



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	2.00	0.5 cup
	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	1.25	1 cup
	Peanuts, all types, dry-roasted, without salt	12.00	1 peanut
	Soy sauce made from soy and wheat (shoyu), low sodium	7.00	1 tablespoon
	Soy sauce made from soy and wheat (shoyu), low sodium	1.00	1 teaspoon
	Edamame (green soybeans)	3.00	1/2 cup
	Walnuts, dried	1.00	ounce(s)
	Beverages	Tea, black, brewed, prepared with tap water	7.00
Soy milk, Light, w/ calcium		7.00	cup
Breads and baked goods	Bread, whole-wheat, commercially prepared	1.00	1 oz
	Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	2.00	1 slice
Carb. Snack Foods (Healthy)	Rice cake - plain, Quaker	3.00	each
	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, POST Bran Flakes	2.00	0.75 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	3.00	1 cup, cooked
Dairy	Soy Yogurt, Fruited, low fat	42.00	ounce(s)
Fats & Oils	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Oil, peanut, salad or cooking	3.00	1 teaspoon
	Soy Nut Butter	1.33	tablespoon
	Salad Dressing, Newman's Own low fat Sesame Ginger	7.00	tablespoon
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	1.50	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Pineapple, raw, all varieties	2.50	1 cup, diced
	Watermelon, raw	2.50	1 cup, diced
	Strawberries, raw	3.00	1 cup, halves
	Mangos, raw	2.00	1 cup, sliced
	Grapes, red or green (European type, such as Thompson seedless), raw	55.00	1 grape, seedless
	Pear -medium w/peel	2.00	each
	Tangerine - fresh peeled	12.00	ounce(s)
Meals, Entrees and Sidedishes	Soy Burger	2.00	each
Nuts & Seeds	Nuts, almonds	11.00	1 almond

Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
Protein Snack Foods (Healthy)	Tuna Solid White -Water Sm. can	6.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	7.00	each
	Shrimp - boiled or steamed	5.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Red Meats - Standard	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	4.00	1 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	2.25	1 cup
	Noodles, chinese, chow mein	0.75	1 cup
Seasonings	Spices, ginger, ground	0.75	1 teaspoon
Snacks & Treats	Snacks, popcorn, air-popped	9.00	1 cup
Soups and Gravies	Miso Soup	4.00	cup
Vegetables	Mushrooms, white, raw	5.00	0.5 cup pieces
	Mushrooms, white, cooked, boiled, drained, without salt	0.25	0.5 cup pieces
	Carrots, cooked, boiled, drained, without salt	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Spinach, raw	6.00	1 cup
	Bamboo shoots, cooked, boiled, drained, without salt	2.00	1 cup (1/2" slices)
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Peppers, sweet, red, raw	1.50	1 cup, chopped
	Squash, winter, butternut, cooked, baked, without salt	1.00	1 cup, cubes
	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	2.00	1 cup, shredded
	Carrots, raw	2.50	1 cup, strips or slices
	Onions, spring or scallions (includes tops and bulb), raw	1.00	1 tablespoon chopped
	Bok Choy, boiled, drained	2.00	1/2 cup
	tomato, diced	1.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	2.00	cup
	Cucumber - raw, slices	0.50	cup
	bean Sprouts, fresh, stir fried	1.00	cup