

Monty Miller's
BOOTCAMP
FITNESS FOR WOMEN

LOW CARB MEAL PLAN

Meal Planner Report

Planned Meals



FBB FBB

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1700 Calories Low Carb - Day 1							
Breakfast							
0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				14.00	46.90	6.00	312.00
Snack 1							
4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
Totals for Snack 1				8.64	7.85	18.13	213.53
Lunch							
6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
12	1.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	21.68	0.00	0.70	98.60
10	1.0	each	Orange - medium	1.20	15.40	0.20	62.00
16	1.0	each	Pita - wheat	2.80	15.60	0.70	75.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.14	1.91	7.40	75.15
0	8.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.33	10.67	0.00	48.00
Totals for Lunch				28.40	55.83	10.25	416.75
Snack 2							
0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
Totals for Snack 2				6.00	24.00	4.00	160.00
Dinner							
1	5.0	ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
6	6.0	ounce(s)	Green beans - string, boiled & drained	3.15	13.35	0.45	60.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	17.50	1.25	15.00	225.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	0.5	0.5 cup	Sauce, ready-to-serve, salsa	0.83	4.06	0.16	18.20
Totals for Dinner				55.28	30.16	18.01	519.20
Breakfast							
Totals For 1700 Calories Low Carb - Day 1				112.32	164.74	56.39	1621.48

1700 Calories Low Carb - Day 2**Breakfast**

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
Totals for Breakfast				13.40	42.85	2.70	233.50

Snack 1

7	1.0	1 cup	Grapes, american type (slip skin), raw	0.58	15.78	0.32	61.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Snack 1				8.08	29.28	0.32	151.64

Lunch

6	0.8	1 cup, grated	Carrots, raw	0.77	7.90	0.20	33.83
5	2.0	1 large	Egg, whole, cooked, hard-boiled	12.58	1.12	10.61	155.00
20	4.0	table spoon	Italian - fat free, KRAFT Free	0.00	4.00	0.00	24.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
14	1.5	1 oz	Seeds, sunflower seed kernels, toasted, without salt	7.23	8.65	23.86	259.98
6	4.0	1 cup	Spinach, raw	3.43	4.36	0.47	27.60
Totals for Lunch				38.01	27.03	47.14	680.41

Snack 2

5	3.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	24.00	3.00	4.50	150.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
Totals for Snack 2				26.00	14.00	4.50	200.00

Dinner

6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	4.0	ounce(s)	Cod - Atlantic, broiled	25.88	0.00	1.00	120.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.3	table spoon	Olive Oil (sesame,soy bean, sunflower)	0.00	0.00	3.50	30.00
6	0.3	1 cup, chopped	Onions, raw	0.37	4.04	0.03	16.80
6	0.5	1 cup, chopped	Peppers, sweet, red, raw	0.74	4.49	0.22	19.37
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	table spoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
Totals for Dinner				31.84	37.57	5.91	339.06

Snack 3

7	1.0	1 small box (1.5 oz)	Raisins, seedless	1.32	34.05	0.20	128.57
Totals for Snack 3				1.32	34.05	0.20	128.57

Totals For 1700 Calories Low Carb - Day 2				118.65	184.78	60.77	1733.18
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1700 Calories Low Carb - Day 3

Breakfast

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
7	1.5	1 cup, balls	Melons, cantaloupe, raw	2.23	21.66	0.50	90.27
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				25.69	34.36	5.05	281.69

Snack 1

7	1.0	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	14.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.33	18.67	0.00	84.00
Totals for Snack 1				2.63	39.77	0.00	165.00

Lunch

0	4.0	ounce(s)	HEALTHY CHOICE Bulk Deli Turkey Breast	22.00	0.00	2.00	100.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
5	2.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	14.00	1.00	12.00	180.00
6	0.3	1 cup, shredded or chopped	Lettuce, iceberg (includes crisphead types), raw	0.11	0.29	0.02	1.38
6	4.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.70	3.14	0.16	14.40
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
Totals for Lunch				38.81	20.43	16.18	387.78

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 2				15.55	19.32	1.58	148.30

