

Moderately Low Carbohydrate/High Protein for Men – 1800 Calorie

Week 1 Just in case you don't like some of the items on your menu plan, here is a list of "[substitute foods](#)" to choose from. Remember, stay as close as possible to the protein, carb, fat, and caloric content of the food item you're replacing.

DAY # 1

Xchg Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0	1 pack	GNC - Mega MRP - Strawberry	40.00	20.00	2.00	260.00
5	2 cup	milk-2% correct	16.00	24.00	10.00	240.00
7	1.5 cup, halves	strawberries,raw	1.39	16.01	0.84	68.40
0	1 tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
Totals:			57.39	60.01	12.84	568.40
AM Snack						
5	1 slice (1 oz)	cheese,swiss	8.06	0.96	7.78	106.53
Totals:			8.06	0.96	7.78	106.53
Lunch						
16	2 slice	bread,whole-wheat,commly prep	5.43	25.82	2.35	137.76
6	5 each	Carrot - raw, medium	0.05	6.00	0.50	30.00
0	2 slice (6-1/4" x 4" x 1/16")	ham,sliced,reg (approx 11% fat)	9.96	1.76	5.99	103.19
23	1 tablespoon	mayo type,reg,w/salt	0.13	3.51	4.91	57.29
0	1 ounce(s)	Potato chips - Pringles regular, 15-20 chips	2.00	12.00	13.00	170.00
Totals:			17.57	49.09	26.75	498.24
PM Snack						
7	1 each	Apple - medium with peel	0.30	21.10	0.00	81.00
21	1 table spoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals:			4.30	24.60	8.15	176.00
Dinner						
1	4 ounce(s)	Chicken Breast / White Meat	35.20	0.00	4.00	187.00
17	1 cup	Shell pasta - jumbo, cooked, Ronzoni	7.00	42.00	1.00	210.00
21	0.2 cup	Spaghetti sauce- meat, Ragu, 'Homestyle'	0.80	6.00	2.00	44.00
6	1 cup	spinach,frz,chopd or leaf,unprep	4.56	6.24	0.48	37.44
Totals:			47.56	54.24	7.48	478.44
Actual Totals:			134.88	188.90	63.01	1827.61
Actual % of Total Calories:			28.97	40.57	30.45	

DAY # 2

Xchg Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
0	3 scoop	GNC - Mega Whey - vanilla	40.00	4.00	4.00	210.00
5	2 cup	milk-skim correct	16.00	24.00	0.00	172.00
7	1 cup	Strawberries	1.00	9.00	0.00	60.00
0	1 tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
Totals:			57.00	37.00	4.00	442.00
AM Snack						
7	1 each	Apple - medium with peel	0.30	21.10	0.00	81.00
21	1 table spoon	Peanut Butter	4.00	3.50	8.15	95.00
Totals:			4.30	24.60	8.15	176.00
Lunch						
23	1 tablespoon	1000 island,comm,reg,w/salt	0.14	2.37	5.57	58.86
0	1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	bologna,beef and pork	3.31	0.79	8.01	89.59
6	3 1/2 cup shredded	lettuce,cos or romaine,raw	1.36	1.99	0.17	13.44
0	3 each	Pickle - kosher dill, Vlasic	0.00	3.00	0.00	12.00
0	10 each	Pretzels - Rold Gold, Tiny Tim	1.00	11.50	0.50	55.00
16	1 roll	rolls,french	3.27	19.08	1.63	105.26
6	1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:			10.08	44.43	16.28	360.14
PM Snack						
0	1 each	EAS - Myoplex Low Carb Bar - Lemon Cheesecake	30.00	3.00	6.00	240.00
Totals:			30.00	3.00	6.00	240.00
Dinner						
5	0.2 1 cup, shredded	cheese,cheddar	5.63	0.29	7.49	90.98
19	3 ounce(s)	Ground - Extra Lean, pan fried, medium cooked	21.00	0.00	14.01	216.99
5	1 cup	milk-2% correct	8.00	12.00	5.00	120.00

4	0.25	cup	Pinto bean - boiled	3.50	10.90	0.20	58.00
2	0.25	cup	Rice/White Steamed - Cooked	1.50	15.50	0.00	41.00
21	3	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	6.00
16	1	1 medium tortilla (approx 6" dia)	tortillas,rtb or -fry,flr	2.78	17.79	2.27	104.00
Totals:				42.41	56.48	28.97	636.97
Actual Totals:				143.79	165.51	63.40	1855.12
Actual % of Total Calories:				31.82	36.62	31.56	

