

Meal Planner: 2100 Calories Heart Disease



Meal Planner report created exclusively for John Doe

Day # 1

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	33.30	4.95	2.70	166.05
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Breakfast			98.61	16.55	3.70	469.42
Snack 1						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
0.5	2 tablespoon	Peanut butter, smooth style, without salt	3.09	4.03	8.16	94.88
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 1			24.80	4.33	8.66	178.25
Lunch						
0.5	1 cup	Alfalfa seeds, sprouted, raw	0.62	0.66	0.11	4.79
2.0	1 slice	Bread, oat bran, toasted	23.60	6.16	2.59	139.86
10.0	1 large	Carrots, baby, raw	12.36	0.96	0.19	52.50
1.0	1 cup	Fish, tuna salad	19.29	32.88	18.98	383.35
20.0	each	Grapes - American	8.20	0.40	0.00	40.00
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
8.0	fluid ounce(s)	Vegetable juice - V8, no salt	10.67	1.33	0.00	48.00
Totals for Lunch			77.59	42.89	22.08	681.50
Snack 2						
1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	55.37	3.00	0.45	212.50
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			56.09	3.00	0.45	214.87
Dinner						
2.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	11.20	3.71	0.64	54.60
2.0	3 oz	Fish, salmon, pink, cooked, dry heat	0.00	43.45	7.51	253.30
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
0.3	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	1.35	1.55	3.70	41.79
0.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	1.00	0.00	1.00	10.00
1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	18.75	1.01	0.10	78.88
Totals for Dinner			36.75	51.45	13.04	460.57
Snack 3						
0.5	1 tablespoon	Seeds, flaxseed	2.06	1.17	2.04	29.52
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
Totals for Snack 3			15.56	8.67	2.04	119.52
Totals for Day # 1			309.39	126.89	49.98	2124.13

Day # 2

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
2.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	35.20	8.80	4.00	190.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	50 raisins	Raisins, seedless	20.59	0.80	0.12	77.74
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	93.87	20.79	9.22	500.16
Snack 1						
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	27.53	3.99	4.22	153.90
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 1	31.34	17.99	5.37	238.27
Lunch						
12.0	1 large	Carrots, baby, raw	14.83	1.15	0.23	63.00
1.0	1 oz	Cheese, mozzarella, part skim milk	0.78	6.79	4.46	71.12
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
2.0	1 tablespoon	Sauce, ready-to-serve, salsa	2.00	0.41	0.08	8.96
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	8.00	18.00	4.00	140.00
		Totals for Lunch	44.42	29.94	9.71	373.38
Snack 2						
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.0	ounce(s)	Walnuts, dried	6.07	4.17	15.20	178.00
		Totals for Snack 2	6.78	4.17	15.20	180.37
Dinner						
5.0	ounce(s)	Green beans - string boiled & drained	11.12	2.62	0.38	50.00
1.5	cup	Green salad w/ raw vegetables	6.67	2.59	0.15	33.00
0.5	1 cup, pieces	Mushrooms, shiitake, cooked, without salt	10.35	1.13	0.16	39.88
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
2.0	1 cup	Rice, brown, long-grain, cooked	89.54	10.06	3.51	432.90
5.0	ounce(s)	Turkey Breast / White Meat	0.00	42.50	1.00	190.00
		Totals for Dinner	119.69	58.91	7.19	765.78
Snack 3						
4.0	1 cup	Snacks, popcorn, air-popped, white popcorn	24.93	3.84	1.34	122.24
		Totals for Snack 3	24.93	3.84	1.34	122.24
		Totals for Day # 2	321.02	135.63	48.02	2180.20

