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6 WEEKS OF DONE-FOR-YOU MEAL PLANS FOR MEN AND WOMEN



Lori Kennedy, RHN

6-Week Meal Plan for Women

Welcome from Mike Whitfield & Sprint Conditioning



Mike Before



Mike After

Inside this manual is a 6-week diet plan for women to get leaner while keeping your muscle so that you have curves in all the right places.

And of course, a big thank-you to Lori Kennedy, RHN for putting together these meal plans just for you. It doesn't get much simpler than this:

- 1) **Eat what is shown on the meal plan**
- 2) **Lose fat and keep muscle**

Pretty simple, right?

You'll see that you get 21 days of different meal plans. Follow the 21 days as is and then repeat for another 21 days for a total of 6 weeks.

However, if you're like me, that's just way too many options.

If you discover a weekly meal plan that you really enjoy, then feel free to stick with it for a couple of weeks and then move onto a new one.

Either way, there's plenty of choices – so NO excuses. You can do this! Focus for the next 6 weeks and watch what happens.

**To your success,
Mike Whitfield, Master CTT**

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6-Week Meal Plan for Women

DISCLAIMER:

You must get your physician's approval before beginning this nutrition program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to making any changes in your nutrition. This program is designed for healthy individuals 18 years and older only. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any nutritional program.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Steel Cut Oats Cooked, Berries, Chia And Yoghurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ cup	Cereal, oats, steel cut, cooked	2.50	13.50	1.00	75.00
Totals:		20.25	36.05	5.60	269.12

AM Snack - Guacamole With Celery

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
Totals:		1.15	10.25	8.80	122.50

Lunch - Grill Chicken W/ Lrg Salad, Light Feta & Dressing

10 beans (4" long)	Beans, snap, green, raw	1.00	3.92	0.07	17.05
½ cup, shredded	Cabbage, freshly harvest, raw	0.42	1.88	0.06	8.40
5 medium	Carrots, baby, raw	0.32	4.12	0.07	17.50
½ ounce cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4 teaspoon	Oil & Vinegar Salad Dressing	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		32.76	29.62	10.21	356.59

PM Snack - Tuna salad on crackers

1 cup	Cucumber - slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1 tablespoon	Relish	0.10	5.30	0.10	20.00
3 ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		25.40	26.60	1.60	207.00

Dinner - Broil Or Grill Fish, Steam Broccoli

½ cup	Broccoli, frozen, chopped, steamed, no salt	2.85	4.92	0.11	25.76
4 ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1 tablespoon	Oil & Balsamic Vinegar	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
Totals:		34.25	16.32	5.41	250.76

Evening Snack - Eat Almond Butter With A Spoon

1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
Totals:		2.41	3.40	9.46	101.28

Actual Totals for Day 116.23 122.24 41.08 1307.25

Actual % of Total Calories: 35.13 36.94 27.93

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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6-Week Meal Plan for Women

Breakfast - Mix Avocado, Cucumber, Tomato & Eat With Eggs

¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
2 large	Eggs, Organic Valley large brown egg, hard boiled	2.00	0.00	10.00	140.00
3 slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
Totals:		13.95	7.05	18.80	258.50

AM Snack - Apple With Nuts

1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
½ ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
Totals:		2.43	22.92	9.63	172.56

Lunch - Fish, Buckwheat And Asparagus

8 spears	Asparagus, frozen, broiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
3 ounces	Fish, halibut, cooked, dry heat	22.69	0.00	2.50	119.00
Totals:		31.86	32.69	4.45	286.38

PM Snack

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		16.00	16.94	1.86	143.92

Dinner - Chicken With Sweet Pot. Add Your Own Spices.

½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4 ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		28.26	35.80	1.72	295.30

Evening Snack - Brazil Nuts

1 ounce (6-8 kernels)	Nuts, brazil nuts, raw	4.06	3.48	18.83	185.98
Totals:		4.06	3.48	18.83	185.98

Actual Totals for Day	96.56	118.88	55.29	1342.63
Actual % of Total Calories:	28.41	34.98	36.60	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Yoghurt Parfait					
½ cup	Fiber One cereal	2.40	24.30	0.81	59.10
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		23.63	49.19	5.62	277.20

AM Snack - Hard boiled egg with peppers					
1 large	Eggs, Organic Valley large brown egg, hard boiled	6.00	0.00	5.00	70.00
1 whole	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
Totals:		7.20	9.20	5.20	108.00

