

Meal Planner Report

Planned Meals



Johnny Shelby

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Low Glycemic (all day) - Day 1							
Breakfast							
15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.75	22.20	1.00	78.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				11.07	43.50	1.76	193.51
Snack 1							
7	0.3	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	1.20	20.31	0.15	78.44
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				1.20	21.02	0.15	80.81
Lunch							
16	1.0	1 slice, regular	Bread, pumpernickel	2.26	12.35	0.81	65.00
3	3.0	each	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, extra lean, (approximately 5% fat)	10.84	0.54	2.78	73.36
1	1.0	slice	Kraft American Cheese 2% Milk	4.00	1.00	3.00	50.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
Totals for Lunch				19.29	25.77	11.63	287.46
Snack 2							
7	0.5	1 cup, without pits	Cherries, sweet, raw	0.77	11.61	0.15	45.68
5	0.8	cup	Non-fat yogurt-artificially sweetened	7.95	14.47	0.29	90.75
Totals for Snack 2				8.72	26.08	0.44	136.43
Dinner							
6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
5	1.0	1 oz	Cheese, mozzarella, part skim milk	6.79	0.78	4.46	71.12
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
Totals for Dinner				39.09	51.59	11.46	438.88
Snack 3							
4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.63	6.02	13.90	163.80
Totals for Snack 3				6.63	6.02	13.90	163.80
Totals For 1300 Calories Low Glycemic (all day) - Day 1				86.00	173.98	39.34	1300.89

1300 Calories Low Glycemic (all day) - Day 2

Breakfast

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.79	33.99	5.80	236.37

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.77	10.37	0.78	76.52

Lunch

12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
Totals for Lunch				21.99	41.66	11.01	338.98

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
Totals for Snack 2				5.60	30.65	0.70	141.50

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	0.5	1 cup	Lima beans, immature seeds, cooked, boiled, drained, without salt	5.79	20.09	0.27	104.55
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
1	4.0	ounce(s)	Salmon - broiled	25.08	0.00	14.00	232.00
Totals for Dinner				36.60	36.08	17.02	429.07

Snack 3

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	0.8	ounce(s)	Cream Cheese, Light, Phili brand	2.25	1.50	3.75	45.00
Totals for Snack 3				4.25	9.50	3.75	85.00

Totals For 1300 Calories Low Glycemic (all day) - Day 2

Totals For 1300 Calories Low Glycemic (all day) - Day 2				90.00	162.25	39.06	1307.44
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Low Glycemic (all day) - Day 3**Breakfast**

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.75	22.20	1.00	78.00
7	0.8	1 cup	Grapefruit juice, white, canned, unsweetened	0.96	16.60	0.19	70.40
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
7	0.8	1 cup, halves	Strawberries, raw	0.76	8.76	0.34	36.48
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				11.77	57.19	1.83	251.75

Snack 1

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.63	6.02	13.90	163.80
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				6.63	6.73	13.90	166.17

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.8	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	6.00	0.75	3.75	60.00
1	2.0	ounce(s)	Chicken Breast / White Meat	13.00	0.00	0.80	62.00
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
20	2.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	4.00	4.00	40.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				29.93	48.09	11.59	404.42

Snack 2

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
Totals for Snack 2				7.20	5.65	0.57	61.00

Dinner

21	1.0	table spoon	BBQ - Thick n' Spicy, KRAFT	0.00	6.00	0.50	25.00
6	2.0	0.5 cup	Brussels sprouts, cooked, boiled, drained, without salt	3.98	11.08	0.78	56.16
19	3.0	ounce(s)	Pork - broiled, chopped, trimmed, center loin	25.68	0.00	6.90	171.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.75	0.10	78.88
Totals for Dinner				33.34	39.21	8.51	351.74

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00

Totals For 1300 Calories Low Glycemic (all day) - Day 3				89.57	181.97	36.40	1333.08
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Low Glycemic (all day) - Day 4**Breakfast**

7	0.3	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66
15	0.5	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water	2.71	11.22	1.06	64.35
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				7.18	23.13	1.38	130.38

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				5.30	10.36	0.20	62.87

Lunch

16	2.0	1 slice, regular	Bread, pumpernickel	4.52	24.70	1.61	130.00
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
1	0.5	cup	Egg Beaters - Fleischmann's	10.00	2.00	0.00	50.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.09	1.28	4.94	50.10
0	1.0	1 cup	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	3.48	21.76	0.98	98.00
Totals for Lunch				18.94	55.19	7.58	352.10

Snack 2

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
Totals for Snack 2				7.38	32.55	10.92	255.21

Dinner

3	3.0	ounce(s)	Green beans - string boiled & drained	1.57	6.67	0.23	30.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, raw	1.09	1.13	0.12	7.70
14	4.0	1 almond	Nuts, almonds	0.85	0.79	2.03	23.12
20	0.8	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	1.50	1.50	15.00
23	0.8	table spoon	Olive oil - pure	0.00	0.00	10.50	97.50
6	1.0	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
19	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
Totals for Dinner				32.86	19.88	20.36	383.32

