.45	0.24	13.16
6	2.0	1 can (11.5 oz), prepared	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>				35.38	34.05	4.68	304.20
Snack 2							
9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
<i>Totals for Snack 2</i>				3.24	19.03	6.20	138.35
Dinner							
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	1.0	1 slice (1 oz)	Cheese, low fat, cheddar or colby	6.82	0.53	1.96	48.44
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
6	0.3	0.5 cup pieces	Mushrooms, white, raw	0.27	0.29	0.03	1.93
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
<i>Totals for Dinner</i>				27.40	44.10	8.72	361.97
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>				3.11	18.67	1.09	92.88
Totals For 1300 Calories Template, Healthy Soy - Day 01				84.41	182.15	28.44	1279.81

1300 Calories Template, Healthy Soy - Day 02

Breakfast

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Breakfast				27.07	59.61	3.48	326.65

Snack 1

16	3.0	1 toast	Crackers, melba toast, wheat	1.93	11.46	0.34	56.10
5	1.0	slice	Soy Cheese	4.00	0.70	2.50	40.00
Totals for Snack 1				5.93	12.16	2.84	96.10

Lunch

6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
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
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
0	2.0	each	Soy Chicken Nuggets	6.00	9.00	3.50	95.00
Totals for Lunch				22.70	35.54	5.74	277.74

Snack 2

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

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
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	0.5 cup slices	Waterchestnuts, chinese, (matai), raw	0.87	14.84	0.06	60.14
Totals for Dinner				17.01	47.72	13.56	375.15

Snack 3

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 3				0.30	21.00	0.50	81.00
Totals For 1300 Calories Template, Healthy Soy - Day 02				77.01	205.03	28.12	1306.64

1300 Calories Template, Healthy Soy - Day 03

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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Breakfast				11.70	38.01	5.28	238.12

Snack 1

7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				9.03	48.52	0.77	227.80

Lunch

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
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
0	1.0	1 cup	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.07	11.78	1.90	67.48
Totals for Lunch				16.66	34.90	4.71	238.06

Snack 2

7	0.5	50 raisins	Raisins, seedless	0.40	10.29	0.06	38.87
14	1.0	ounce(s)	Roasted Soy Nuts, unsalted	10.00	10.00	7.00	140.00
Totals for Snack 2				10.40	20.29	7.06	178.87

Dinner

3	1.0	cup	Asparagus/ Fresh - Boiled	4.60	7.60	0.60	44.00
12	1.3	3 oz	Fish, salmon, Atlantic, wild, cooked, dry heat	27.03	0.00	8.64	193.38
0	1.0	1 tablespoon	Sauce, teriyaki, ready-to-serve	1.07	2.80	0.00	16.02
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
Totals for Dinner				33.91	22.83	9.33	307.40

Snack 3

7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 3				2.31	21.73	0.30	93.04

Totals For 1300 Calories Template, Healthy Soy - Day 03				84.01	186.28	27.45	1283.29
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1300 Calories Template, Healthy Soy - Day 04

Breakfast

15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Breakfast				20.10	55.40	3.30	279.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
23	0.5	tablespoon	Soy Nut Butter	1.75	2.50	2.75	42.50
Totals for Snack 1				2.05	23.50	3.25	123.50

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
21	0.5	tablespoon	Mayonnaise - low fat	0.00	2.00	0.50	12.50
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
0	1.0	each	Soy Chicken Patty	9.00	16.00	6.00	150.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				14.77	45.45	7.85	295.20

Snack 2

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				4.74	36.34	2.40	181.98

Dinner

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				37.57	26.30	7.39	318.49

Snack 3

14	0.5	ounce(s)	Roasted Soy Nuts, unsalted	5.00	5.00	3.50	70.00
0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
Totals for Snack 3				7.07	17.44	4.23	131.92
Totals For 1300 Calories Template, Healthy Soy - Day 04				86.30	204.43	28.42	1330.09