Lunch - Turkey and spinach salad					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
¼ cup	Beans, adzuki, mature seeds, boiled, no salt	4.32	14.24	0.06	73.60
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
3 ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
1 tablespoon	Salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	0.00	1.00	2.00	22.50
¼ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		33.55	24.76	11.81	332.80

PM Snack - Apple And Cottage Cheese					
1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56

Dinner - Bake Or Grill Chicken Top With Cheese & Salsa					
1 cup	Broccoli, frozen, chopped, steamed, drained, no salt	5.70	9.84	0.22	51.52
1/3 cup	Brown Rice - cooked	1.47	14.91	0.36	69.60
1 ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
3 ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
3 tablespoon(s)	Salsa – Garden Fresh	0.00	0.00	0.00	4.00
Totals:		34.67	25.75	6.78	298.12

Evening Snack - Almond Butter On A Cracker					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
2	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:		3.41	10.40	9.46	131.28

Actual Totals for Day: 116.61 129.72 40.11 1256.96

Actual % of Total Calories: 34.65 38.54 26.81

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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6-Week Meal Plan for Women

Breakfast - Eggs On Toast

1 slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
2 large	Egg, whole, scrambled	13.53	2.68	14.90	202.52
1 cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:		23.88	30.13	16.26	349.92

AM Snack - Blackberries And Raw Pumpkin Seeds

1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ ounce (85 seeds)	Seeds, pumpkin and squash seeds, whole, roasted, no salt	2.63	7.62	2.75	63.22
Totals:		4.63	21.46	3.46	125.14

Lunch - Tuna Salad With Lentils And Veggies

6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3 each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
½ cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1 tablespoon	Mayonnaise – light	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
4 ounce(s)	Tuna Solid White -Water Sm. can	30.00	2.00	2.00	140.00
Totals:		40.91	41.17	2.55	333.84

PM Snack - Apple And Cottage Cheese

1 small	Apples, raw, with skin	0.14	7.32	0.09	27.56
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
Totals:		14.14	10.42	1.24	109.56

Dinner - Beef, Sweet Potato And Salad

3 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	23.00	0.00	7.00	164.90
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		25.61	23.83	8.39	283.90

Evening Snack - Walnuts

½ ounce (14 halves)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
Totals:		2.13	1.92	9.13	91.56

