



## Female Meal Plans

Category	Food	Qty	Measure
<b>Breads and baked goods</b>	Bagels, oat bran	2.00	1 bagel (3" dia)
	Crackers, matzo, egg and onion	3.00	1 matzo
	English muffins, whole-wheat, toasted	1.50	1 muffin
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
<b>Carb. Snack Foods (Healthy)</b>	Banana - med 8"	1.00	each
	Potato - white medium	8.00	ounce(s)
<b>Cereals</b>	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.25	1 cup, cooked
<b>Dairy</b>	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	4.00	0.5 container (4 oz)
	Cheese, low fat, cheddar or colby	0.25	1 cup, shredded
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cream, sour, reduced fat, cultured	2.00	1 tablespoon
	Cheese, cream, low fat	0.50	1 tablespoon
	Milk - skim, no fat	8.00	cup
<b>Fats &amp; Oils</b>	Salad dressing, home recipe, vinegar and oil	5.00	1 tablespoon
	Smart Balance LIGHT (Non-Dairy)	2.33	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	2.00	cup
	Salad - med. garden w/tomato, onion	2.00	medium
	Green beans - string boiled & drained	8.00	ounce(s)
	Salad - sm. garden w/tomato, onion	3.00	small
<b>Finfish and Shellfish</b>	Fish, salmon, chinook, smoked, (lox), regular	6.00	1 oz
	Fish, gefiltefish, commercial, sweet recipe	3.00	1 piece
	Fish, tuna, light, canned in water, drained solids	3.50	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	3.00	1 cup, cubes
	Strawberries, raw	1.50	1 cup, halves
	Peaches, raw	1.25	1 cup, slices
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Peach - medium, approx 4 oz.	1.00	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	2.00	tablespoon
	Mayonnaise - low fat	4.00	tablespoon
	peanut butter reduced fat	1.50	tablespoon

<b>Misc. Meats</b>	Brisket - flat half, fat trimmed off	7.00	ounce(s)
<b>Nuts &amp; Seeds</b>	Nuts, almonds	1.50	1 oz (23 whole kernels)
<b>Performance Carbohydrates</b>	Apple - medium with peel	2.00	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	2.00	each
	Turkey Breast / White Meat	7.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
<b>Recipes</b>	BR9 - Breakfast Blintzes	2.00	each
	MAIN75 - Eggplant Parmesan	1.00	each
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.50	1 cup
<b>Seasonings</b>	Horseradish, prepared	1.00	1 tablespoon
	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	4.00	1 cup
<b>Soups and Gravies</b>	Soup, vegetarian vegetable, canned, prepared with equal volume water	1.50	1 cup
	Sauce, barbecue	0.25	1 cup (8 fl oz)
<b>Toppings</b>	Cinnamon	1.50	tea spoon
<b>Vegetables</b>	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Carrots, baby, raw	20.00	1 medium
	Potato pancakes	1.00	1 pancake
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Celery - raw stalk, trimmed	8.00	each
	Onion - chopped	2.00	tablespoon