Day # 3

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
2.0	1 slice	Bread, oat bran, toasted	23.60	6.16	2.59	139.86
1.0	cup	Egg Beaters - Fleischmann's	4.00	20.00	0.00	100.00
1.0	each	Grapefruit - pink or red 4" diam.	23.80	1.20	0.20	92.00
0.5	1 tablespoon	Jams and preserves	6.89	0.04	0.01	27.80
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	70.89	35.79	3.20	448.03
Snack 1						
0.5	1 cup	Blueberries, raw	10.51	0.54	0.24	41.33
0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	6.94	4.07	1.50	53.48
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	18.00	10.00	0.00	120.00
		Totals for Snack 1	36.16	14.61	1.74	217.18
Lunch						
0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	22.48	7.27	2.12	134.48
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
0.3	table spoon	Olive oil - pure	0.00	0.00	3.50	32.50
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
0.5	1 teaspoon	Spices, garlic powder	1.09	0.25	0.01	4.98
		Totals for Lunch	50.06	13.77	8.53	310.96
Snack 2						
1.0	each	Pear -medium w/peel	25.10	0.70	0.00	98.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	25.81	0.70	0.00	100.37
Dinner						
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
0.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	1.00	0.00	1.00	10.00
2.0	cup	Spaghetti - whole wheat, cooked, Health Valley	80.00	18.00	2.00	340.00
1.5	cup	Spaghetti sauce - no salt, Prego	33.00	6.00	18.00	180.00
2.0	0.5 cup	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	7.48	20.26	11.24	194.04
2.0	1/2 cup	zucchini, boiled, drained	7.07	1.15	0.09	28.80
		Totals for Dinner	133.00	47.14	32.43	774.84
Snack 3						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 3	42.18	12.73	9.78	284.09
		Totals for Day # 3	358.11	124.74	55.67	2135.46

Day # 4

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
2.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	44.40	6.60	3.60	221.40
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Breakfast			109.71	18.20	4.60	524.77
Snack 1						
0.3	1 cup	Soybeans, mature seeds, roasted, no salt added	14.43	15.14	10.92	202.53
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 1			15.14	15.14	10.92	204.90
Lunch						
0.3	1 cup	Alfalfa seeds, sprouted, raw	0.31	0.33	0.06	2.39
0.8	1 cup	Fish, tuna salad	14.47	24.66	14.24	287.51
5.0	ounce(s)	Tangerine - fresh peeled	16.00	1.00	0.50	60.00
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
1.0	each	Tortilla 99% fat free, whole wheat, flour	12.00	2.00	0.00	60.00
8.0	fluid ounce(s)	Vegetable juice - V8, no salt	10.67	1.33	0.00	48.00
Totals for Lunch			56.30	29.82	14.99	470.91
Snack 2						
0.5	cup	Cottage Cheese - 1% fat	3.10	14.00	1.15	82.00
1.0	1 cup, halves	Strawberries, raw	11.67	1.02	0.46	48.64
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			15.48	15.02	1.61	133.01
Dinner						
1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	8.00	5.00	80.00
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
1.5	1 cup	Rice, brown, long-grain, cooked	67.16	7.55	2.63	324.68
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
Totals for Dinner			79.05	45.00	11.43	596.68
Snack 3						
4.0	1 cup	Snacks, popcorn, air-popped, white popcorn	24.93	3.84	1.34	122.24
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
Totals for Snack 3			36.30	13.03	6.44	242.29
Totals for Day # 4			311.98	136.21	49.99	2172.55

Day # 5

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
2.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	35.20	8.80	4.00	190.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	50 raisins	Raisins, seedless	20.59	0.80	0.12	77.74
0.5	1 cup	Soy milk, fluid	5.68	4.59	2.55	60.03
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	88.18	16.19	6.67	440.14
Snack 1						
1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	27.53	3.99	4.22	153.90
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 1	28.24	3.99	4.22	156.27
Lunch						
0.5	1 cup, slices	Beets, pickled, canned, solids and liquids	18.48	0.91	0.09	73.78
1.0	cup	Egg Beaters - Fleischmann's	4.00	20.00	0.00	100.00
16.0	each	Grapes - American	6.56	0.32	0.00	32.00
2.0	each	Pita - wheat	31.20	5.60	1.40	150.00
0.5	table spoon	Relish - pickle	2.65	0.05	0.05	10.00
1.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	1.28	0.09	4.94	50.10
		Totals for Lunch	64.16	26.97	6.48	415.88
Snack 2						
1.0	each	Apple - medium with peel	21.10	0.30	0.00	81.00
1.0	1 oz	Peanuts, all types, dry-roasted, without salt	6.02	6.63	13.90	163.80
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	27.83	6.93	13.90	247.17
Dinner						
1.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	14.77	8.56	0.33	77.28
2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	5.10	2.28	0.56	28.52
2.0	3 oz	Fish, trout, mixed species, cooked, dry heat	0.00	45.27	14.40	323.00
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
1.0	1 medium (2" dia, 5" long, raw)	Sweetpotato, cooked, baked in skin, without salt	23.61	2.29	0.17	102.60
		Totals for Dinner	54.36	61.85	17.65	595.40
Snack 3						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 3	42.18	12.73	9.78	284.09
		Totals for Day # 5	304.96	128.66	58.70	2138.94

