



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Beans, baked, canned, no salt added	0.25	1 cup
	Peanut butter, smooth style, without salt	0.75	2 tablespoon
Breads and baked goods	Cookies, graham crackers, plain or honey (includes cinnamon)	12.00	1 cracker (2-1/2" square)
	Crackers, whole-wheat, low salt	2.00	1 cracker, square
	Rolls, dinner, whole-wheat	1.50	1 medium (2-1/2" dia)
	Bread, whole-wheat, commercially prepared	6.00	1 oz
	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	2.00	1 waffle, round (4" dia) (include frozen)
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	1.50	each
	Grapes - American	33.00	each
Cereals	Cereals ready-to-eat, POST Raisin Bran Cereal	2.50	1 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.50	1 cup, cooked
Dairy	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	3.00	0.5 container (4 oz)
	Cheese, cottage, lowfat, 1% milkfat, no sodium added	1.00	1 cup
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, low fat, cheddar or colby	2.50	1 oz
	Cheese, mozzarella, low moisture, part-skim	0.50	1 slice (1 oz)
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	1.50	1 tablespoon
	Milk - skim, no fat	17.25	cup
Desserts	Ice creams, vanilla	2.00	0.5 cup
	Puddings, chocolate, ready-to-eat	2.00	1 snack size (4 oz)
	Syrups, table blends, pancake	2.00	1 tablespoon
Fats & Oils	Salad dressing, home recipe, vinegar and oil	3.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
	Olive Oil, Extra Virgin	2.50	tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	7.00	each
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	3.00	small
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Meats and Shellfish	Fish, tuna salad	0.50	1 cup
Fruits & Fruit Juices	Blueberries, raw	0.75	1 cup
	Melons, cantaloupe, raw	1.75	1 cup, diced
	Strawberries, raw	1.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Orange - medium	2.00	each
	Pear -medium w/peel	1.00	each
	Peach - medium, approx 4 oz.	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Mayonnaise - low fat	2.25	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
	SMART BALANCE Buttery Spread	6.00	tea spoon
Meals, Entrees and Sidedishes	Soy Chicken Nuggets	3.00	each
Nuts & Seeds	Nuts, almonds	15.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.75	1 oz
	Nuts, walnuts, english	0.50	1 oz (14 halves)
	Nuts, almond butter, plain, without salt added	1.50	1 tablespoon
Poultry	Turkey Meatballs	2.00	each
Proteins (Healthy)	Turkey, ground, extra lean	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
Red Meats - Standard	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	1.00	1 serving (3 oz)
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
	Spaghetti, whole-wheat, cooked	1.00	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
Snacks & Treats	Snacks, popcorn, air-popped	8.00	1 cup
	Pretzels - Featherweight, low salt	27.00	each
Soups and Gravies	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.00	0.5 cup
	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.25	1 cup
	Sauce, salsa, ready-to-serve	2.00	2 tablespoon
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	3.00	each
Toppings	Cinnamon	1.00	tea spoon
Vegetables	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	1.00	0.5 cup slices
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 can (11.5 oz), prepared
	Tomatoes, red, ripe, raw, year round average	12.00	1 cherry
	Asparagus, frozen, cooked, boiled, drained, without salt	1.50	1 cup
	Beans, snap, green, cooked, boiled, drained, without salt	1.00	1 cup
	Peas, green, cooked, boiled, drained, without salt	1.00	1 cup
	Peppers, sweet, red, raw	0.50	1 cup, chopped

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Lettuce, cos or romaine, raw	7.50	1 inner leaf
Tomatoes, red, ripe, raw, year round average	4.00	1 slice, thin/small
tomato, diced	3.00	1/2 cup
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.00	10 strips
Cucumber - raw, slices	2.00	cup
Corn - sweet,ear, boiled & drained	1.00	each
Carrots - baby, raw	22.00	medium