Snack 3

16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.22	1.03	109.82
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Snack 3				2.30	26.14	1.14	121.98

Totals For 1300 Calories Low Glycemic (all day) - Day 4**73.96 167.25 41.58 1305.86**

1300 Calories Low Glycemic (all day) - Day 5

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
5	0.5	1 cup, chopped	Egg, whole, cooked, hard-boiled	8.55	0.76	7.21	105.40
23	1.0	1 teaspoon	Margarine, soft, soybean (hydrogenate and regular), without salt	0.04	0.04	4.02	35.80
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				12.15	29.45	12.62	271.32

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				10.60	20.01	0.39	123.37

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
6	0.5	1 cup	Cauliflower, raw	0.99	2.65	0.05	12.50
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, extra lean, (approximately 5% fat)	10.84	0.54	2.78	73.36
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
23	0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.05	0.64	2.47	25.05
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
Totals for Lunch				15.57	19.61	9.53	218.05

Snack 2

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				2.40	41.32	0.30	159.24

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
1	4.0	ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	6.75	30.00	0.75	127.50
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				41.93	47.81	12.32	442.10

Snack 3

4	1.0	1 cup	Soy milk, fluid	9.19	11.37	5.10	120.05
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
Totals for Snack 3				9.70	17.21	5.33	144.37

Totals For 1300 Calories Low Glycemic (all day) - Day 5				92.35	175.41	40.49	1358.45
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Low Glycemic (all day) - Day 6**Breakfast**

15	0.8	1 cup, cooked	Cereals, oats, instant, fortified, plain, prepared with water	4.07	16.83	1.60	96.53
7	1.0	1 cup	Grapefruit juice, white, canned, unsweetened	1.28	22.13	0.25	93.86
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				14.52	59.68	2.46	311.91

Snack 1

7	0.5	1 cup, without pits	Cherries, sweet, raw	0.77	11.61	0.15	45.68
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				11.37	31.62	0.54	169.05

Lunch

5	1.0	2 tablespoon	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.40	2.02	3.72	47.12
6	0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	0.46	1.84	0.05	8.00
4	0.5	1 cup	Refried beans, canned (includes USDA commodity)	6.92	19.57	1.59	118.44
21	2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
Totals for Lunch				12.54	47.61	5.66	292.56

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 fruit (2-1/8" dia)	Plums, raw	0.46	7.54	0.18	30.36
Totals for Snack 2				14.46	10.64	1.33	112.36

Dinner

1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
6	0.5	1 cup	Spinach, cooked, boiled, drained, without salt	2.67	3.38	0.23	20.70
6	0.5	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	0.51	9.38	0.05	39.44
Totals for Dinner				32.63	23.65	4.07	248.14

Snack 3

4	1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.63	6.02	13.90	163.80
Totals for Snack 3				6.63	6.02	13.90	163.80

Totals For 1300 Calories Low Glycemic (all day) - Day 6				92.15	179.22	27.96	1297.82
--	--	--	--	--------------	---------------	--------------	----------------

1300 Calories Low Glycemic (all day) - Day 7**Breakfast**

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.75	22.20	1.00	78.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	4.0	ounce(s)	Tangerine - fresh peeled	0.80	12.80	0.40	48.00
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				12.95	47.61	1.80	214.37

Snack 1

5	0.8	cup	Non-fat yogurt-artificially sweetened	7.95	14.47	0.29	90.75
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				8.45	23.07	0.69	126.75

Lunch

4	0.5	1 cup	Beans, baked, canned, plain or vegetarian	6.08	26.06	0.57	118.11
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
0	1.0	1 serving	LOUIS RICH, Turkey Smoked Sausage	8.29	1.76	5.54	90.16
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
Totals for Lunch				17.82	38.71	8.30	272.27

Snack 2

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
0	1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 2				1.50	28.40	0.23	108.62

Dinner

7	0.5	1 cup	Applesauce, canned, unsweetened, with added ascorbic acid	0.21	13.77	0.06	52.46
6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
18	1.5	3 oz	Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised	35.73	0.00	16.58	302.18
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
20	1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	0.00	2.00	2.00	20.00
Totals for Dinner				43.71	32.06	19.23	458.24

Snack 3

7	0.3	1 cup	Blueberries, raw	0.27	5.25	0.12	20.66
16	1.0	1 piece (1/12 of 16 oz cake)	Cake, sponge, commercially prepared	2.05	23.22	1.03	109.82

Totals For 1300 Calories Low Glycemic (all day) - Day 7				86.75	198.32	31.40	1310.73
--	--	--	--	--------------	---------------	--------------	----------------