DAY # 3

Xchg Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories	
Breakfast							
16	1.5	1 slice	bread,wheat bran,toasted	4.80	25.99	1.83	135.14
1	1.5	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
23	1	1 teaspoon	margarine,imitn approx 40% fat,soybn (hydr)&palm (0.02	0.02	1.86	16.57
5	1.25	cup	milk-2% correct	10.00	15.00	6.25	150.00
7	1	cup	Strawberries	1.00	9.00	0.00	60.00
0	1	tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
Totals:				45.83	56.01	9.94	511.70
AM Snack							
0	1	each	Promax Bar - Double Fudge Brownie	20.00	34.00	5.00	270.00
Totals:				20.00	34.00	5.00	270.00
Lunch							
5	0.33	1 cup, shredded	cheese,cheddar	9.29	0.48	12.36	150.12
6	20	1 innerleaf	lettuce,cos or romaine,raw	3.24	4.74	0.40	32.00
13	0.75	1 cup, diced	pork,frsh,leg (ham),whl,ln&fat,ckd,rstd	27.17	0.00	17.83	276.41
20	1	table spoon	Ranch - no fat, Kraft Free	0.00	3.00	0.00	16.00
6	1	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:				40.69	13.92	30.99	500.53
PM Snack							
7	1	1 cup	grapes,american type (slip skn),raw	0.58	15.78	0.32	57.96
Totals:				0.58	15.78	0.32	57.96
Dinner							
17	0.5	cup	Angel hair - wheat, cooked, Cremette	3.50	21.00	0.50	105.00
16	1	1 large slice (5" x 2-1/2" x 1")	bread,french or vienna (incl sourdough)	3.08	18.17	1.05	95.90
23	3	1 teaspoon	margarine,imitn (approx 40% fat),corn (hydr®)	0.07	0.06	5.59	49.71
21	0.25	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00
5	1.5	cup	milk-2% correct	12.00	18.00	7.50	180.00
6	1	1 cup	spinach,frz,chopd or leaf,unprep	4.56	6.24	0.48	37.44
Totals:				25.21	68.46	18.12	523.05
Actual Totals:				132.30	188.16	64.37	1863.25
Actual % of Total Calories:				28.43	40.44	31.13	

DAY # 4

Xchg Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories	
Breakfast							
7	1	each	Banana - med 8"	1.20	26.70	0.60	105.00
0	3	scoop	GNC - Mega Whey - chocolate	40.00	5.00	4.50	220.00
5	1.25	cup	milk-2% correct	10.00	15.00	6.25	150.00
0	1	tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
Totals:				51.20	46.70	11.35	475.00
AM Snack							
0	1	each	EAS - Myoplex Low carb Bar - Blueberry	28.00	3.50	6.00	240.00
Totals:				28.00	3.50	6.00	240.00
Lunch							
7	1	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	1.5	cup	Chicken noodle soup - Campbell's ' Homestyle'	4.50	12.00	4.50	105.00
16	10	1 cracker	crackers,saltines (incl oyster,soda,soup)	2.76	21.45	3.54	130.20
5	1	cup	milk-2% correct	8.00	12.00	5.00	120.00
Totals:				15.56	66.55	13.04	436.20
PM Snack							
6	2	1 carrot, (7-1/2")	carrots,raw	1.48	14.60	0.27	61.92
21	1	table spoon	Peanut Butter	4.00	3.50	8.15	95.00

			Totals:	5.48	18.10	8.42	156.92
Dinner							
18	1	3 oz	beef,ground,ln,ckd,bkd,med	20.34	0.00	15.59	227.80
6	1	1 cup, flowerets	broccoli,raw	2.12	3.72	0.25	19.88
0	1	1 cup	nestle,chef-mate macaroni&chs	10.80	35.42	11.01	283.36
			Totals:	33.26	39.14	26.84	531.04
			Actual Totals:	133.50	173.99	65.66	1839.16
			Actual % of Total Calories:	29.33	38.22	32.45	

DAY # 5				Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Xchg	Qty	Measure	Description				
Breakfast							
1	1	cup	Egg Beaters - Fleischmann's	20.00	4.00	0.00	100.00
5	1.25	cup	milk-2% correct	10.00	15.00	6.25	150.00
0	1	tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
15	1	cup	Wheaties, General Mills	2.70	22.60	0.50	99.00
			Totals:	32.70	41.60	6.75	349.00
AM Snack							
7	15	1 large (1-3/8" dia)	strawberries,raw	1.65	18.95	1.00	81.00
			Totals:	1.65	18.95	1.00	81.00
Lunch							
7	3	1 apricot	apricots,raw	1.47	11.68	0.41	50.40
16	2	1 slice	bread,whole-wheat,commly prep	5.43	25.82	2.35	137.76
23	1	1 tablespoon	mayo type,reg,w/salt	0.13	3.51	4.91	57.29
5	1.25	cup	milk-2% correct	10.00	15.00	6.25	150.00
0	1	ounce(s)	Potato chips - Eagle Extra Crunchy, 15-20 chips	2.00	16.00	8.00	150.00
1	3	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.75
			Totals:	44.53	72.01	22.52	660.20
PM Snack							
0	1	each	EAS - Myoplex Low Carb Bar - Lemon Cheesecake	30.00	3.00	6.00	240.00
			Totals:	30.00	3.00	6.00	240.00
Dinner							
17	0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
5	2	1 tablespoon	cheese,parmesan,shredded	3.79	0.34	2.73	41.50
21	0.25	cup	Marinara sauce - Progresso 'Authentic'	2.00	5.00	3.00	55.00
5	1	cup	milk-2% correct	8.00	12.00	5.00	120.00
1	5	ounce(s)	Tofu, soybean curd cake, scrambled	11.50	2.50	7.00	110.00
6	2	medium	Zucchini - baby, raw	0.60	0.60	0.00	4.00
			Totals:	31.14	51.94	18.48	488.00
			Actual Totals:	140.02	187.50	54.75	1818.20
			Actual % of Total Calories:	31.07	41.60	27.33	

