



Male Meal Plans

Category	Food	Qty	Measure
Breads and baked goods	Bagels, oat bran	3.00	1 bagel (3" dia)
	Crackers, matzo, egg and onion	3.00	1 matzo
	English muffins, whole-wheat, toasted	2.50	1 muffin
	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
Carb. Snack Foods (Healthy)	Banana - med 8"	1.00	each
	Potato - white medium	10.00	ounce(s)
Cereals	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	3.00	1 cup, cooked
Dairy	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	6.00	0.5 container (4 oz)
	Cheese, low fat, cheddar or colby	0.25	1 cup, shredded
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cream, sour, reduced fat, cultured	2.00	1 tablespoon
	Cheese, cream, low fat	1.00	1 tablespoon
	Milk - skim, no fat	8.00	cup
Fats & Oils	Salad dressing, home recipe, vinegar and oil	6.00	1 tablespoon
	Smart Balance LIGHT (Non-Dairy)	2.33	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	2.00	cup
	Salad - med. garden w/tomato, onion	2.00	medium
	Green beans - string boiled & drained	10.00	ounce(s)
	Salad - sm. garden w/tomato, onion	3.00	small
Finfish and Shellfish	Fish, salmon, chinook, smoked, (lox), regular	8.00	1 oz
	Fish, gefiltefish, commercial, sweet recipe	4.00	1 piece
	Fish, tuna, light, canned in water, drained solids	4.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.50	3 oz
Fruits & Fruit Juices	Blueberries, raw	2.00	1 cup
	Melons, cantaloupe, raw	3.50	1 cup, cubes
	Strawberries, raw	2.00	1 cup, halves
	Peaches, raw	1.25	1 cup, slices
	Raisins, seedless	0.75	50 raisins
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Peach - medium, approx 4 oz.	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	2.00	tablespoon
	Mayonnaise - low fat	4.00	tablespoon

	peanut butter reduced fat	2.00	tablespoon
Misc. Meats	Brisket - flat half, fat trimmed off	10.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	Nuts, almonds	3.00	1 oz (23 whole kernels)
Performance Carbohydrates	Apple - medium with peel	2.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.50	cup
Proteins (Healthy)	Egg Whites - scrambled/boiled	3.00	each
	Turkey Breast / White Meat	9.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
Recipes	BR9 - Breakfast Blintzes	3.00	each
	MAIN75 - Eggplant Parmesan	1.00	each
Rice, grains, flour	Rice, brown, long-grain, cooked	2.75	1 cup
Seasonings	Horseradish, prepared	1.00	1 tablespoon
	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Snacks & Treats	Snacks, popcorn, air-popped	6.00	1 cup
Soups and Gravies	Soup, vegetarian vegetable, canned, prepared with equal volume water	1.00	1 cup
	Sauce, barbecue	0.25	1 cup (8 fl oz)
Toppings	Cinnamon	1.50	tea spoon
Vegetables	Broccoli, cooked, boiled, drained, without salt	4.00	0.5 cup, chopped
	Carrots, baby, raw	24.00	1 medium
	Potato pancakes	1.00	1 pancake
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Celery - raw stalk, trimmed	8.00	each
	Onion - chopped	2.00	tablespoon