



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.50	1 cup
	Black beans	0.50	cup
	Hummus	3.00	tablespoon
Beverages	Water	72.00	fluid ounce(s)
Breads and baked goods	Wheat melba toast	7.00	each
	Van's Whole Grain Waffles	3.00	each
Carb. Snack Foods (Healthy)	Apple	2.00	each
Dairy	Milk - 1%	12.08	cup
	Cottage cheese	1.75	cup
	Grated parmesan cheese	1.00	tablespoon
Dressings	Balsamic Vinegar	6.00	tablespoon
	Italian dressing, reduced fat	7.00	tablespoon
Fats & Oils	Sliced avocado	0.38	cup
	Olive oil	6.75	tea spoon
Fibrous Carbohydrates (Healthy)	Dry steel cut oats	1.50	cup
	Brown rice, cooked	2.00	cup
	Whole wheat pasta, cooked	1.50	cup
	Whole wheat spaghetti, cooked	1.00	cup
	Whole wheat wrap	4.00	each
	Sweet potato, baked in peel, large	1.00	each
	100% whole wheat wrap, 6"	7.00	each
	Whole wheat English muffin	2.00	each
	Wheat bread	5.00	slice
Fruits & Fruit Juices	Blueberries, raw	2.00	1 cup
	Strawberries	3.83	cup
	Grapes	3.08	cup
	Fresh raspberries	2.25	cup
	Frozen unsweetened strawberries	0.50	cup
	Frozen unsweetened blueberries	0.75	cup
	Sliced fresh peaches	1.75	cup
	Grapefruit	2.00	each
	Small banana	3.00	each
Jams/ Spreads/Sauces/ Syrups	Salsa	0.39	cup
	Mayonnaise - low fat	1.50	tablespoon

	Almond Butter	1.25	tablespoon
	Trans fat-free buttery spread	4.00	tea spoon
	All fruit jelly	1.00	tea spoon
Noodles & Pastas	Quinoa, cooked	4.08	1 cup
Nuts & Seeds	Seeds, chia seeds, dried	0.25	1 oz
	Pistachio nuts	24.00	each
	Slivered almonds	0.75	tablespoon
	Chopped walnuts	0.50	tablespoon
Performance Carbohydrates	Oatmeal - quick, measure uncooked	1.25	cup
	Orange - medium	1.00	each
Poultry	Turkey bacon	1.00	ounce(s)
Protein Snack Foods (Healthy)	String cheese, part skim mozzarella	1.00	each
	Kind Bar, Peanut Butter Dark Chocolate + Protein	1.00	each
	Pumpkin seeds, roasted, unsalted	0.50	tablespoon
Proteins (Healthy)	Tuna Solid White in water	0.25	cup
	Beans	0.50	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	3.00	each
	Egg white	20.00	large
	Chicken Breast / White Meat	50.00	ounce(s)
	Water packed white tuna	10.00	ounce(s)
	Turkey breast	27.00	ounce(s)
	Extra lean beef	17.00	ounce(s)
	Canned salmon	8.00	ounce(s)
	Greek yogurt, plain, non fat	20.00	ounce(s)
	Tilapia	19.00	ounce(s)
	Lean ground turkey, raw	9.00	ounce(s)
	2% milkfat cheddar cheese	9.00	ounce(s)
	Canadian bacon, extra lean	6.00	ounce(s)
	Protein powder	12.00	scoop
	Peanut butter	2.00	tea spoon
Seasonings	Mustard	3.00	tea spoon
Starchy Carbohydrates (Healthy)	Red potatoes	2.50	cup
	Baked potato, large	0.50	each
Toppings	Honey	1.25	tablespoon
Vegetables	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Onions, raw	0.50	1 small
	Mixed greens	6.50	cup
	Green beans, steamed or boiled	1.50	cup
	Tomato sauce	0.50	cup
	Carrots	2.16	cup
	Mixed vegetables (non starchy)	2.33	cup
	Chopped tomato	3.63	cup
	Artichokes	0.33	cup
	Mixed green salad	4.00	cup

Broccoli	6.50	cup
Fresh spinach	6.00	cup
Fresh mushrooms	3.00	cup
Lettuce leaf	4.00	each
Baby carrots	6.00	each
Asparagus spears	26.00	each
Tomato slice	4.00	each
Chopped onion	3.00	tablespoon