



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1800 Calories Child Healthy Teen (14-18 years) - Day 01							
Breakfast							
7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
16	1.0	each	Pancakes, frozen, whole grain	1.67	14.00	2.00	80.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
Totals for Breakfast				6.42	42.96	5.44	238.65
Lunch							
16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
9	5.0	each	Grapes - American	0.10	2.05	0.05	10.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
23	0.5	1 tablespoon	Mayonnaise, low sodium, low calorie or diet	0.02	1.12	1.34	16.17
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.18	0.78	0.04	3.60
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
Totals for Lunch				58.15	43.71	6.36	474.27
Snack 2							
14	0.5	1 oz (14 halves)	Nuts, walnuts, english	2.16	1.94	9.24	92.70
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Snack 2				7.10	23.47	10.46	207.96
Dinner							
7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
4	0.5	1 cup	Beans, baked, canned, no salt added	6.07	25.92	0.51	132.83
6	0.5	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	1.18	4.93	0.18	21.88
18	1.0	1 serving (3 oz)	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	22.35	0.00	5.78	147.90
3	1.0	each	Corn - sweet ear, boiled, drained	2.60	19.30	1.00	83.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				45.46	84.34	22.30	699.77
Snack 3							
9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
Totals for Snack 3				2.96	39.35	5.50	212.96
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 01				120.09	233.83	50.06	1833.61

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	1.0	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
15	1.0	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.49	24.42	1.23	111.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
Totals for Breakfast				13.55	63.33	4.58	334.12

Lunch

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	1.0	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	6.27	35.20	1.66	170.24
6	2.0	cup	Cucumber - raw, slices	1.60	5.60	0.00	28.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
23	1.0	1 tablespoon	Mayonnaise, low sodium, low calorie or diet	0.04	2.24	2.69	32.34
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
9	1.5	each	Rice cake - apple cinnamon, Quaker	1.50	13.50	0.00	60.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				38.76	85.50	11.23	579.68

Snack 2

3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
7	1.0	1 cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
Totals for Snack 2				2.61	14.70	2.52	85.75

Dinner

5	1.0	1 slice (1 oz)	Cheese, mozzarella, low moisture, part-skim	6.88	1.78	5.52	84.28
16	1.0	1 muffin	English muffins, mixed-grain, toasted (includes granola)	6.04	30.68	1.16	155.55
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.5	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.81	10.36	1.90	65.54
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
Totals for Dinner				35.96	47.66	17.83	483.21

Snack 3

16	2.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	0.94	10.87	1.48	60.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
Totals for Snack 3				12.89	26.34	10.10	241.88
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 02				103.77	237.53	46.26	1724.64

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
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
Totals for Breakfast				15.61	59.79	4.01	326.60

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
4	0.5	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	7.62	20.39	0.46	113.52
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
6	1.0	1 cup, sliced	Peppers, sweet, green, raw	0.79	4.27	0.16	18.40
0	1.0	2 tablespoon	Sauce, salsa, ready-to-serve	0.55	2.42	0.06	10.44
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				20.14	60.79	16.49	444.46

Snack 2

5	1.0	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	28.02	6.10	2.26	162.72
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
Totals for Snack 2				29.89	17.09	5.36	234.46

Dinner

6	1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	5.31	3.46	0.76	32.40
21	1.0	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.5	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	7.00	60.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
Totals for Dinner				51.60	51.14	19.94	574.73

Snack 3

16	12.0	1 small	Cookies, vanilla wafers, lower fat	1.80	26.50	5.47	158.76
0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
Totals for Snack 3				2.61	49.00	6.95	265.32
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 03				119.85	237.81	52.75	1845.57

Breakfast

16	1.0	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
15	1.0	1 cup	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.49	24.42	1.23	111.00
5	2.0	cup	Milk - skim, no fat	16.80	23.80	0.80	172.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Breakfast				21.86	67.72	6.41	405.27

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
7	8.0	each	Cherries, sweet, medium	0.64	9.04	0.56	40.00
5	1.0	1 cup, chopped	Egg, whole, cooked, hard-boiled	17.11	1.52	14.43	210.80
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
23	1.0	1 tablespoon	Mayonnaise, low sodium, low calorie or diet	0.04	2.24	2.69	32.34
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Lunch				35.95	59.44	22.96	580.45

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	4.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	1.87	21.74	2.97	120.40
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
Totals for Snack 2				5.72	46.31	11.69	297.08

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
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
6	1.0	10 strips	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.38	12.77	2.74	79.00
0	5.0	each	Soy Chicken Nuggets	15.00	22.50	8.75	237.50
Totals for Dinner				27.78	55.32	15.99	474.06

Snack 3

14	0.3	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	1.37	1.71	3.53	41.25
0	1.0	1 cup	Snacks, popcorn, air-popped	1.04	6.22	0.36	30.96
Totals for Snack 3				2.41	7.93	3.89	72.21
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 04				93.72	236.72	60.94	1829.07

1800 Calories Child Healthy Teen (14-18 years) - Day 05

Breakfast

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
16	1.0	1 muffin	English muffins, mixed-grain, toasted (includes granola)	6.04	30.68	1.16	155.55
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	0.5	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	1.50	13.34
Totals for Breakfast				21.49	56.32	10.47	401.33

