



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Vegan - Day 01							
Breakfast							
7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
<i>Totals for Breakfast</i>				12.00	38.95	6.30	247.50
Snack 1							
16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
<i>Totals for Snack 1</i>				11.48	31.30	15.25	292.78
Lunch							
16	1.0	each	Bun - hamburger	3.70	21.60	2.20	123.00
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
21	0.3	tablespoon	Catsup - tomato	0.05	1.02	0.03	4.00
0	2.5	ounce(s)	GARDENBURGER, Veggie Medley	6.00	17.00	0.70	100.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.35	1.56	0.08	7.20
<i>Totals for Lunch</i>				11.70	51.34	4.41	286.93
Snack 2							
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
<i>Totals for Snack 2</i>				4.51	38.84	2.23	184.32
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
21	2.0	tablespoon	LA CHOY Light Soy Sauce	2.94	4.28	0.04	29.20
6	0.5	cup	LA CHOY Snow Pea Pods, Frozen	1.22	4.66	0.01	20.70
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
6	0.5	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	0.85	2.06	0.18	10.92
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
<i>Totals for Dinner</i>				23.25	45.41	4.45	303.21
Totals For 1300 Calories Vegan - Day 01				62.94	205.84	32.64	1314.74

Breakfast

15	1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	4.71	47.15	1.66	193.98
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				11.71	55.15	5.66	293.98

Snack 1

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
7	2.0	1 fruit without skin, medium	Kiwifruit, green, raw	1.73	22.28	0.79	92.72
0	1.0	tablespoon	Tofutti Better Than Cream Cheese	0.50	0.50	4.00	40.00
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
Totals for Snack 1				8.90	56.11	5.54	297.72

Lunch

6	0.5	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.17	0.46	0.04	2.38
5	1.5	ounce(s)	NU TOFU Cheddar Flavor Cheese Alternative	10.13	1.69	6.75	118.13
4	0.5	cup	OLD EL PASO Vegetarian Refried Beans	1.25	17.00	1.00	100.00
21	2.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	0.3	1 cup, chopped or sliced	Tomatoes, red, ripe, raw, year round average	0.40	1.75	0.09	8.10
2	1.0	each	Tortilla - corn, soft, 7" diam.	1.00	9.00	1.00	45.00
Totals for Lunch				12.95	29.90	8.88	277.61

Snack 2

19	4.0	each	MORNINGSTAR FARMS Chicken Nuggets	13.00	17.00	4.00	160.00
Totals for Snack 2				13.00	17.00	4.00	160.00

Dinner

21	2.0	tablespoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
4	2.0	1 slice	MORI-NU, Tofu, silken, extra firm	12.43	3.36	3.19	92.40
23	0.3	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.44	3.74	0.04	16.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
0	0.5	1 teaspoon	Spices, garlic powder	0.26	1.13	0.01	5.13
Totals for Dinner				18.29	44.23	7.38	297.53
Totals For 1300 Calories Vegan - Day 02				64.85	202.39	31.46	1326.84

1300 Calories Vegan - Day 03

Breakfast

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				21.02	29.43	9.72	268.10

Snack 1

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
0	1.0	1 bar	Snacks, granola bars, hard, plain	2.53	16.10	4.95	117.75
Totals for Snack 1				6.53	49.10	6.95	277.75

Lunch

0	1.0	tea spoon	EDEN FOOD Organic Garlic Sesame Shake	0.00	0.00	1.00	20.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	4.0	ounce(s)	Portabella Mushrooms	4.01	5.32	0.00	40.68
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
Totals for Lunch				7.19	40.07	8.86	274.08

Snack 2

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
Totals for Snack 2				8.00	25.00	6.25	190.00

Dinner

19	1.0	each	MORNINGSTAR FARMS Chicken Patties	7.26	14.90	9.84	177.00
4	4.0	tablespoon	PROGRESSO Black Beans	3.50	8.50	0.50	55.00
21	3.0	tablespoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
6	0.3	1 cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals for Dinner				15.25	38.95	11.03	311.12
Totals For 1300 Calories Vegan - Day 03				57.99	182.55	42.81	1321.05

Breakfast

0	4.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	12.45	0.00	56.00
15	1.5	biscuit	Shredded Wheat, Nabisco	3.00	28.50	1.50	120.00
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				10.00	48.95	5.50	276.00

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
Totals for Snack 1				10.96	50.46	6.22	291.48

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
6	2.0	1 stalk, medium (7-1/2" - 8" long)	Celery, raw	0.55	2.38	0.14	12.80
4	0.5	cup	HEALTH VALLEY Fat Free Honey Baked Beans	7.00	25.00	0.00	110.00
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
19	1.0	each	MORNINGSTAR FARMS Deli Franks	9.63	2.96	6.54	109.00
Totals for Lunch				17.98	38.74	7.48	275.80

Snack 2

7	0.5	1 cup	Grapes, american type (slip skin), raw	0.29	7.89	0.16	30.82
4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
Totals for Snack 2				4.29	40.89	2.16	190.82