Dinner

5	2.0	1 oz	Cheese, mozzarella, part skim milk	13.59	1.55	8.92	142.24
1	6.0	ounce(s)	Chicken Breast / White Meat	39.00	0.00	2.40	186.00
20	1.0	table spoon	Italian - fat free, KRAFT Free	0.00	1.00	0.00	6.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
21	0.5	cup	Spaghetti sauce - mushroom, Ragù, 'Homestyle'	2.00	15.00	2.00	110.00
17	0.5	1 cup	Spaghetti, cooked, enriched, without added salt	3.34	19.84	0.47	98.70
Totals for Dinner				60.53	56.39	14.59	640.94

Breakfast

Totals For 1700 Calories Low Carb - Day 3				143.21	170.27	37.40	1623.71
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1700 Calories Low Carb - Day 4

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
5	1.3	cup	Milk - skim, no fat	10.50	14.87	0.50	107.50
<i>Totals for Breakfast</i>				24.50	36.87	6.50	307.50

Snack 1

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.52	25.17	0.46	138.64

Lunch

21	0.5	table spoon	Catsup - tomato	0.10	2.05	0.05	8.00
6	6.0	each	Celery - raw stalk, trimmed	3.00	12.00	0.00	60.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
19	2.0	each	HEALTHY CHOICE Beef Franks, Low Fat	10.00	8.00	2.00	100.00
0	2.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.40	0.78	0.31	6.60
16	1.0	1 roll	Rolls, hamburger or hotdog, mixed-grain	4.13	19.18	2.58	113.09
7	2.0	1 cup, balls	Watermelon, raw	1.88	23.25	0.46	92.40
<i>Totals for Lunch</i>				22.51	67.26	10.40	440.09

Snack 2

4	0.3	1 cup	Peanuts, all types, dry-roasted, without salt	8.64	7.85	18.13	213.53
<i>Totals for Snack 2</i>				8.64	7.85	18.13	213.53

Dinner

3	1.5	cup	Asparagus/ Fresh - Boiled	6.90	11.40	0.90	66.00
6	3.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	3.42	7.64	0.84	42.78
12	2.0	3 oz	Fish, salmon, Atlantic, farmed, cooked, dry heat	37.57	0.00	21.00	350.20
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Dinner</i>				50.49	40.04	23.54	568.98

Breakfast

<i>Totals For 1700 Calories Low Carb - Day 4</i>				114.66	177.19	59.03	1668.74
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1700 Calories Low Carb - Day 5**Breakfast**

5	0.5	1 cup	Egg substitute, liquid	15.06	0.80	4.15	105.42
5	1.0	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	7.00	0.50	6.00	90.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
Totals for Breakfast				23.55	15.74	10.49	255.60

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 1				15.55	19.32	1.58	148.30

Lunch

6	12.0	medium	Carrots - baby, raw	1.20	9.60	1.20	48.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	22.00	24.00	6.00	240.00
0	16.0	fluid ounce(s)	Vegetable juice - V8, no salt	2.67	21.33	0.00	96.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
Totals for Lunch				34.67	79.93	7.60	535.00

Snack 2

5	2.0	ounce(s)	HEALTHY CHOICE Mozzarella String Cheese	16.00	2.00	3.00	100.00
0	3.0	each	Melba Toast, Wheat, Unsalted	2.00	11.00	0.00	50.00
Totals for Snack 2				18.00	13.00	3.00	150.00

Dinner

18	1.0	3 oz	Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24.67	0.00	8.96	186.15
3	8.0	ounce(s)	Green beans - string boiled & drained	4.20	17.80	0.60	80.00
6	0.5	1 cup, pieces or slices	Mushrooms, raw	1.09	1.13	0.12	7.70
23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	0.5	1 cup, chopped	Onions, raw	0.74	8.09	0.06	33.60
16	0.5	each	Pita - wheat	1.40	7.80	0.35	37.50
21	1.0	tea spoon	SMART BALANCE Buttery Spread	0.00	0.00	3.00	26.67
0	1.0	1 teaspoon	Spices, garlic powder	0.50	2.18	0.02	9.96
Totals for Dinner				32.60	37.00	20.11	446.58