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
16	0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
5	0.5	1 oz	Cheese, low fat, cheddar or colby	3.45	0.27	0.99	24.52
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	0.5	2 tablespoon	Sauce, salsa, ready-to-serve	0.28	1.21	0.03	5.22
6	12.0	1 cherry	Tomatoes, red, ripe, raw, year round average	1.80	7.94	0.41	36.72
1	4.0	ounce(s)	Turkey Breast / White Meat	34.00	0.00	0.80	152.00
7	1.5	1 cup, diced	Watermelon, raw	1.39	17.21	0.34	68.40
Totals for Lunch				44.93	47.63	8.77	431.88

Snack 2

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
Totals for Snack 2				14.56	13.77	1.37	123.54

Dinner

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
0	0.5	1 cup	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.81	10.36	1.90	65.54
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
11	3.0	each	Turkey Meatballs	15.00	7.98	6.90	150.00
Totals for Dinner				39.07	93.48	23.01	687.81

Snack 3

16	5.0	1 small	Cookies, vanilla wafers, lower fat	0.75	11.04	2.28	66.15
0	0.5	0.5 cup (4 fl oz)	Sherbet, orange	0.41	11.25	0.74	53.28
Totals for Snack 3				1.16	22.29	3.02	119.43

Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 05				121.21	233.49	46.64	1763.99
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1800 Calories Child Healthy Teen (14-18 years) - Day 06

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	1.0	1 large	Egg, whole, cooked, omelet	6.45	0.39	7.11	93.94
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
16	1.0	each	Pancakes, frozen, whole grain	1.67	14.00	2.00	80.00
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 tablespoon	Syrups, table blends, pancake	0.00	12.29	0.00	46.80
Totals for Breakfast				17.07	49.30	12.75	375.59

Lunch

16	2.0	1 oz	Bread, whole-wheat, commercially prepared	7.06	24.22	1.98	142.88
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
4	1.0	2 tablespoon	Peanut butter, smooth style, without salt	7.11	7.14	16.44	191.36
6	1.0	1 cup, sliced	Peppers, sweet, green, raw	0.79	4.27	0.16	18.40
14	0.5	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	2.74	3.41	7.06	82.50
Totals for Lunch				27.50	74.74	26.64	618.14

Snack 2

14	0.3	1 oz (14 halves)	Nuts, walnuts, english	1.08	0.97	4.62	46.35
7	0.5	medium	Peach - medium, approx 4 oz.	0.30	4.85	0.05	18.50
5	1.0	0.5 container (4 oz)	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4.94	21.53	1.22	115.26
Totals for Snack 2				6.32	27.35	5.89	180.11

Dinner

6	1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	1.86	5.60	0.32	27.30
5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
0	0.5	0.5 cup	Sauce, salsa, ready-to-serve	1.00	4.37	0.11	18.85
Totals for Dinner				47.29	55.28	9.66	496.65

Snack 3

16	2.0	1 cracker (2-1/2" square)	Cookies, graham crackers, plain or honey (includes cinnamon)	0.94	10.87	1.48	60.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Snack 3				9.34	22.77	1.88	146.20
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 06				107.52	229.44	56.82	1816.69

1800 Calories Child Healthy Teen (14-18 years) - Day 07

Breakfast

16	1.0	1 slice	Bread, raisin, toasted, enriched	2.06	13.66	1.15	71.28
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
7	1.0	1 cup, diced	Melons, cantaloupe, raw	1.31	12.73	0.30	53.04
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
4	0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.55	3.57	8.22	95.68
7	0.3	50 raisins	Raisins, seedless	0.20	5.15	0.03	19.44
Totals for Breakfast				21.22	77.02	13.38	493.56

Lunch

3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
5	0.5	1 cup	Cheese, cottage, lowfat, 1% milkfat, no sodium added	14.01	3.05	1.13	81.36
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
9	5.0	each	Grapes - American	0.10	2.05	0.05	10.00
Totals for Lunch				22.58	10.88	8.77	219.01

Snack 2

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
16	5.0	1 small	Cookies, vanilla wafers, lower fat	0.75	11.04	2.28	66.15
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 snack size (4 oz)	Puddings, chocolate, ready-to-eat	2.36	26.00	5.20	160.46
Totals for Snack 2				12.11	62.29	8.18	365.11

Dinner

6	1.0	1 cup	Beans, snap, green, cooked, boiled, drained, without salt	2.36	9.85	0.35	43.75
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
17	1.0	1 cup elbow shaped	Macaroni, whole-wheat, cooked	7.46	37.16	0.76	173.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
23	0.3	tablespoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
13	1.8	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	38.93	0.00	5.22	212.71
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
Totals for Dinner				58.88	63.75	21.35	666.57

Snack 3

4	5.0	1 peanut	Peanuts, all types, dry-roasted, without salt	1.22	1.06	2.48	29.35
0	2.0	1 cup	Snacks, popcorn, air-popped	2.07	12.44	0.73	61.92
Totals For 1800 Calories Child Healthy Teen (14-18 years) - Day 07				118.08	227.44	54.89	1835.52