



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Soymilk, original and vanilla, unfortified	3.00	1 cup
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	23.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	38.00	fluid ounce(s)
	Vegetable juice - V8, no salt	24.00	fluid ounce(s)
Breads and baked goods	Crackers, melba toast, wheat	2.00	0.5 oz
	English muffins, whole-wheat	1.00	1 muffin
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Pita - wheat	1.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1.00	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	2.50	1 oz
	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Cheese, mozzarella, part skim milk	1.00	1 oz
	Milk - skim, no fat	4.50	cup
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
	Parmesan, grated, KRAFT	0.25	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Desserts	Jams and preserves	0.50	1 tablespoon
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	7.50	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Olive oil - pure	0.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	1.00	each
	Celery - raw stalk trimmed	2.00	each
Finfish and Shellfish	Fish, salmon, pink, cooked, dry heat	1.00	0.5 fillet
	Fish, tuna salad	0.50	1 cup
Fruits & Fruit Juices	Blueberries, raw	0.50	1 cup
	Watermelon, raw	1.50	1 cup, balls

	Apricots, dried, sulfured, stewed, without added sugar	0.25	1 cup, halves
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	1.50	1 cup, slices
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Raisins, seedless	0.25	50 raisins
	Plum - fresh, 2.25" diam	1.00	each
	Orange - medium	1.00	each
	Nectarine - medium, 2.5" diam.	1.00	each
	Grapefruit - pink or red 4" diam.	0.50	each
	Cherries, sweet, medium	20.00	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	1.00	each
	Grapes - American	15.00	each
	Pear -medium w/peel	1.00	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - no salt, Prego	0.25	cup
	Syrup - Aunt Jemima, Lite	1.00	tablespoon
	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	0.50	tablespoon
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	2.00	each
	Waffle - EGGO, frozen, Homestyle	2.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.75	cup
Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Nuts, walnuts, english	1.00	1 oz (14 halves)
	Nuts, almonds, dry roasted, without salt added	1.00	1 oz (22 whole kernels)
	Seeds, flaxseed	1.50	1 tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.75	cup
	Tuna Solid White -Water Sm. can	2.00	ounce(s)
Proteins (Healthy)	Egg Beaters - Fleischmann's	1.00	cup
	Swordfish - cooked dry heat	3.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
	Kraft American Cheese 2% Milk	1.00	slice
Recipes	MAIN75 - Eggplant Parmesan	1.00	each
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
Seasonings	Spices, garlic powder	1.00	1 tablespoon
	Spices, garlic powder	1.00	1 teaspoon
Snacks & Treats	Snacks, popcorn, air-popped, white popcorn	3.00	1 cup
Starchy Carbohydrates (Healthy)	Potato/White - Baked	3.00	ounce(s)
Vegetables	Asparagus, cooked, boiled, drained	1.00	0.5 cup
	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.00	0.5 cup
	Brussels sprouts, cooked, boiled, drained, without salt	1.00	0.5 cup

Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
Corn, sweet, yellow, cooked, boiled, drained, without salt	1.00	0.5 cup cut
Mushrooms, white, raw	1.00	0.5 cup pieces
Beets, cooked, boiled, drained	1.00	0.5 cup slices
Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Alfalfa seeds, sprouted, raw	0.25	1 cup
Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 cup
Broccoli, flower clusters, raw	1.00	1 cup flowerets
Carrots, baby, raw	20.00	1 large
Spinach, raw	7.00	1 leaf
Onions, spring or scallions (includes tops and bulb), raw	2.00	1 tablespoon chopped
Bok Choy, boiled, drained	1.00	1/2 cup
tomato, diced	2.00	1/2 cup
Green salad w/ raw vegetables	11.00	cup
Spinach - boiled, drained	1.00	cup
Tomato - sm. w/peel, 2.5" diam.	0.50	small