



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

1800 Calories Child Healthy Teen (14-18 years) - Day 02

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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				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
---	--	--	--	---------------	---------------	--------------	----------------

1800 Calories Child Healthy Teen (14-18 years) - 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
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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				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
---	--	--	--	---------------	---------------	--------------	----------------

1800 Calories Child Healthy Teen (14-18 years) - Day 04

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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				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
---	--	--	--	---------------	---------------	--------------	----------------

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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				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
<i>Totals for Breakfast</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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