



## HEART Meal Plan

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1500 Calories 30 Day Weight Loss for Women - Day 01</b>							
<b>Breakfast</b>							
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Breakfast</i>				<b>20.10</b>	<b>32.10</b>	<b>16.22</b>	<b>340.33</b>
<b>Snack 1</b>							
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Snack 1</i>				<b>6.55</b>	<b>17.78</b>	<b>15.84</b>	<b>225.32</b>
<b>Lunch</b>							
6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	1.0	cup	Milk, Almond	2.00	10.00	2.50	70.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				<b>16.88</b>	<b>46.59</b>	<b>4.86</b>	<b>273.16</b>
<b>Snack 2</b>							
6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>
<b>Dinner</b>							
6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>
<b>Totals For 1500 Calories 30 Day Weight Loss for Women - Day 01</b>				<b>70.55</b>	<b>144.04</b>	<b>52.51</b>	<b>1240.83</b>

1500 Calories 30 Day Weight Loss for Women - Day 02

**Breakfast**

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Breakfast</i>				<b>17.80</b>	<b>14.10</b>	<b>7.40</b>	<b>197.00</b>

**Snack 1**

14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Snack 1</i>				<b>8.15</b>	<b>19.55</b>	<b>20.06</b>	<b>274.30</b>

**Lunch**

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>13.06</b>	<b>84.00</b>	<b>2.36</b>	<b>415.60</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**Dinner**

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Dinner</i>				<b>31.12</b>	<b>52.94</b>	<b>4.23</b>	<b>331.20</b>

<b>Totals For 1500 Calories 30 Day Weight Loss for Women - Day 02</b>				<b>71.72</b>	<b>176.09</b>	<b>34.49</b>	<b>1246.90</b>
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1500 Calories 30 Day Weight Loss for Women - Day 03

**Breakfast**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>14.99</b>	<b>39.21</b>	<b>6.27</b>	<b>258.00</b>

**Snack 1**

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 1</i>				<b>4.31</b>	<b>12.48</b>	<b>9.39</b>	<b>140.22</b>

**Lunch**

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>

**Snack 2**

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				<b>3.39</b>	<b>22.73</b>	<b>7.85</b>	<b>166.49</b>

**Dinner**

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals For 1500 Calories 30 Day Weight Loss for Women - Day 03</b>				<b>51.27</b>	<b>182.35</b>	<b>36.47</b>	<b>1214.65</b>