Actual Totals for Day: 111.30 128.93 41.03 1293.92

Actual % of Total Calories: 33.47 38.77 27.76

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Scrambled Eggs, Spinach, Mushrooms & Crackers					
1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	3.50	0.50	4.50	55.00
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1/2 cup	Egg, white, raw	13.24	0.89	0.21	63.18
1/2 cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		27.38	18.92	12.24	292.78
AM Snack - Greek Yoghurt, Peaches And Cinnamon					
1/2 teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 small	Peaches, raw	0.72	7.54	0.20	30.81
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
Totals:		15.87	16.07	0.30	123.14
Lunch - Turkey Meatballs With Spaghetti Squash					
1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 cup	Squash, winter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1 cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
4	Turkey Meatballs (recipe included)	20.00	8.00	8.00	200.00
1/2 cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		25.08	36.37	9.17	332.89
PM Snack - Fruit And Nuts					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		4.13	15.81	5.77	119.72
Dinner					
1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, drained no salt	2.01	8.71	0.23	37.80
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1 tsp, chopped	Chives, raw	0.03	0.04	0.01	0.30
1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
1/2 cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		29.49	34.19	4.24	286.35
Evening Snack					
12	Nuts, organic almonds	0.00	0.00	0.00	69.36
Totals:		0.00	0.00	0.00	69.36
Actual Totals for Day:		101.94	121.37	31.71	1224.24
Actual % of Total Calories:		34.60	41.19	24.22	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
½ tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:		18.83	36.73	9.42	297.82
AM Snack					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
Totals:		0.15	10.50	0.25	40.50
Lunch - Add Egg & Bean Salad Toss W/Oil-Vinegar					
½ cup	Beans, adzuki, mature seed, boiled, with salt	8.65	28.49	0.12	147.20
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
2 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals:		17.74	51.85	8.02	354.70
PM Snack - Peppers And Nuts					
½ ounce (14 halves)	Nuts, walnuts,	2.13	1.92	9.13	91.56
1 cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
Totals:		3.61	10.90	9.58	130.30
Dinner - Broil Or Grill Fish, Top Potato W/Salsa					
3 ounce(s)	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
½ cup	Potato - white medium	2.10	20.55	0.09	90.00
1 small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
Totals:		26.16	36.39	8.44	335.70
Evening Snack - Ice Cream					
½ cup	Ice creams, BREYERS, No Sugar Added, Vanilla	2.54	15.12	4.28	98.67
Totals:		2.54	15.12	4.28	98.67
Actual Totals for Day:		69.03	161.49	39.99	1257.69
Actual % of Total Calories:		21.54	50.39	28.07	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Top Eng Muffin W/Almond Butter					
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ muffin	English muffins, whole-wheat, toasted	2.93	13.45	0.70	67.41
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
1 each	Orange - small	1.10	17.40	0.30	69.00
Totals:		11.52	33.11	11.03	264.55
AM Snack - Yogurt With Flax And Cinnamon					
1/3 teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
Totals:		10.37	7.14	3.01	92.78
Lunch - Top Potato W/Broccoli And Salsa					
1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
3 ounce(s)	Potato – sweet potato	2.10	20.55	0.09	90.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
1 cup	Lentil Vegetable soup – homemade (recipe included)	2.00	9.00	2.00	60.00
Totals:		9.80	39.39	2.31	207.52
PM Snack					
6 ounce(s)	Yogurt, Greek, non-fat, plain, sweetened with vanilla	16.50	6.42	0.00	91.67
Totals:		16.50	6.42	0.00	91.67
Dinner - Top Chicken W/Sauce And Cheese & Pasta					
½ cup	Angel hair – buckwheat, cooked,	5.25	31.50	0.75	157.50
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
4 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce – Low Sodium	4.00	10.00	6.00	110.00
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
Totals:		44.86	59.65	11.87	539.27
Evening Snack					
3 cups	Popcorn – Air popped plain	2.01	8.01	3.00	69.00
Totals:		2.01	8.01	3.00	69.00
Actual Totals for Day:		95.07	153.72	31.22	1264.79
Actual % of Total Calories:		29.80	48.18	22.02	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Oatmeal Top W/ Cin, Nuts, Fruit

½ cup, cooked	Cereals, oats, slow cooked	4.07	16.83	1.60	96.53
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
½ ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
1 tablespoon	Seeds, chia seeds, ground	2.21	6.22	4.36	69.46
1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:		9.08	33.50	15.41	290.86

AM Snack - Apple W/ Goat Cheese

1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
Totals:		2.78	10.63	3.24	78.49

Lunch - Spinach Salad W/ Veg, Beans, Egg Drsg, Lemon Jc.

½ cup	Chickpeas	7.27	22.48	2.12	134.48
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
4	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
½ cup, pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
4 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
3 cups	Spinach, raw	2.57	3.27	0.35	20.70
Totals:		26.10	36.03	12.59	350.29

PM Snack - Use Ground Flaxseed To Mix In Yogurt

½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
5 almonds	Nuts, almonds	1.06	0.99	2.53	28.90
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	9.76	13.08	0.31	95.34
Totals:		12.45	26.30	5.61	197.60

Dinner - Shrimp, Buckwheat; Mix Tom, Zucc And Oil

½ cup	Buckwheat groats, roasted, cooked	2.84	16.75	0.52	77.28
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4 ounce(s)	Shrimp - boiled or steamed	23.68	0.00	1.20	112.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		26.99	25.78	8.75	297.00

Evening Snack - Fresh Kiwi Fruit With Walnuts

1 fruit without skin, medium	Kiwi fruit,	0.87	11.14	0.40	46.36
½ ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
Totals:		3.00	13.06	9.52	137.92