Dinner

6	1.0	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	5.70	9.84	0.22	51.52
6	1.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	1.14	2.55	0.28	14.26
20	2.0	tablespoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
21	1.0	tablespoon	LA CHOY Light Soy Sauce	1.47	2.14	0.02	14.60
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
4	0.5	1 cup	Tempeh	15.39	7.79	8.96	160.19
Totals for Dinner				25.00	33.82	9.88	301.57
Totals For 1300 Calories Vegan - Day 04				68.23	212.86	31.24	1335.67

Breakfast

7	0.8	1 cup	Blueberries, raw	0.82	16.08	0.37	63.27
15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	4.16	20.48	2.39	119.34
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				11.98	44.56	6.76	282.61

Snack 1

7	0.8	1 cup, halves	Apricots, dried, sulfured, stewed, with added sugar	2.37	59.25	0.30	228.83
0	10.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.67	13.33	0.00	60.00
Totals for Snack 1				4.04	72.58	0.30	288.83

Lunch

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
14	0.1	1 cup	Seeds, sunflower seed kernels, dried	3.64	3.50	9.01	102.20
0	0.8	cup	Silk Plain Soy Milk	5.25	6.00	3.00	75.00
0	8.5	ounce(s)	Tomato Soup / Campbell's low sod.	0.81	20.24	2.43	102.00
Totals for Lunch				11.00	40.24	14.84	334.20

Snack 2

2	0.5	each	Bagel/Lenders	5.00	20.00	0.75	105.00
21	1.0	tablespoon	Natural Touch Soy Butter	3.00	5.00	5.50	85.00
Totals for Snack 2				8.00	25.00	6.25	190.00

Dinner

19	2.5	ounce(s)	GARDENBURGER Zesty Bean	7.00	19.00	2.50	120.00
6	4.0	ounce(s)	Green beans - string, boiled & drained	2.10	8.90	0.30	40.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
23	0.5	tablespoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	7.00	60.00
6	8.0	tablespoon	Onion - chopped	0.80	7.20	0.00	32.00
Totals for Dinner				11.59	39.23	10.17	273.84
Totals For 1300 Calories Vegan - Day 05				46.61	221.61	38.32	1369.48

Breakfast

15	0.8	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.53	35.36	1.24	145.49
0	1.0	cup	Silk Plain Soy Milk	7.00	8.00	4.00	100.00
Totals for Breakfast				10.53	43.36	5.24	245.49

Snack 1

16	5.0	1 cracker	Crackers, whole-wheat, low salt	1.76	13.72	3.44	88.60
4	0.5	1 cup	Hummus, commercial	9.72	17.58	11.81	204.18
Totals for Snack 1				11.48	31.30	15.25	292.78

Lunch

6	8.0	medium	Carrots - baby, raw	0.80	6.40	0.80	32.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
7	1.0	medium	Peach - medium, approx 4 oz.	0.60	9.70	0.10	37.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	2.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean	0.09	4.80	5.76	69.60
Totals for Lunch				14.34	41.15	7.41	273.60

Snack 2

4	1.0	each	Silk Cultured Soy Yogurt	4.00	33.00	2.00	160.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 2				4.51	38.84	2.23	184.32

Dinner

7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
4	1.0	cup	Natural Touch Vegetarian Chili	18.00	21.00	1.00	170.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	0.34	2.48	4.46	52.70
Totals for Dinner				20.38	40.20	6.03	301.79
Totals For 1300 Calories Vegan - Day 06				61.24	194.85	36.16	1297.98

1300 Calories Vegan - Day 07

Breakfast

7	1.0	1 cup, sections, with juice	Grapefruit, raw, pink and red and white, all areas	1.45	18.58	0.23	73.60
19	3.0	each	MORNINGSTAR FARMS Breakfast Links	12.57	2.85	5.49	94.50
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				14.02	46.33	5.72	280.10

Snack 1

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	12.0	ounce(s)	Silk Vanilla Soy Milk	9.00	15.00	5.28	150.00
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
Totals for Snack 1				10.96	50.46	6.22	291.48

Lunch

19	1.0	cup	Natural Touch Tuno (soy based)	21.02	6.01	6.01	180.18
21	0.5	tablespoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.01	2.23	6.73	67.96
6	1.0	1 medium whole (2-3/5" dia)	Tomatoes, red, ripe, raw, year round average	1.08	4.78	0.25	22.14
Totals for Lunch				22.16	15.67	13.04	280.28

Snack 2

19	4.0	each	MORNINGSTAR FARMS Chicken Nuggets	13.00	17.00	4.00	160.00
Totals for Snack 2				13.00	17.00	4.00	160.00

Dinner

21	2.0	tablespoon	KIKKOMAN Lite Teriyaki Marinade & Sauce	1.00	6.00	0.00	30.00
4	1.5	1 slice	MORI-NU, Tofu, silken, extra firm	9.32	2.52	2.39	69.30
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
Totals for Dinner				20.02	52.32	3.09	292.30
Totals For 1300 Calories Vegan - Day 07				80.16	181.78	32.07	1304.16