



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Walnuts, dried	10.00	ounce(s)
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	18.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	1 cup (8 fl oz)
	Tea, herb, chamomile, brewed	6.00	1 cup (8 fl oz)
	Ice cubes	2.00	1/2 cup
	water, arrowhead	32.00	fluid ounce(s)
Carb. Snack Foods (Healthy)	Grapes - American	100.00	each
Cereals	Cereals ready-to-eat, corn flakes, low sodium	1.00	1 cup
Custom Recipes	Cleansing Beverage, 8oz water, 1 tbsp apple cider vinegar, 1 tbsp Metamucil, 1 tsp coconut oil	4.00	each
Dressings	Balsamic Vinegar	6.00	tablespoon
Fats & Oils	Olive oil - pure	9.00	tablespoon
Fibrous Carbohydrates (Healthy)	Wasa Crackers, light rye	12.00	each
Fruits & Fruit Juices	Cranberries, dried, sweetened	6.00	0.333 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	3.00	1 cup
	Blackberries, raw	8.00	1 cup
	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	2.00	1 cup
	Prunes, dehydrated (low-moisture), stewed	4.00	1 cup
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	2.00	1 cup
	Melons, cantaloupe, raw	4.00	1 cup, balls
	Strawberries, raw	4.00	1 cup, halves
	Mangos, raw	2.00	1 cup, sliced
	Peaches, raw	1.00	1 cup, slices
	Blueberries, raw	1.00	1 cup, unthawed
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Strawberries	4.00	cup
	Grapes, Concord	5.00	cup
	Plum - fresh, 2.25" diam	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Banana - med 8"	2.00	each
	Papaya - medium, raw, 3.5" diam.	2.00	medium
	Pineapple - frsh, slice approx 3.5"	4.00	slice
Jams/ Spreads/Sauces/ Syrups	Almond Butter	2.00	tablespoon
Nuts & Seeds	Nuts, almonds	350.00	1 almond

	Seeds, sunflower seed kernels, dry roasted, without salt	2.00	1 oz
	Seeds, flaxseed	10.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	4.50	ounce(s)
Performance Carbohydrates	Apple - medium with peel	13.00	each
Protein Snack Foods (Healthy)	Egg - boiled white only	46.00	each
Proteins (Healthy)	Egg whole w/ yolk	4.00	each
	Egg Whites - scrambled/boiled	12.00	each
Vegetables	Beets, raw	8.00	1 beet (2" dia)
	Spinach, raw	2.00	1 bunch
	Lettuce, green leaf, raw	4.00	1 cup, shredded
	Lettuce, red leaf, raw	6.00	1 cup, shredded
	Lettuce, cos or romaine, raw	4.00	1 inner leaf
	Green salad w/ raw vegetables	6.00	cup