



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chili with beans, canned	0.50	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Black beans - boiled	6.00	ounce(s)
Beverages	Lemonade, powder, prepared with water	6.00	1 cup (8 fl oz)
	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	6 fl oz
	Grapefruit juice - Minute Maid	8.00	ounce(s)
	Coffee - w/caffeine	19.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	15.00	1 cracker
	Croutons, plain	1.00	1 cup
	Pancakes, buckwheat, dry mix, incomplete	2.00	1 cup, poured from box
	Pita - wheat	2.00	each
	Bun - hamburger	4.00	each
	Bagel - Honey Wheat, Earth Grains	3.00	each
	Bread /Rye 7 grain	2.00	each
Carb. Snack Foods (Healthy)	Combread - Easy, Aunt Jemima	1.00	slice
	Rice cake - plain, Quaker	10.00	each
Cereals	Bread - slice rye 7 grain	2.00	each
	Shredded Wheat n' Bran Nabisco	1.00	cup
	Common Sense Oat Bran & Raisins, Kelloggs	0.50	cup
Dairy	Common Sence Oat Bran, Kelloggs	3.00	cup
	Cheese, low fat, cheddar or colby	1.00	1 cup, diced
	Cheese, low fat, cheddar or colby	1.00	1 cup, shredded
	Milk - 1%	6.50	cup
Dressings	Yogurt - Dannon, Fruit on the Bottom, all flav.	18.00	ounce(s)
	Oil & vinegar - Wish-Bone, Lite Classic	10.00	tablespoon
Fast Food	Pizza, cheese and veggies	3.00	slice
Fibrous Carbohydrates (Healthy)	Salad - med. garden w/tomato, onion	5.00	medium
Fruits & Fruit Juices	Grapes, american type (slip skin), raw	2.00	1 cup
	Raspberries, raw	2.00	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, balls
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	1.00	1 cup, slices
	Raisins, seedless	2.00	1 small box (1.5 oz)
	Melons, honeydew, raw	2.00	1 wedge (1/8 of 5-

	Melons, honeydew, raw	2.00	1/4" dia melon)
	Orange - medium	2.50	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Banana - med 8"	1.00	each
	Pear - medium, Dole	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Peanut Butter	13.00	tablespoon
	Jelly - any flavor, All Fruit, Polaner	7.00	tea spoon
Miscellaneous	soy nuts- genisoy	2.00	1/2 cup
	black bean and veg soup-health valley	1.00	cup
	Tofu burger - frozen. 2.5 oz, Natural Touch	3.00	each
	Tortilla - flour, soft, 7" diam.	2.00	each
	Tofu - soybean curd cake	1.00	ounce(s)
	Tofu - soybean curd cake	5.00	ounce(s)
Nuts & Seeds	Seeds, sesame seeds, whole, dried	2.00	1 tablespoon
Proteins (Healthy)	Tofu, soybean curd cake, scrambled	3.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	4.00	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
Starchy Carbohydrates (Healthy)	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	3.00	each
Supplements/Vitamins	Generic Multi Vitamin	7.00	tablet
Vegetables	Spinach, raw	2.00	1 bunch
	Peas, edible-podded, raw	0.50	1 cup, chopped
	Peppers, sweet, green, raw	1.00	1 cup, chopped
	Mushrooms, white, raw	0.50	1 cup, pieces or slices
	Cabbage, chinese (pak-choi), raw	0.50	1 cup, shredded
	Onions, raw	2.00	1 tablespoon chopped
	Kale, chopped, sauteed	2.00	1/2 cup
	Coleslaw, home-prepared	2.00	1/2 cup
	Carrot - raw, medium	2.00	each