



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Pinto bean - boiled	1.00	cup
Beverages	Tea, instant, unsweetened, lemon-flavored, powder, prepared	13.00	1 cup (8 fl oz)
	Orange juice - Minute Maid regular	6.00	ounce(s)
	Coffee - w/caffeine	37.00	ounce(s)
Breads and baked goods	English muffins, mixed-grain (includes granola)	1.00	1 muffin
	Muffins, oat bran	1.00	1 muffin (2-1/2" dia x 2-1/4")
	Crackers, melba toast, wheat	2.00	1 toast
	Pita - wheat	4.00	each
	Bun - hamburger	2.00	each
	Bagel - Cinnamon Raisin, Earth Grains	2.00	each
	Bread /Rye 7 grain	3.00	each
	Whole Wheat - thin slice, Pepperidge Farm	2.00	slice
Carb. Snack Foods (Healthy)	Power Bar	1.00	each
	Cracker/Nabisco - Low Saltines	10.00	each
Cereals	Raisin Brand, wheat Kelloggs	1.00	cup
	Cheerios Oat & Wheat, Gen. Mills	1.00	cup
	Oatmeal - instant pkt.,Plus Fiber, Quaker	1.00	pack
Dairy	Cheese - Healthy Choice fat free shredded	0.50	cup
	Milk - skim, no fat	3.00	cup
	Yogurt - Dannon, Fruit on the Bottom, all flav.	16.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	6.00	ounce(s)
Desserts	Snacks, fruit leather, bars	2.00	1 bar
	ice cream,rocky road,Healthy Choice	4.00	ounce(s)
Dressings	Thousand island - reduced cal. KRAFT	2.00	tablespoon
	Oil & vinegar - Wish-Bone, Lite Classic	2.00	tablespoon
	Italian - fat free, KRAFT Free	4.00	tablespoon
	French - reduced calorie, KRAFT	2.00	tablespoon
	French - no fat, KRAFT Free	2.00	tablespoon
Fast Food	Pizza, cheese and veggies	3.00	slice
Fats & Oils	Margarine-like spread, (40% fat), corn	3.00	1 teaspoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	2.00	each
	Salad - lrg. garden w/tomato & onion	3.00	large
	Salad - med. garden w/tomato, onion	4.00	medium
	Green beans - string boiled & drained	4.00	ounce(s)

	Salad - sm. garden w/tomato, onion	3.00	small
	Broccoli	2.00	spear
Finfish and Shellfish	Fish, tuna, yellowfin, fresh, cooked, dry heat	4.00	3 oz
Fruits & Fruit Juices	Grapes, american type (slip skin), raw	2.00	1 cup
	Watermelon, raw	1.00	1 cup, balls
	Pears, raw	1.00	1 cup, slices
	Apple - medium with peel	1.00	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	2.00	each
	Peach - medium, approx 4 oz.	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	3.00	tablespoon
	Peanut Wonder -low fat peanut butter	7.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
	Jelly - any flavor, All Fruit, Polaner	2.00	tea spoon
Misc. Meats	Flank - fat trimmed off, braised	6.00	ounce(s)
Miscellaneous	Balance Outdoor Bar	3.00	each
Performance Carbohydrates	Apple - medium with peel	4.00	each
	Yam - baked w/o skin	7.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
Proteins (Healthy)	Tuna Solid White in water	1.25	cup
	Egg Whites - scrambled/boiled	3.00	each
	Cod - Pacific, broiled	6.00	ounce(s)
	Flounder - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	9.00	ounce(s)
Seasonings	Spices, mustard seed, ground	2.00	1 tablespoon
Snacks & Treats	Snacks, crisped rice bar, chocolate chip	1.00	1 bar (1 oz)
	Snacks, pretzels, hard, plain, salted	3.00	1 oz
	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
Soups and Gravies	Minestrone soup - Campbell's, prepared	1.00	cup
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	1.00	cup
	Brown Rice - cooked	0.50	cup
	Tortilla - corn, soft, 7" diam.	4.00	each
	Potato/White - Baked	4.00	ounce(s)
Supplements/Vitamins	Generic Multi Vitamin	7.00	tablet
Vegetables	Carrots, raw	2.00	1 carrot (7-1/2")
	Lettuce, green leaf, raw	1.00	1 leaf
	Tomatoes, red, ripe, raw, year round average	1.00	1 slice, medium (1/4" thick)
	Broccoli raw	4.00	1 spear (about 5"

