



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
	Soy milk, original and vanilla, unfortified	5.50	1 cup
	Beans, pinto, mature seeds, cooked, boiled, with salt	0.50	1 cup
	Soybeans, mature seeds, roasted, no salt added	0.25	1 cup
	Peanut butter, smooth style, without salt	0.50	2 tablespoon
	Garbanzo - boiled	2.00	ounce(s)
	Walnuts, dried	2.00	ounce(s)
	Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	21.00
Orange Juice, Tropicana- 100% pure, plus calcium		40.00	fluid ounce(s)
Vegetable juice - V8, no salt		18.00	fluid ounce(s)
Breads and baked goods	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Bread, oat bran, toasted	5.00	1 slice
	Pita - wheat	2.50	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	0.50	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.00	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	1.00	1 oz
	Oatmeal - instant pkt., plain Quaker Extra	2.00	pack
Dairy	Cheese, mozzarella, part skim milk	0.50	1 oz
	Milk - skim, no fat	5.00	cup
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
Desserts	Jams and preserves	1.00	1 tablespoon
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	7.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
	Olive oil - pure	1.25	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	2.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	5.00	ounce(s)
Finfish and Shellfish	Fish, tuna salad	1.25	1 cup
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
	Fish, trout, mixed species, cooked, dry heat	1.00	3 oz

Fruits & Fruit Juices	Strawberries, raw	0.75	1 bar (1 oz)
	Raspberries, raw	0.50	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	2.00	1 cup, halves
	Peaches, raw	1.00	1 cup, slices
	Blueberries, raw	0.75	1 cup, unthawed
	Raisins, seedless	1.50	50 raisins
	Apple - medium with peel	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Banana - med 8"	4.00	each
	Grapes - American	40.00	each
	Pear -medium w/peel	1.00	each
	Tangerine - fresh peeled	10.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - no salt, Prego	1.25	cup
	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	0.50	tablespoon
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	2.25	cup
Nuts & Seeds	Seeds, sunflower seed kernels, dried	0.25	1 cup
	Nuts, almonds, dry roasted, without salt added	0.25	1 oz (22 whole kernels)
	Seeds, flaxseed	3.50	1 tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.25	cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	2.00	cup
	Turkey Breast / White Meat	3.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	2.75	1 cup
Seasonings	Spices, garlic powder	0.50	1 teaspoon
Snacks & Treats	Snacks, popcorn, air-popped, white popcorn	9.00	1 cup
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	2.00	1 cup
	Sauce, salsa, ready-to-serve	1.50	1 tablespoon
Vegetables	Asparagus, cooked, boiled, drained	0.50	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Carrots, cooked, boiled, drained, without salt	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Yam, cooked, boiled, drained, or baked, without salt	1.00	0.5 cup, cubes
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 can (11.5 oz), prepared
	Spinach, raw	0.25	1 can (11.5 oz), prepared
	Alfalfa seeds, sprouted, raw	1.00	1 cup
	Mushrooms, shiitake, cooked, without salt	1.25	1 cup pieces
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Beets, pickled, canned, solids and liquids	0.50	1 cup, slices
	Carrots, baby, raw	30.00	1 large
	Spinach, raw	1.00	1 leaf

Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 medium (2" dia, 5" long, raw)
tomato, diced	2.00	1/2 cup
zucchini, boiled, drained	2.00	1/2 cup
Green salad w/ raw vegetables	10.00	cup
Tomato - sm. w/peel, 2.5" diam.	2.00	small