



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1500 Calories Low Cholesterol - Day 01							
Breakfast							
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	cup	Cheerios Oat & Wheat, Gen. Mills	4.30	19.60	1.80	111.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				14.10	58.90	2.80	308.00
Snack 1							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00
Lunch							
0	1.0	cup	Minestrone soup - Campbell's, prepared	3.00	13.00	2.00	80.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
0	5.0	1 slice (3-1/2" square; 8 per 6 oz package)	Turkey breast, sliced, oven roasted, luncheon meat	17.92	4.42	1.74	109.20
<i>Totals for Lunch</i>				26.32	52.97	5.24	366.96
Snack 2							
0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
0	1.0	1 oz	Snacks, pretzels, hard, plain, salted	2.85	22.79	0.83	108.86
<i>Totals for Snack 2</i>				3.26	40.85	2.05	189.59
Dinner							
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
12	1.5	3 oz	Fish, tuna, yellowfin, fresh, cooked, dry heat	37.17	0.00	0.75	165.75
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
2	4.0	ounce(s)	Potato/White - Baked	2.60	28.60	0.12	124.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
<i>Totals for Dinner</i>				45.73	45.20	3.96	397.27
Snack 3							
0	1.0	1 bar (1 oz)	Snacks, crisped rice bar, chocolate chip	1.43	20.44	3.78	113.12
<i>Totals for Snack 3</i>				1.43	20.44	3.78	113.12
Totals For 1500 Calories Low Cholesterol - Day 01				91.14	239.36	18.33	1455.94

1500 Calories Low Cholesterol - Day 02

Breakfast

16	1.0	each	Bagel - Cinnamon Raisin, Earth Grains	9.00	48.00	0.00	255.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				9.20	48.70	0.00	261.00

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<i>Totals for Snack 1</i>				14.30	24.10	1.65	163.00

Lunch

6	2.0	1 carrot (7-1/2")	Carrots, raw	1.34	13.80	0.35	59.04
3	2.0	each	Celery - raw stalk trimmed	1.00	4.00	0.00	20.00
20	2.0	tablespoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Lunch</i>				37.09	52.60	7.65	412.80

Snack 2

9	5.0	each	Cracker/Nabisco - Low Saltines	1.00	10.00	2.00	60.00
21	2.0	tablespoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
<i>Totals for Snack 2</i>				4.00	21.00	5.50	160.00

Dinner

1	4.0	ounce(s)	Flounder - broiled	27.32	0.00	0.00	132.00
3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
10	7.0	ounce(s)	Yam - baked w/o skin	2.94	54.60	0.35	231.00
<i>Totals for Dinner</i>				33.66	74.95	1.05	462.76

Totals For 1500 Calories Low Cholesterol - Day 02				98.25	221.35	15.85	1459.56
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1500 Calories Low Cholesterol - Day 03

Breakfast

16	1.0	each	Bagel - Cinnamon Raisin, Earth Grains	9.00	48.00	0.00	255.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Breakfast</i>				17.32	71.92	1.96	404.56

Snack 1

16	1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	3.99	27.53	4.22	153.90
<i>Totals for Snack 1</i>				3.99	27.53	4.22	153.90

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	1.0	1 tablespoon	Spices, mustard seed, ground	1.64	1.77	2.28	32.00
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	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				31.36	57.34	5.84	403.10

Snack 2

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 2</i>				0.58	15.78	0.32	61.64

Dinner

0	2.0	ounce(s)	ice cream,rocky road,Healthy Choice	1.50	16.00	1.00	80.00
0	2.0	slice	Pizza, cheese and veggies	16.00	46.00	6.42	306.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
20	2.0	tablespoon	Thousand island - reduced cal. KRAFT	0.00	6.00	2.00	40.00
<i>Totals for Dinner</i>				19.45	83.20	10.02	504.76
Totals For 1500 Calories Low Cholesterol - Day 03				72.70	255.77	22.36	1527.96

1500 Calories Low Cholesterol - Day 04**Breakfast**

7	0.5	each	Cantaloupe - muskmelon	2.30	22.30	0.80	93.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
16	1.0	1 muffin	English muffins, mixed-grain (includes granola)	6.01	30.56	1.19	155.10
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				19.01	54.46	1.99	305.10

Snack 1

9	1.0	each	Power Bar	10.00	45.00	2.50	230.00
<i>Totals for Snack 1</i>				10.00	45.00	2.50	230.00

Lunch

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
0	1.0	1 tablespoon	Spices, mustard seed, ground	1.64	1.77	2.28	32.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
<i>Totals for Lunch</i>				22.64	45.42	4.88	316.76

Snack 2

16	2.0	1 toast	Crackers, melba toast, wheat	1.29	7.64	0.23	37.40
21	2.0	tablespoon	Peanut Wonder -low fat peanut butter	3.00	11.00	3.50	100.00
<i>Totals for Snack 2</i>				4.29	18.64	3.73	137.40

Dinner

6	2.0	1 spear (about 5" long)	Broccoli, raw	1.75	4.12	0.23	21.08
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
1	3.0	ounce(s)	Cod - Pacific, broiled	19.50	0.00	0.69	90.00
20	2.0	tablespoon	French - no fat, KRAFT Free	0.00	8.00	0.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Dinner</i>				25.00	47.42	1.92	320.84

