



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Soy sauce made from soy and wheat (shoyu), low sodium	2.00	1 tablespoon
	Walnuts, dried	0.75	ounce(s)
Beverages	Vegetable juice - V8, no salt	12.00	fluid ounce(s)
Breads and baked goods	English muffins, whole-wheat, toasted	1.50	1 muffin
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	4.00	1 slice
	Crackers, melba toast, wheat	8.00	1 toast
Carb. Snack Foods (Healthy)	Graham Crackers	3.00	each
	Rice cake - apple cinnamon, Quaker	7.00	each
	Banana - med 8"	3.00	each
	Grapes - American	55.00	each
Cereals	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
	Kashi GoLEAN Cereal	1.50	cup
Dairy	Yogurt, fruit variety, nonfat	6.00	1 container (6 oz)
	Cheese, low fat, cheddar or colby	0.50	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	1.00	1 slice (1 oz)
	Cheese, swiss, low fat	3.00	1 slice (1 oz)
	Milk - skim, no fat	7.00	cup
	Parmesean Cheese, Low Sodium	1.50	tablespoon
Fast Food	Pizza, cheese and veggies	2.00	slice
Fats & Oils	Salad dressing, italian dressing, reduced calorie	3.00	1 tablespoon
	Salad dressing, french dressing, reduced calorie	2.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
	Olive oil - pure	1.00	tablespoon
	Smart Balance LIGHT (Non-Dairy)	5.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.00	cup
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Watermelon, raw	6.00	1 cup, diced
	Strawberries, raw	3.00	1 cup, halves

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	Peaches, raw	2.00	1 cup, slices
	Raisins, seedless	1.00	50 raisins
	Grapefruit - pink or red 4" diam.	1.00	each
	Pear -medium w/peel	1.00	each
Jams/ Spreads/Sauces/ Syrups			
	Relish - pickle	0.50	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	Peanut Butter	3.00	tablespoon
Nuts & Seeds			
	Nuts, almonds	32.00	1 almond
Performance Carbohydrates			
	Apple - medium with peel	2.00	each
Poultry			
	Turkey Meatballs	3.00	each
Protein Snack Foods (Healthy)			
	Cottage Cheese - 1% fat	1.00	cup
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
Proteins (Healthy)			
	Egg Whites - scrambled/boiled	2.00	each
	Shrimp - boiled or steamed	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
Red Meats - Standard			
	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	1.00	1 serving (3 oz)
Rice, grains, flour			
	Rice, brown, long-grain, cooked	1.25	1 cup
	Spaghetti, whole-wheat, cooked	1.00	1 cup
Seasonings			
	Garlic powder	0.33	tablespoon
Snacks & Treats			
	Snacks, popcorn, air-popped	15.00	1 cup
	Pretzels - Rold Gold, Tiny Tim	16.00	each
Soups and Gravies			
	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	1.00	1 cup
	Soup, vegetarian vegetable, canned, prepared with equal volume water	1.00	1 cup
	Sauce, barbecue	0.25	1 cup (8 fl oz)
	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.00	1 serving
	Sauce, salsa, ready-to-serve	1.00	2 tablespoon
Toppings			
	Cinnamon	1.00	tea spoon
Vegetables			
	Coleslaw, home-prepared	1.00	0.5 cup
	Waterchestnuts, chinese, canned, solids and liquids	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Spinach, raw	4.00	1 cup
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Peppers, sweet, red, raw	1.00	1 cup, chopped
	Carrots, raw	1.00	1 cup, strips or slices
	Lettuce, cos or romaine, raw	1.00	1 inner leaf
	Spinach, raw	3.00	1 leaf
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 medium (2" dia, 5" long, raw)
	Tomatoes, red, ripe, raw, year round average	1.00	1 slice, thick/large (1/2" thick)
	Tomatoes, red, ripe, raw, year round average	4.00	1 slice, thin/small

tomatoes, red, ripe, raw, year round storage

1.00

1 slice, 1/2 inch

Onions, spring or scallions (includes tops and bulb), raw

1.00

1 tablespoon
chopped

zucchini, frozen, boiled, drained

2.00

1/2 cup

tomato, diced

2.25

1/2 cup

Green salad w/ raw vegetables

3.00

cup

Cucumber - raw, slices

1.00

cup

Carrots - baby, raw

30.00

medium