



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	SILK Plain, soymilk	0.33	1 cup
	Black beans	0.33	cup
	Black beans, canned, drained	4.00	tablespoon
Beverages	Water	224.00	fluid ounce(s)
	Green or black tea	104.00	fluid ounce(s)
Breads and baked goods	Van's Whole Grain Waffles	2.00	each
	Bread, Ezekiel Sprouted Grain, Low Sodium	1.00	slice
Carb. Snack Foods (Healthy)	Apple - medium with peel	3.00	each
Cereals	Kashi GoLEAN Cereal	1.83	cup
	Bran flakes	0.33	cup
Dairy	Milk - skim, no fat	2.00	cup
	Skim milk	24.00	fluid ounce(s)
	Grated parmesan cheese	1.00	tablespoon
Dressings	Balsamic Vinegar	8.00	tablespoon
Fats & Oils	Sliced avocado	0.63	cup
	Olive oil	7.00	tea spoon
Fibrous Carbohydrates (Healthy)	Cooked lentils	1.16	cup
	Dry steel cut oats	1.16	cup
	Brown rice, cooked	4.16	cup
	Whole wheat spaghetti, cooked	1.50	cup
	Sweet potato, baked in peel, large	1.00	each
	100% whole wheat wrap, 6"	2.00	each
	Ezekiel 4:9 bread, sprouted 100% whole wheat	5.00	slice
Fruits & Fruit Juices	Watermelon, raw	4.00	1 cup, diced
	Tangerines, (mandarin oranges), raw	1.00	1 small (2-1/4" dia)
	Strawberries	3.25	cup
	Fresh raspberries	2.08	cup
	Fresh blueberries	1.75	cup
	Fresh cantaloupe	4.83	cup
	Sliced fresh peaches	2.50	cup
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapefruit	2.00	each
	Pear	2.00	each
	Raisins	2.00	tablespoon

Jams/ Spreads/Sauces/ Syrups	Salsa	0.25	cup
	Almond Butter	0.25	tablespoon
	Low fat mayonnaise	1.00	tablespoon
	Trans fat-free buttery spread	2.00	tea spoon
	All fruit jelly	2.50	tea spoon
Misc. Meats	Boca Vegan Veggie Burgers	1.00	each
Miscellaneous	Ice cube	1.00	each
	Chia seed	1.00	tea spoon
Noodles & Pastas	Quinoa, cooked	2.49	1 cup
Nuts & Seeds	Seeds, flaxseed	4.00	1 teaspoon, ground
	Pistachio nuts	96.00	each
	Slivered almonds	3.00	tablespoon
	Chopped walnuts	5.50	tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.50	cup
	Pumpkin seeds, roasted, unsalted	3.00	tablespoon
Proteins (Healthy)	Beans	0.25	cup
	Edamame, shelled	0.13	cup
	Almonds, unsalted	6.00	each
	Egg white	8.00	large
	Trout - all species, dry heat cooked	4.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
	Water packed white tuna	4.00	ounce(s)
	Boneless chicken breast	12.00	ounce(s)
	Turkey breast	8.00	ounce(s)
	Salmon	9.00	ounce(s)
	Canned salmon	6.00	ounce(s)
	Greek yogurt, plain, non fat	8.00	ounce(s)
	Tilapia	5.00	ounce(s)
Firm tofu	4.00	ounce(s)	
Seasonings	Asian five spice	0.25	tea spoon
Soups and Gravies	Vegetable broth, low sodium	0.50	cup
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	1.13	cup
Toppings	Cinnamon	1.00	tea spoon
	Sugar - brown	0.50	tea spoon
Vegetables	Arugula, raw	2.00	0.5 cup
	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	8.00	cup
	Green beans, steamed or boiled	1.00	cup
	Kale	1.50	cup
	Cauliflower	0.50	cup
	Chopped onion	2.00	cup
	Roasted beets	2.00	cup
	Carrots	1.00	cup

Mixed vegetables (non starchy)	0.50	cup
Edamame, in pods, prepared from frozen	0.66	cup
Grated carrots	0.91	cup
Chopped tomato	1.25	cup
Broccoli	6.25	cup
Red pepper	0.50	cup
Fresh spinach	10.50	cup
Fresh mushrooms	1.75	cup
Bell pepper	0.25	each
Tomato	1.00	each
Garlic clove	1.50	each
Onion - chopped	1.00	tablespoon
Chopped onion	4.00	tablespoon