Snack 3

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
Totals for Snack 3				14.00	22.00	6.00	200.00

Totals For 1700 Calories Low Carb - Day 5**138.37 186.99 48.78 1735.48**

1700 Calories Low Carb - Day 6**Breakfast**

7	0.8	1 cup	Blueberries, raw	0.80	15.76	0.36	61.99
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
15	1.0	pack	Oatmeal - instant pkt.,plain Quaker Extra	4.40	17.60	2.00	95.00
<i>Totals for Breakfast</i>				13.60	45.26	2.76	242.99

Snack 1

7	0.5	each	Apple - medium with peel	0.15	10.55	0.00	40.50
21	3.0	table spoon	Peanut Wonder -low fat peanut butter	4.50	16.50	5.25	150.00
<i>Totals for Snack 1</i>				4.65	27.05	5.25	190.50

Lunch

5	1.0	1 oz	Cheese, mozzarella, part skim milk, low moisture	7.27	1.07	5.61	84.56
12	1.0	3 oz	Fish, tuna, white, canned in water, without salt, drained solids	20.08	0.00	2.52	108.80
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	0.5	table spoon	Relish - pickle	0.05	2.65	0.05	10.00
23	2.0	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.18	2.55	9.87	100.20
6	0.3	1 cup	Spinach, raw	0.21	0.27	0.03	1.73
6	3.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, year round average	0.53	2.35	0.12	10.80
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
<i>Totals for Lunch</i>				31.42	40.29	20.50	465.09

Snack 2

5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				7.50	13.50	0.00	90.00

Dinner

21	2.0	table spoon	BBQ - Healthy Choice	0.06	11.40	0.04	50.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
13	2.0	3 oz	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	47.84	0.00	8.18	278.80
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	cup	Vegetables - mixed, frozen, boiled	5.20	23.80	0.20	108.00
<i>Totals for Dinner</i>				59.75	53.45	9.29	539.20

Snack 3

19	4.0	each	TYSON Breaded Honey Battered Tenders	9.60	9.60	12.00	184.00
<i>Totals for Snack 3</i>				9.60	9.60	12.00	184.00

Totals For 1700 Calories Low Carb - Day 6				126.52	189.15	49.80	1711.78
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1700 Calories Low Carb - Day 7

Breakfast

0	1.0	each	Balance Bar Honey Peanut	14.00	22.00	6.00	200.00
0	8.0	ounce(s)	Orange juice - 100% pure , Tropicana	0.00	24.90	0.00	112.00
Totals for Breakfast				14.00	46.90	6.00	312.00

Snack 1

8	0.8	cup	Cottage Cheese - 1% fat	21.00	4.65	1.72	123.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 1				22.55	20.87	2.15	189.30

Lunch

3	4.0	ounce(s)	Green beans - string boiled & drained	2.10	8.90	0.30	40.00
20	2.0	table spoon	Italian - fat free, KRAFT Free	0.00	2.00	0.00	12.00
14	0.1	1 cup, slivered	Nuts, almonds	2.87	2.66	6.84	78.03
3	1.0	small	Salad - sm. garden w/tomato, onion	1.30	9.50	0.40	49.00
0	1.0	each	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	23.00	27.00	8.00	270.00
7	1.0	1 cup, balls	Watermelon, raw	0.94	11.63	0.23	46.20
Totals for Lunch				30.21	61.69	15.77	495.23

Snack 2

0	1.0	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[6.00	24.00	4.00	160.00
Totals for Snack 2				6.00	24.00	4.00	160.00

Dinner

23	0.5	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
5	1.0	ounce(s)	Parmesan, grated, KRAFT	12.00	1.00	9.00	130.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	6.0	ounce(s)	Swordfish - cooked dry heat	43.20	0.00	8.76	264.00
6	1.0	cup	Zucchini, Frozen, Boiled, Drained	2.59	8.02	0.29	38.29
Totals For 1700 Calories Low Carb - Day 7				133.15	181.48	53.77	1751.82