Actual Totals for Day:	80.39	145.30	55.13	1352.17
Actual % of Total Calories:	22.99	41.55	35.47	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Toast W/ Peanut Butter, Grapefruit, Egg					
1 slice	Bread, Ezekiel Sprouted Grain	5	15	0.5	80.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ large (approx 4-1/2" dia)	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		12.06	28.65	10.75	247.37
AM Snack - Use Ground Flaxseed To Mix In Yogurt					
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1 container (6 oz)	Yogurt, plain, skim milk	6.50	8.72	0.20	63.56
Totals:		8.11	16.29	2.96	119.92
Lunch - Pita With Tuna, Mayo, Veggies And Dressing					
1 pita, small	Bread, pita, whole-grain	3.14	17.60	0.83	85.12
1 tablespoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
4 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
2 tablespoons	Salad dressing, italian dressing, reduced calorie	0.08	1.88	5.60	56.00
2 leaves	Spinach, raw	0.57	0.73	0.08	4.60
4 ounce(s)	Tuna, light in water	20.00	0.00	1.33	120.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		23.94	27.30	10.72	320.46
PM Snack - Hummus, Crackers And Celery					
4 stalks	Celery - raw stalk, trimmed	2.00	8.00	0.00	40.00
3 tablespoons	Hummus, home prepared	2.19	9.05	3.87	79.65
1 each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:		5.19	24.05	3.87	149.65
Dinner - Mix Spag W/Chicken, Broc, Tom, Garlic, Oil,					
½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2 ounce(s)	Salmon - broiled	9.40	0.00	5.25	87.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
½ cup	Tomato, diced	0.00	1.00	0.00	4.75
Totals:		17.38	27.41	14.41	301.72
Evening Snack - Grapes					
15 each	Grapes - American	0.30	6.15	0.15	30.00
½ ounce	Seeds, pumpkin and squash seed kernels, roasted, no salt	4.67	1.90	5.97	73.99
Totals:		4.97	8.05	6.12	103.99
Actual Totals for Day:		71.65	131.76	48.83	1243.12
Actual % of Total Calories:		22.87	42.06	35.07	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal W/ Milk And Fruit					
½	Banana - med 8"	0.60	13.35	0.30	52.50
1 cup	Kashi GoLEAN Cereal	13.00	30.00	1.00	140.00
1 cup	Milk – 1%	8.40	11.90	0.40	86.00
Totals:		22.00	55.25	1.70	278.50
AM Snack - Apple Topped With Peanut Butter					
1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00
Lunch - Burger In Pita W/ Avoc, Veggies, Dressing					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1 pita, small	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
2 leaf	Spinach, raw	0.57	0.73	0.08	4.60
1 patty	Veggie burger, (recipe)	10.99	9.99	4.41	123.90
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		15.47	34.37	13.47	309.52
PM Snack - Kiwi And Almonds					
1 fruit without skin, medium	Kiwi fruit, (chinese gooseberries), fresh, raw	0.87	11.14	0.40	46.36
10 almond	Nuts, almonds	1.70	1.58	4.05	46.24
Totals:		2.57	12.72	4.45	92.60
Dinner - Grilled Salmon, Pot, Asparagus Top W/ Feta And Oil					
1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
½ ounce	Cheese, feta	2.01	0.58	3.02	37.42
3 ounce	Fish, salmon, wild, cooked,	21.62	0.00	6.91	154.70
1/3 tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		29.44	20.61	15.28	333.41
Evening Snack - Use Ground Flaxseed Mixed In Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Actual Totals for Day:		86.27	164.86	42.40	1302.52
Actual % of Total Calories:		24.90	47.58	27.53	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal Top W/ Fruit					
¼ cup	Blueberries, raw	0.80	15.76	0.36	61.99
½ cup	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.40	24.30	0.81	59.10
¼ cup	Cereals ready-to-eat, KASHI GoLEAN by Kellogg	5.22	11.60	0.38	56.80
1 cup	Milk - skim, no fat (or substitute)	8.40	11.90	0.40	86.00
Totals:		16.82	63.56	1.95	263.89
AM Snack - Crackers With Almond Butter					
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		3.21	15.70	4.73	110.64
Lunch - Veg, Lentils, Turkey Meatballs, Sauce					
½ cup	Broccoli, frozen, chopped, boiled, drained, no salt	2.85	4.92	0.11	25.76
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup	Mushrooms, raw	0.54	0.57	0.06	3.85
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
4 tablespoon	Tomato sauce, no salt added	0.78	4.45	0.12	22.20
3	Turkey Meatballs	15.00	6.00	6.00	150.00
Totals:		23.64	25.91	13.48	324.23
PM Snack - Use Chia Seeds To Mix In Yogurt					
½ cup	Raspberries, raw	0.74	7.34	0.40	31.98
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		20.95	20.56	4.76	201.44
Dinner - Chicken, Rice, Eggplant Top W/ Cheese And Oil					
½ cup	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
3 ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
Totals:		21.74	26.71	18.49	364.55
Evening Snack - Grapes And Nuts					
15 each	Grapes - American	0.20	4.10	0.10	20.00
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
Totals:		1.26	5.09	2.63	48.90
Actual Totals for Day:		87.62	157.52	46.04	1313.65
Actual % of Total Calories:		25.13	45.17	29.70	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs Scrm., Fruit,					
1 slice	Bread, whole-grain	2.73	12.93	1.20	69.25
½ cup	Egg substitute, liquid	7.53	0.40	2.08	52.71
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ large	Grapefruit, raw, pink and red and white, all areas	1.05	13.41	0.17	53.12
Totals:		17.59	27.30	8.75	252.58
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AM Snack					
1 cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
½ ounce	Nuts, pistachio nuts, raw	2.92	3.96	6.30	78.95
Totals:		3.72	6.76	6.30	92.95
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Lunch - Salmon Salad + Soup. Add Xtra Veg To Salad.					
1 large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
3 ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
½ cup	Soup, Amy's Organic Minestrone Soup	1.50	8.50	0.50	45.00
Totals:		24.91	41.50	11.80	377.00
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PM Snack - Apple And Cottage Cheese					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ cup	Cheese, cottage, lowfat, 1% milkfat, no sodium	14.01	3.05	1.13	81.36
Totals:		14.31	24.05	1.63	162.36
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Dinner - Chicken, Veg And Sweet Potato					
1 cup, chopped	Broccoli, boiled, drained, no salt	3.71	11.20	0.64	54.60
3 ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
½ table spoon	Olive Oil, Extra Virgin	0.00	0.00	3.50	30.00
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½ cup	Sweet potato, baked in skin, no salt	2.01	20.71	0.15	90.00
Totals:		25.82	36.51	5.59	286.60
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Evening Snack - Sunflower Seeds + Blackberries					
½ cup	Blackberries, raw	1.00	6.92	0.35	30.96
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
Totals:		3.71	10.29	7.32	112.44
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Actual Totals for Day:		90.06	146.41	41.39	1283.93
Actual % of Total Calories:		27.32	44.42	28.26	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Cereal W/ Milk And Fruit