Snack 3

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 3</i>				14.00	21.00	6.00	200.00

Totals For 1500 Calories Low Cholesterol - Day 04				94.94	231.94	21.02	1510.10
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1500 Calories Low Cholesterol - Day 05

Breakfast

0	1.0	ounce(s)	Coffee - w/caffeine	0.03	0.12	0.00	1.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
23	1.0	1 teaspoon	Margarine-like spread, (40% fat), corn	0.02	0.02	1.86	16.56
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
0	6.0	ounce(s)	Orange juice - Minute Maid regular	1.00	20.00	0.00	78.00
15	1.0	cup	Raisin Brand, wheat Kelloggs	4.00	27.90	0.70	115.00
16	2.0	slice	Whole Wheat - thin slice, Pepperidge Farm	4.00	14.00	0.00	70.00
<i>Totals for Breakfast</i>				17.45	73.94	2.96	366.56

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch

1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Lunch</i>				34.45	17.20	2.60	245.76

Snack 2

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 2</i>				14.00	21.00	6.00	200.00

Dinner

12	1.0	3 oz	Fish, tuna, yellowfin, fresh, cooked, dry heat	24.78	0.00	0.50	110.50
20	1.0	tablespoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	0.5	cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
<i>Totals for Dinner</i>				27.73	35.00	1.20	274.26

Snack 3

0	2.0	1 oz	Snacks, pretzels, hard, plain, salted	5.69	45.58	1.67	217.73
<i>Totals for Snack 3</i>				5.69	45.58	1.67	217.73

Totals For 1500 Calories Low Cholesterol - Day 05				99.62	213.72	14.93	1385.31
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1500 Calories Low Cholesterol - Day 06

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
15	1.0	pack	Oatmeal - instant pkt.,Plus Fiber, Quaker	4.00	28.00	2.00	150.00
<i>Totals for Breakfast</i>				5.40	55.40	2.60	261.00

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
<i>Totals for Snack 1</i>				0.58	15.78	0.32	61.64

Lunch

16	2.0	each	Pita - wheat	5.60	31.20	1.40	150.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
1	0.5	cup	Tuna Solid White in water	30.00	0.00	2.00	140.00
<i>Totals for Lunch</i>				38.20	51.15	4.20	392.76

Snack 2

0	2.0	1 oz	Snacks, pretzels, hard, plain, salted	5.69	45.58	1.67	217.73
<i>Totals for Snack 2</i>				5.69	45.58	1.67	217.73

Dinner

5	0.5	cup	Cheese - Healthy Choice fat free shredded	18.00	4.00	0.00	90.00
4	1.0	cup	Pinto bean - boiled	14.00	43.60	0.80	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
2	2.0	each	Tortilla - corn, soft, 7" diam.	2.00	18.00	2.00	90.00
<i>Totals for Dinner</i>				36.60	85.55	3.60	520.76

Totals For 1500 Calories Low Cholesterol - Day 06				86.47	253.46	12.39	1453.89
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1500 Calories Low Cholesterol - Day 07**Breakfast**

16	2.0	each	Bread /Rye 7 grain	10.00	72.00	4.00	180.00
0	6.0	ounce(s)	Coffee - w/caffeine	0.20	0.70	0.00	6.00
8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
0	1.0	tablet	Generic Multi Vitamin	0.00	0.00	0.00	0.00
21	1.0	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	4.00	0.00	16.00
<i>Totals for Breakfast</i>				38.20	82.90	6.30	366.00

Snack 1

0	1.0	each	Balance Outdoor Bar	14.00	21.00	6.00	200.00
<i>Totals for Snack 1</i>				14.00	21.00	6.00	200.00

Lunch

7	1.0	1 cup, slices	Pears, raw	0.50	21.32	0.20	79.80
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
5	8.0	ounce(s)	Yogurt - Dannon, Fruit on the Bottom, all flav.	9.00	44.00	3.00	232.00
<i>Totals for Lunch</i>				9.50	66.27	3.20	316.56

Snack 2

0	1.0	1 bar	Snacks, fruit leather, bars	0.41	18.06	1.22	80.73
<i>Totals for Snack 2</i>				0.41	18.06	1.22	80.73

Dinner

16	1.0	each	Bread /Rye 7 grain	5.00	36.00	2.00	90.00
6	2.0	1 spear (about 5" long)	Broccoli, raw	1.75	4.12	0.23	21.08
19	4.0	ounce(s)	Flank - fat trimmed off, braised	31.72	0.00	14.68	268.00
20	2.0	tablespoon	French - reduced calorie, KRAFT	0.00	6.00	2.00	40.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	1 cup (8 fl oz)	Tea, instant, unsweetened, lemon-flavored, powder, prepared	0.00	0.95	0.00	4.76
<i>Totals for Snack 3</i>				39.77	56.57	19.31	472.84
Totals For 1500 Calories Low Cholesterol - Day 07				101.88	244.80	36.03	1436.13