DAY # 6				Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Xchg	Qty	Measure	Description				
Breakfast							
7	0.33	each	Cantaloupe - muskmelon	1.52	14.72	0.53	61.38
0	2	scoop	GNC - 100% Whey Protein - chocolate	42.00	10.00	5.00	260.00
5	2	cup	milk-skim correct	16.00	24.00	0.00	172.00
0	1	tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
			Totals:	59.52	48.72	5.53	493.38
AM Snack							
6	1	1 carrot, (7-1/2")	carrots,raw	0.74	7.30	0.14	30.96
21	1	table spoon	Peanut Butter	4.00	3.50	8.15	95.00
			Totals:	4.74	10.80	8.29	125.96
Lunch							
16	2	1 slice	bread,wheat bran	6.34	34.42	2.45	178.56
5	1	1 slice (1 oz)	cheese,cheddar	7.06	0.36	9.40	114.13
21	1	table spoon	Mayonnaise - low fat	0.00	4.00	1.00	25.00
0	1	ounce(s)	Potato chips - Eagle Extra Crunchy, 15-20 chips	2.00	16.00	8.00	150.00
1	3	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.75
			Totals:	40.90	54.78	21.44	582.44
PM Snack							

7	1	1 cup	grapes,american type (slip skn),raw	0.58	15.78	0.32	57.96
Totals:				0.58	15.78	0.32	57.96
Dinner							
2	0.5	cup	Brown Rice - cooked	2.00	23.00	0.00	110.00
6	3	ounce(s)	Green beans - string, boiled & drained	1.58	6.67	0.23	30.00
23	2	1 teaspoon	margarine,imitn (approx 40% fat),corn (hydr®)	0.05	0.04	3.72	33.14
5	1	cup	milk-skim correct	8.00	12.00	0.00	86.00
6	0.5	1 cup, chopped	mustard spinach,(tendergreen),raw	1.65	2.93	0.23	16.50
12	0.75	1/2 fillet	salmon,atlantic,farmed,ckd,dry heat	29.50	0.00	16.49	275.01
Totals:				42.78	44.64	20.66	550.65
Actual Totals:				148.51	174.71	56.24	1810.39
Actual % of Total Calories:				33.02	38.85	28.14	

DAY # 7

Xchg Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories	
Breakfast							
5	1	1 oz	cheese,mozzarella,part skim milk	6.88	0.79	4.51	72.08
1	1.5	cup	Egg Beaters - Fleischmann's	30.00	6.00	0.00	150.00
7	1	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.5	cup	milk-2% correct	12.00	18.00	7.50	180.00
0	1	tablet	Vitamin, multi, Centrum	0.00	0.00	0.00	0.00
Totals:				50.08	48.59	12.21	494.08
AM Snack							
7	1	1 extra small (less than 6" long)	bananas,raw	0.83	18.98	0.39	74.52
Totals:				0.83	18.98	0.39	74.52
Lunch							
7	1	each	Apple - medium with peel	0.30	21.10	0.00	81.00
0	2	1 slice (6-1/4" x 4" x 1/16")	ham,sliced,reg (approx 11% fat)	9.96	1.76	5.99	103.19
6	5	1 leaf	lettuce,looseleaf,raw	0.65	1.75	0.15	9.00
16	1	1 hamburger, frankfurter roll	rolls,dinner,whole-wheat	3.74	21.97	2.02	114.38
6	1	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals:				15.65	52.29	8.56	333.57
PM Snack							
0	1	each	EAS - Myoplex Low Carb Bar - Lemon Cheesecake	30.00	3.00	6.00	240.00
Totals:				30.00	3.00	6.00	240.00
Dinner							
17	0.75	cup	Angel hair - wheat, cooked, Cremette	5.25	31.50	0.75	157.50
18	1	3 oz	beef,ground,reg,ckd,bkd,med	19.57	0.00	17.79	243.95
6	0.25	cup	Corn - canned, Green Giant, low salt	1.00	8.00	0.00	35.00
21	0.33	cup	Marinara sauce - Progresso 'Authentic'	2.64	6.60	3.96	72.60
5	1	cup	milk-2% correct	8.00	12.00	5.00	120.00
6	1	1 cup	spinach,raw	0.86	1.05	0.11	6.60
Totals:				37.32	59.15	27.61	635.65
Actual Totals:				133.87	182.00	54.77	1777.82
Actual % of Total Calories:				30.49	41.45	28.07	

Important Notes - If you have a medical condition, please consult with your doctor before utilizing this meal - According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.