½	Banana - med 8"	0.60	13.35	0.30	52.50
½ cup	Kashi GoLEAN Cereal	9.75	22.50	0.75	105.00
1 cup	Milk - skim, no fat (or substitute)	8.40	11.90	0.40	86.00
Totals:		18.75	47.75	1.45	243.50

AM Snack - Apple Topped W/ Peanut Butter

1 each	Apple - small	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00

Lunch - Veg Burg In Pita Top W/ Avoc, Cook Mush/On In Oil

¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1 pita, small (6-1/2" dia)	Bread, pita, whole-grain	3.14	17.60	0.83	85.12
1/3 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
2 tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
1 patty	Veggie burgers, unprepared	10.99	9.99	4.41	123.90
Totals:		16.60	35.68	17.75	357.44

PM Snack - Nuts And Veg

4 each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 medium	Peppers, sweet, green, raw	1.02	5.52	0.20	23.80
Totals:		5.15	15.50	5.27	121.60

Dinner - Halibut, Broc And Caul W/ Oil, Rice

½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
½ cup (1" pieces)	Cauliflower, boiled, drained, no salt	1.14	2.55	0.28	14.26
3 ounces	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:		28.20	30.53	10.98	333.78

Evening Snack - Use Ground Flaxseed Mix W/ Yogurt

½ cup	Raspberries, raw	0.74	7.34	0.40	31.98
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.84	26.51	3.34	191.14