Breakfast

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
16	1.0	1 muffin	English muffins, whole-wheat, toasted	5.86	26.90	1.40	134.81
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
23	1.0	tablespoon	Soy Nut Butter	3.50	5.00	5.50	85.00
Totals for Breakfast				23.67	53.23	9.20	376.85

Snack 1

7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
5	1.0	1 container (6 oz)	Yogurt, fruit variety, nonfat	7.48	32.30	0.34	161.50
Totals for Snack 1				8.96	46.99	1.14	225.46

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
6	6.0	medium	Carrots - baby, raw	0.60	4.80	0.60	24.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
5	1.0	slice	Soy Cheese	4.00	0.70	2.50	40.00
Totals for Lunch				22.84	41.74	5.22	287.86

Snack 2

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 2				8.00	10.55	0.57	81.00

Dinner

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 (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
0	1.0	each	Soy Burger	15.00	9.00	3.00	130.00
Totals for Dinner				21.07	41.96	4.54	290.23

Snack 3

14	8.0	1 almond	Nuts, almonds	2.03	2.07	4.79	55.58
Totals for Snack 3				2.03	2.07	4.79	55.58
Totals For 1300 Calories Template, Healthy Soy - Day 05				86.57	196.54	25.46	1316.98

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
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
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Breakfast				12.30	51.36	5.58	290.62

Snack 1

16	4.0	1 toast	Crackers, melba toast, wheat	2.58	15.28	0.46	74.80
5	2.0	slice	Soy Cheese	8.00	1.40	5.00	80.00
Totals for Snack 1				10.58	16.68	5.46	154.80

Lunch

16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
4	0.3	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	3.63	11.24	1.06	67.24
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
21	1.0	tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				31.19	42.66	4.66	320.94

Snack 2

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

Dinner

3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
0	0.3	1 cup	Sauce, barbecue, low sodium	0.57	28.44	0.44	119.97
6	1.0	1 small	Sweet potato, cooked, baked in skin, flesh, without salt	1.21	12.43	0.09	54.00
4	1.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	10.32	2.13	5.25	88.20
Totals for Dinner				16.80	71.20	7.08	385.17

Snack 3

9	15.0	each	Grapes - American	0.30	6.15	0.15	30.00
9	1.0	each	Rice cake - apple cinnamon, Quaker	1.00	9.00	0.00	40.00
Totals for Snack 3				1.30	15.15	0.15	70.00
Totals For 1300 Calories Template, Healthy Soy - Day 06				76.17	226.05	24.93	1371.53

Breakfast

15	1.0	cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
0	1.0	cup	Soy milk, Light, w/ calcium	6.00	8.00	2.00	70.00
Totals for Breakfast				20.31	50.73	3.30	263.04

Snack 1

14	4.0	1 almond	Nuts, almonds	1.02	1.03	2.40	27.79
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
14	0.5	ounce(s)	Roasted Soy Nuts, unsalted	5.00	5.00	3.50	70.00
Totals for Snack 1				6.22	11.18	5.93	117.23

Lunch

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
0	3.0	each	Soy Chicken Nuggets	9.00	13.50	5.25	142.50
Totals for Lunch				19.98	41.58	11.16	339.58

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	6.0	ounce(s)	Soy Yogurt, Fruited, low fat	4.00	29.00	2.00	150.00
Totals for Snack 2				4.30	50.00	2.50	231.00

Dinner

23	0.3	tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
23	1.0	1 tablespoon	Salad dressing, italian dressing, fat-free	0.14	1.23	0.12	6.58
1	3.0	ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
17	0.5	1 cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
4	0.3	1 cup	Tempeh	7.69	3.90	4.48	80.10
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				30.66	31.43	10.89	334.17

Snack 3

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
Totals For 1300 Calories Template, Healthy Soy - Day 07				81.87	193.12	33.98	1325.02