



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Walnuts, dried	1.50	ounce(s)
	Walnuts, Sprouted	2.50	ounce(s)
Beverages	Tea, herb, chamomile, brewed	4.00	1 cup (8 fl oz)
	Lemon juice -	3.00	tablespoon
Carb. Snack Foods (Healthy)	Apple - medium with peel	5.00	each
	Grapes - American	10.00	each
Dairy	Egg, whole, cooked, poached	7.00	1 large
Fats & Oils	Oil, coconut	2.25	1 tablespoon
	Oil, coconut	0.50	1 teaspoon
	Sliced avocado	0.55	cup
	Olive oil - pure	2.25	tablespoon
	Olive oil	1.00	tea spoon
Fibrous Carbohydrates (Healthy)	Carrot - raw medium	2.00	each
	Celery - raw stalk trimmed	6.00	each
	Salad - med. garden w/tomato, onion	2.00	medium
	Broccoli	3.00	spear
Finfish and Shellfish	Fish, salmon, coho, wild, raw	3.75	0.5 fillet
	Fish, tuna, yellowfin, fresh, cooked, dry heat	2.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Lemon juice, raw	0.20	1 cup
	Avocados, raw, California	0.45	1 cup, pureed
	Lemon juice, raw	4.00	1 fl oz
	Avocados, raw, California	0.35	1 fruit without skin and seeds
	Lemon juice, raw	7.00	1 lemon yields
	Avocados, raw, California	0.25	1 NLEA Serving
	Lemon juice, raw	3.00	1 wedge yields
	Avocado - pureed	0.55	cup
	Strawberries	1.25	cup
	Orange - medium	2.00	each
	Nectarine - medium, 2.5" diam.	1.00	each
	Cantaloupe - muskmelon	0.50	each
IAW Foods	Nori	2.00	each
Nuts & Seeds	Nuts, walnuts, english	0.50	1 cup, in shell, edible yield (7 nuts)
	Nuts, macadamia nuts, raw	1.00	1 oz (10-12 kernels)

Poultry	Pastured Turkey, Dark Meat	7.00	ounce(s)
	Pastured Chicken Breast	13.00	ounce(s)
Proteins (Healthy)	Egg whole w/ yolk	1.00	each
	Shrimp - boiled or steamed	4.00	ounce(s)
	Cod - Pacific, broiled	5.00	ounce(s)
	Orange Roughy- broiled or grilled	5.00	ounce(s)
	Salmon - broiled	5.00	ounce(s)
	Halibut - broiled	6.00	ounce(s)
	Pastured Pork	1.00	ounce(s)
Red Meats - Standard	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.25	3 oz (1 serving)
Restaurant Foods	Raspberries, wild (Northern Plains Indians)	0.50	1 cup
Seasonings	Rosemary, fresh	2.00	1 tablespoon
	Spices, paprika	1.00	1 teaspoon
	Spices, oregano, dried	1.00	1 teaspoon, ground
	Basil, fresh	0.50	2 tbsp, chopped
	Pepper - black, ground	1.25	tablespoon
	cumin, powder	1.00	tablespoon
Toppings	Cinnamon	0.25	tea spoon
Vegetables	Coriander (cilantro) leaves, raw	2.00	0.25 cup
	Cauliflower, cooked, boiled, drained, with salt	1.00	0.5 cup (1" pieces)
	Radishes, raw	2.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Spinach, raw	2.00	1 bunch
	Spinach, raw	2.00	1 can (11.5 oz), prepared
	Garlic, raw	5.00	1 clove
	Chard, swiss, raw	1.00	1 cup
	Mushrooms, morel, raw	0.50	1 cup
	Kale, raw	2.00	1 cup, chopped
	Tomatoes, orange, raw	0.20	1 cup, chopped
	Mushrooms, enoki, raw	0.75	1 cup, whole
	Lettuce, butterhead (includes boston and bibb types), raw	1.00	1 leaf
	Asparagus, raw	7.00	1 spear, medium (5-1/4" to 7" long)
	Parsley, fresh	1.00	1 tablespoon
	tomato, diced	0.50	1/2 cup
	Green salad w/ raw vegetables	22.50	cup
	Spinach - boiled, drained	3.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	1.00	cup
	Carrots	0.40	cup
	Zucchini	2.00	cup
	Broccoli	2.00	cup
Carrot - raw, medium	2.00	each	
Garlic clove	3.00	each	
Carrots - baby, raw	2.00	medium	
Tomato - sm. w/peel, 2.5" diam.	1.25	small	
Onion - chopped	6.00	tablespoon	