Actual Totals for Day: 85.69 168.22 43.10 1335.47

Actual % of Total Calories: 24.42 47.94 27.64

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cin, Nuts, Fruit					
½ cup, cooked	Cereals, oats, steel cut	4.07	16.83	1.60	96.53
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 cup	Milk - skim, no fat (or substitute)	8.40	11.90	0.40	86.00
½ ounce (14 halves)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:		15.26	39.19	11.45	307.41
AM Snack - Kiwi					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
Totals:		0.87	11.14	0.40	46.36
Lunch - Egg And Bean Salad With Pita					
½ cup	Beans, adzuki, mature seeds, boiled, no salt	8.65	28.49	0.12	147.20
1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
1 tablespoon	Salad dressing, italian dressing, reduced calorie	0.04	0.94	2.80	28.00
Totals:		19.12	51.58	9.05	359.82
PM Snack - Use Ground Flaxseed Mix With Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Dinner - Shrimp, Mix Spag W/ Cheese, Oil, Tom, Zucchini					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
3 ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		23.41	25.78	9.71	290.75
Evening Snack - Cheese And Crackers					
½ ounce	Cheese, goat, soft type	2.63	0.13	2.99	37.99
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		4.63	14.13	2.99	97.99
Actual Totals for Day:		77.93	171.49	36.78	1302.81
Actual % of Total Calories:		23.46	51.63	24.91	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cin, Nuts, Fruit And An Egg					
½ cup, cooked	Cereals, oats, steel cuts	2.71	11.22	1.06	64.35
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ ounce	Nuts, walnuts, english	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:		11.80	22.24	15.83	266.73
AM Snack - Apple W/ Almond Butter					
1	Apple - small with peel	0.15	10.50	0.25	40.50
1 tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
Totals:		1.36	12.20	4.98	91.14
Lunch - Spinach Salad W/ Veg, Beans, Chicken, Drsg,					
3 ounce(s)	Chicken Breast / White Meat	18.00	0.00	0.00	93.00
¼ cup	Chickpeas	3.63	11.24	1.06	67.24
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1/3 tablespoon	Lemon juice	0.03	0.43	0.00	1.33
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
4 large	Olives, ripe, canned (small-extra large)	0.15	1.10	1.88	20.24
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
3 cup	Spinach, raw	2.57	3.27	0.35	20.70
Totals:		30.93	33.56	11.72	365.47
PM Snack - Use Ground Flaxseed To Mix In Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		15.70	30.66	5.71	229.38
Dinner - Shrimp, Quinoa; Mix Tom, Zucc And Oil					
1 tablespoon	Garlic powder	0.47	2.03	0.03	9.32
1 tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
1/3 cup	Quinoa, cooked	2.44	11.82	1.07	66.60
3 ounce(s)	Tilapia - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		20.67	20.85	9.00	258.32
Evening Snack - Fresh Kiwi Fruit					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
1 oz (14 halves)	Nuts, walnuts,	2.13	1.92	9.13	91.56
Totals:		3.00	13.06	9.52	137.92
Actual Totals for Day:		83.46	132.56	56.75	1348.97
Actual % of Total Calories:		24.28	38.57	37.15	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Eggs, Spinach, Tomato, Feta					
1 cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
½ cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
1 each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
½ cup	Tomatoes, red, ripe, cooked	1.14	4.81	0.13	21.60
	Totals:	35.04	19.95	16.53	350.10
AM Snack					
½ ounce	Nuts, cashew nuts, raw	2.58	4.28	6.22	78.39
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
	Totals:	3.09	10.12	6.44	102.71
Lunch - Subway					
6 " sandwich	Subway 6" Oven Roasted Chicken Breast Sandwich	23.98	47.00	4.98	330.00
1 Salad	Subway Veggie Delite® Salad	2.99	11.98	1.00	59.99
	Totals:	26.98	58.98	5.98	389.99
PM Snack - Mix Seeds And Apple					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ ounce	Seeds, sunflower seed kernels, dry roasted, no salt	2.71	3.37	6.97	81.48
	Totals:	3.01	24.37	7.47	162.48
Dinner - Mix Spag W/ Broc, Tom, Garlic, Chix, Oil, Pa					
½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1/3 table spoon	Garlic powder	0.47	2.03	0.03	9.32
¼ table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
1 medium	Zucchini - baby, raw	0.30	0.30	0.00	2.00
¼ cup	Tomato, diced	0.00	1.00	0.00	4.75
	Totals:	32.28	27.71	5.66	308.22
	Actual Totals for Day:	100.39	141.13	42.08	1313.50
	Actual % of Total Calories:	29.86	41.98	28.16	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal W/ Milk, Fruit And Nuts					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
1 cup	Milk - skim, no fat (or substitute)	8.40	11.90	0.40	86.00
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		19.03	42.71	6.67	275.72
AM Snack - Apple Topped With Peanut Butter					
1 each	Apple - small with peel	0.15	10.50	0.25	40.50
½ tablespoon	Peanut Butter, raw	2.00	1.75	4.08	47.50
Totals:		2.15	12.25	4.33	88.00
Lunch – Burger & Veggies. Add Condiments					
¼ cup, sliced	Avocados, raw, all varieties	0.73	3.11	5.35	58.40
1 patty (yield from 1/4 lb raw meat)	Beef, ground, 95% lean meat / 5% fat, patty, pan-broiled	22.19	0.00	5.11	141.04
1 medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
2 leaf	Spinach, raw	0.57	0.73	0.08	4.60
½	Bun, hamburger, Rudi's Organic Bakery, whole wheat	3.50	14.50	0.50	80.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		28.94	34.59	11.64	367.54
PM Snack - Pear And Almonds					
1 medium	Pear	0.87	11.14	0.40	46.36
8 almond	Nuts, almonds	1.70	1.58	4.05	46.24
Totals:		2.57	12.72	4.45	92.60
Dinner - Grilled Salmon, Pot, Asparagus					
1 cup	Asparagus, fresh - boiled	4.60	7.60	0.60	44.00
3 ounce	Fish, salmon, wild, cooked, dry heat	21.62	0.00	6.91	154.70
1/3 tablespoon	Olive oil - pure	0.00	0.00	4.66	43.29
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
Totals:		27.43	20.03	12.26	295.99
Evening Snack - Use Ground Flaxseed Mixed In Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Actual Totals for Day:		94.76	151.97	42.52	1320.34
Actual % of Total Calories:		27.67	44.38	27.94	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
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Breakfast - Oatmeal Top W/ Fruit, Cinn, Walnuts