Day # 6

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
2.0	1 slice	Bread, oat bran, toasted	23.60	6.16	2.59	139.86
1.0	cup	Egg Beaters - Fleischmann's	4.00	20.00	0.00	100.00
1.0	each	Grapefruit - pink or red 4" diam.	23.80	1.20	0.20	92.00
0.5	1 tablespoon	Jams and preserves	6.89	0.04	0.01	27.80
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Breakfast			70.89	35.79	3.20	448.03
Snack 1						
1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	55.37	3.00	0.45	212.50
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 1			56.09	3.00	0.45	214.87
Lunch						
1.0	1 cup	Beans, pinto, mature seeds, cooked, boiled, with salt	43.86	14.04	0.89	234.27
12.0	1 large	Carrots, baby, raw	14.83	1.15	0.23	63.00
1.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	1.50	12.00	7.50	120.00
0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	1.84	0.46	0.05	8.00
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
1.0	1/2 cup	tomato, diced	4.18	0.76	0.30	19.00
1.0	each	Tortilla 99% fat free, whole wheat, flour	12.00	2.00	0.00	60.00
Totals for Lunch			78.20	30.41	8.97	508.27
Snack 2						
1.0	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	13.89	8.15	3.00	106.96
1.0	1 cup	Raspberries, raw	14.69	1.48	0.80	63.96
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
8.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	18.00	10.00	0.00	120.00
Totals for Snack 2			47.29	19.62	3.80	293.29
Dinner						
1.0	0.5 cup	Asparagus, cooked, boiled, drained	3.70	2.16	0.20	19.80
1.0	1 cup, pieces	Mushrooms, shiitake, cooked, without salt	20.71	2.26	0.32	79.75
0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.5	ounce(s)	Parmesan, grated, KRAFT	1.50	18.00	13.50	195.00
1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	40.00	9.00	1.00	170.00
1.0	1/2 cup	tomato, diced	4.18	0.76	0.30	19.00
Totals for Dinner			70.08	32.19	22.31	548.55
Snack 3						
4.0	1 cup	Snacks, popcorn, air-popped, white popcorn	24.93	3.84	1.34	122.24
Totals for Snack 3			24.93	3.84	1.34	122.24
Totals for Day # 6			347.48	124.86	40.07	2135.25

Day # 7

Qty.	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	33.30	4.95	2.70	166.05
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	26.00	2.00	0.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Breakfast	98.61	16.55	3.70	469.42
Snack 1						
1.0	1 muffin (2-1/2" dia x 2-1/4")	Muffins, oat bran	27.53	3.99	4.22	153.90
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 1	28.24	3.99	4.22	156.27
Lunch						
0.5	1 cup	Alfalfa seeds, sprouted, raw	0.62	0.66	0.11	4.79
2.0	ounce(s)	Garbanzo - boiled	15.55	5.00	1.45	92.00
1.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	3.00	0.00	3.00	30.00
1.0	large	Salad - lrg. garden w/tomato & onion	19.00	2.60	0.80	98.00
0.3	1 cup	Seeds, sunflower seed kernels, dried	6.75	8.20	17.85	205.20
0.3	1 cup	Spinach, raw	0.27	0.21	0.03	1.73
5.0	ounce(s)	Tangerine - fresh peeled	16.00	1.00	0.50	60.00
8.0	fluid ounce(s)	Vegetable juice - V8, no salt	10.67	1.33	0.00	48.00
		Totals for Lunch	71.87	19.01	23.74	539.71
Snack 2						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
1.0	1 cup, slices	Peaches, raw	16.22	1.55	0.43	66.30
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
		Totals for Snack 2	23.13	29.55	2.72	232.67
Dinner						
2.0	0.5 cup slices	Carrots, cooked, boiled, drained, without salt	12.82	1.19	0.28	54.60
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
1.0	0.5 cup pieces	Mushrooms, raw	1.13	1.09	0.12	7.70
1.5	1 cup	Rice, brown, long-grain, cooked	67.16	7.55	2.63	324.68
1.0	1/2 cup	zucchini, boiled, drained	3.54	0.58	0.05	14.40
		Totals for Dinner	84.65	36.40	4.68	525.37
Snack 3						
0.3	1 cup	Blueberries, raw	5.25	0.27	0.12	20.66
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
		Totals for Snack 3	20.73	11.80	9.30	199.75
		Totals for Day # 7	327.23	117.29	48.35	2123.20