



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, black, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Lentils, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	0.50	1 cup
	Veggie burgers or soyburgers, unprepared	2.00	1 patty
	Peanuts, all types, dry-roasted, without salt	20.00	1 peanut
	Walnuts, dried	0.50	ounce(s)
<b>Beverages</b>	Water, tap, municipal	42.00	1 cup (8 fl oz)
<b>Breads and baked goods</b>	Crackers, whole-wheat, low salt	7.00	1 cracker, square
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, pita, whole-wheat	2.50	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared	1.00	1 slice
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	3.00	each
	Grapes - American	57.00	each
<b>Cereals</b>	Kashi GoLEAN Cereal	1.00	cup
	Oatmeal - instant pkt., plain Quaker Extra	3.00	pack
<b>Dairy</b>	Yogurt, fruit variety, nonfat	7.00	1 container (6 oz)
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Cheese, low fat, cheddar or colby	1.00	1 slice (1 oz)
	Milk - skim, no fat	9.00	cup
<b>Fats &amp; Oils</b>	Salad dressing, italian dressing, commercial, reduced fat	5.00	1 tablespoon
	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	1.50	2 tablespoon
	Olive oil - pure	1.50	tablespoon
	Smart Balance LIGHT (Non-Dairy)	1.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	1.50	cup
	Celery - raw stalk trimmed	4.00	each
	Salad - sm. garden w/tomato, onion	2.00	small
<b>Finfish and Shellfish</b>	Fish, tuna, light, canned in water, without salt, drained solids	2.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Grapefruit, raw, pink and red and white, all areas	2.00	0.5 medium (approx 4" dia)
	Blueberries, raw	1.50	1 cup
	Raspberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, diced
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves

	Apples, dried, unsweetened, without added sugar	1.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.75	1 cup, sliced
	Strawberries, raw	1.50	1 cup, whole
	Raisins, seedless	0.50	50 raisins
	Orange - medium	2.00	each
	Peach - medium, approx 4 oz.	1.00	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	3.00	tablespoon
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	12.00	1 almond
<b>Performance Carbohydrates</b>	Apple - medium with peel	2.00	each
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	6.00	each
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
	Wild rice, cooked	0.50	1 cup
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	4.00	1 cup
	Granola Topping	4.00	tablespoon
<b>Soups and Gravies</b>	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.00	0.5 cup
	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1.50	1 cup
	Sauce, barbecue	0.25	1 cup (8 fl oz)
	Sauce, salsa, ready-to-serve	2.00	1 tablespoon
<b>Toppings</b>	Cinnamon	1.50	tea spoon
<b>Vegetables</b>	Mushrooms, white, raw	2.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Endive, raw	3.00	0.5 cup, chopped
	Onions, cooked, boiled, drained, without salt	0.50	1 cup
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
	Tomatoes, red, ripe, raw, year round average	0.75	1 cup, chopped or sliced
	Carrots, raw	0.50	1 cup, grated
	Lettuce, cos or romaine, raw	3.00	1 inner leaf
	Spinach, raw	6.00	1 leaf
	Carrots, baby, raw	6.00	1 medium
	Sweet potato, cooked, baked in skin, flesh, without salt	1.50	1 medium (2" dia, 5" long, raw)
	zucchini, frozen, boiled, drained	2.00	1/2 cup
	tomato, diced	2.00	1/2 cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup

Cucumber - raw, slices

1.00

cup

Carrots - baby, raw

11.00

medium