1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 ounce (14 halves)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
½ cup	Cereal, oats, steel cut, cooked	2.50	13.50	1.00	75.00
Totals:		5.32	28.62	10.47	216.88

AM Snack - Crackers With Cheese

1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2 each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		7.25	14.25	5.98	135.98

Lunch - Spag Mix W/ Veg, Lentils, Tuna, Oil

½ cup	Broccoli, frozen, chopped, no salt	2.85	4.92	0.11	25.76
¼ cup	Lentils, boiled, no salt	4.46	9.96	0.19	57.42
½ cup pieces	Mushrooms, raw	0.54	0.57	0.06	3.85
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
¼ cup	Tomatoes, sun-dried	1.90	7.53	0.40	34.83
2 ounce(s)	Tuna, in water	10.00	0.00	0.67	60.00
Totals:		23.49	41.57	8.80	333.66

PM Snack - Use Ground Flaxseed Mix In Yogurt

½ cup	Raspberries, raw	0.74	7.34	0.40	31.98
½ tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.84	26.51	3.34	191.14

Dinner - Chicken, Rice, Eggplant Top W/ Cheese And Oil

1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
3 ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
½ cup (1" cubes)	Eggplant, boiled, drained, no salt	0.41	4.32	0.11	17.32
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:		17.85	26.91	10.22	274.10

Evening Snack - Grapes And Nuts

15 each	Grapes - American	0.40	8.20	0.20	40.00
5 almond	Nuts, almonds	1.06	0.99	2.53	28.90
Totals:		1.46	9.19	2.73	68.90

Actual Totals for Day: **70.22** **147.05** **41.54** **1220.66**

Actual % of Total Calories: **22.60** **47.32** **30.08**

6-Week Meal Plan for Women

MEASURE DESCRIPTION PROTEIN(gm) CARBS(gm) FATS(gm) CALORIES

Breakfast – Choose From A Breakfast Recipe

AM Snack - Use GROUND Flaxseed Mix W/ Yogurt

1 tablespoon	Seeds, flaxseed	1.10	1.73	2.53	32.04
1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
Totals:		19.61	14.57	2.76	156.36

Lunch - Turkey Pita With Veg

1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
¼ cup	Hummus, commercial	4.94	8.93	6.00	103.75
3 cups	Spinach, raw	9.72	12.34	1.33	78.20
¼ cup, chopped	Tomatoes, orange, raw	0.46	1.26	0.08	6.32
4 ounce(s)	Turkey Breast slices, Organic Prairie	28.00	0.00	0.00	100.00
Totals:		46.26	40.13	8.23	373.39

PM Snack - Orange And Almonds

10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1 each	Orange - medium	1.10	17.40	0.30	69.00
Totals:		3.23	19.37	5.36	126.80

Dinner - Couscous Mix W/Chix, Bean, Pepper, Tom, Oil.

½ cup	Beans, white, boiled, no salt	8.71	22.46	0.31	124.41
2 ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
½ cup, cooked	Couscous, cooked	2.98	18.23	0.13	87.92
½ table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
Totals:		25.28	49.28	8.34	377.32

Evening Snack - Sunflower Seeds

½ ounce	Seeds, sunflower seed kernels, raw	2.71	3.37	6.97	81.48
Totals:		2.71	3.37	6.97	81.48

Actual Totals for Day: 97.08 126.73 31.67 1115.36

Actual % of Total Calories: 32.90 42.95 24.15

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Cereal W/ Milk, Fruit And Egg					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
1 large	Egg, whole, hard-boiled	6.29	0.56	5.30	77.50
½ cup	Kashi GoLEAN Cereal	6.50	15.00	0.50	70.00
1 cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals:		21.73	37.97	6.44	274.82
AM Snack - Apple Topped W/ Peanut Butter					
1 each	Apple - small with peel	0.30	21.00	0.50	81.00
½ tablespoon	Peanut Butter	2.00	1.75	4.08	47.50
Totals:		2.30	22.75	4.58	128.50
Lunch - Salad With Chicken And Sesame Dressing					
1 cup	Alfalfa seeds, sprouted, raw	1.32	1.25	0.23	9.57
¼ cup, cubes	Avocados, raw, all varieties	0.75	3.20	5.50	60.00
7 medium	Carrots, baby, raw	0.45	5.77	0.09	24.50
2	Celery - raw stalk, trimmed	1.00	4.00	0.00	20.00
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
½ cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
1 tablespoon	Salad Dressing, from recipes	0.00	2.50	0.50	17.50
Totals:		27.91	18.11	6.32	262.57
PM Snack - Nuts And Fruit					
10 almonds	Nuts, almonds	2.13	1.97	5.06	57.80
1	Pear - medium w/peel	0.70	25.10	0.00	98.00
Totals:		2.83	27.07	5.06	155.80
Dinner - Halibut, Broc And Caul W/ Oil, Rice					
½ cup, chopped	Broccoli, steamed, drained, no salt	1.86	5.60	0.32	27.30
½ cup	Cauliflower, boiled, drained, no salt	1.14	2.55	0.28	14.26
3 oz	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22.69	0.00	2.50	119.00
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
½ cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.22
Totals:		28.20	30.53	10.98	333.78
Evening Snack - Popcorn					
3 cup	Snacks, popcorn, air popped	2.46	18.99	10.89	178.53
Totals:		2.46	18.99	10.89	178.53
Actual Totals for Day:		85.43	155.43	44.26	1334.01
Actual % of Total Calories:		25.09	45.65	29.25	

6-Week Meal Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Oatmeal Top W/ Cin, Nuts, Fruit					
½ cup, cooked	Cereals, oats	4.07	16.83	1.60	96.53
1/3 teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
½ ounce (14 halves)	Nuts, walnuts, english	2.13	1.92	9.13	91.56
½ cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals:		15.26	39.19	11.45	307.41
AM Snack - Kiwi					
1 fruit	Kiwi fruit,	0.87	11.14	0.40	46.36
Totals:		0.87	11.14	0.40	46.36
Lunch - Hummus On Pita With Tuna And Salad W/ Dressing					
1 pita, small (6-1/2" dia)	Bread, pita, whole-wheat	3.14	17.60	0.83	85.12
½ can	Fish, tuna, light, canned in water	21.05	0.00	0.68	95.70
1 cup	Green salad w/ raw vegetables	1.00	4.00	0.00	22.00
¼ cup	Hummus, commercial	4.94	8.93	6.00	103.75
1 tablespoon	Salad dressing, recipes	0.04	0.94	2.80	28.00
Totals:		30.16	31.47	10.31	334.57
PM Snack - Use Ground Chia Seeds Mix With Yogurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
1 tablespoon	Seeds, chia, ground	1.10	1.73	2.53	32.04
1 container (6 oz)	Yogurt, plain, skim milk	13.01	17.43	0.41	127.12
Totals:		14.64	29.67	3.18	200.49
Dinner - Shrimp, Mix Spag W/ Cheese, Oil, Tom, Zucchini					
1 tablespoon	Cheese, parmesan, grated	1.92	0.20	1.43	21.55
½ tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3 ounce(s)	Shrimp - boiled or steamed	17.76	0.00	0.90	84.00
½ cup	Spaghetti, whole-wheat, cooked	3.73	18.58	0.38	86.80
½ cup	Tomato, diced	0.00	4.00	0.00	19.00
½ cup	Zucchini, boiled, drained	0.00	3.00	0.00	14.40
Totals:		23.41	25.78	9.71	290.75
Evening Snack - Cheese And Crackers					
1 ounce	Cheese, goat, soft type	5.25	0.25	5.98	75.98
2	Crackers, Wasa	1.29	7.64	0.23	37.40
Totals:		6.54	7.89	6.21	113.38
Actual Totals for Day:		90.89	145.14	41.25	1292.95
Actual % of Total Calories:		27.64	44.14	28.22	