



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, baked, canned, plain or vegetarian	1.00	1 cup
	Peanuts, all types, dry-roasted, without salt	2.00	1 oz
<b>Beverages</b>	Water, tap, municipal	56.00	1 cup (8 fl oz)
	Ice cubes	3.00	1/2 cup
	Orange Juice, Tropicana- 100% pure, plus calcium	32.00	fluid ounce(s)
	Vegetable juice - V8	20.00	fluid ounce(s)
	Apple juice - Mott's	8.00	ounce(s)
<b>Breads and baked goods</b>	Rolls, dinner, whole-wheat	2.00	1 medium (2-1/2" dia)
	English muffins, mixed-grain (includes granola)	1.00	1 muffin
	English muffins, mixed-grain, toasted (includes granola)	1.00	1 muffin
	Muffins, blueberry, commercially prepared (Includes mini-muffins)	3.00	1 muffin (2-3/4" dia x 2")
	Bread, wheat, toasted	2.50	1 oz
	NABISCO, NABISCO WHEAT THINS Crackers, baked	2.00	1 serving
	Bread, raisin, toasted, enriched	2.00	1 slice
	Cookies, vanilla wafers, lower fat	6.00	1 small
	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	4.00	1 waffle, round (4" dia) (include frozen)
	Pita - wheat	1.50	each
Bun - hamburger	1.00	each	
<b>Carb. Snack Foods (Healthy)</b>	Graham Crackers	4.00	each
	Apple - medium with peel	2.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	2.00	1 cup (1 NLEA serving)
	Oatmeal - instant pkt.,apples/spice, Quaker	2.00	pack
<b>Dairy</b>	Cheese, low fat, cheddar or colby	3.00	1 cubic inch
	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	1.00	1 cup
	Egg, whole, cooked, hard-boiled	1.00	1 cup, chopped
	Cheese, mozzarella, low moisture, part-skim	0.50	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Egg, whole, cooked, omelet	1.00	1 large
	Milk - 1%	3.00	cup
	Milk - skim, no fat	20.00	cup
	Yogurt - Dannon, Extra Smooth, all flavors	18.00	ounce(s)
Cream Cheese, Light, Phili brand	1.00	ounce(s)	
<b>Desserts</b>	Sherbet, orange	1.00	0.5 cup (4 fl oz)
	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
<b>Dressings</b>	Italian - creamy, reduced cal., KRAFT	1.00	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon

	Margarine, soft, soybean, no salt	9.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	3.50	2 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	1.00	2 tablespoon
	Olive oil - pure	0.50	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>			
	Corn - sweet ear, boiled, drained	1.00	each
	Celery - raw stalk trimmed	6.00	each
<b>Finfish and Shellfish</b>			
	Fish, tuna salad	0.50	1 cup
	Fish, fish sticks, frozen, prepared	4.00	1 stick (4" x 1" x 1/2")
<b>Fruits &amp; Fruit Juices</b>			
	Grapefruit, raw, pink and red, all areas	2.00	0.5 fruit (3-3/4" dia)
	Blueberries, raw	2.00	1 cup
	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.50	1 cup
	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	1.00	1 cup
	Peaches, canned, juice pack, solids and liquids	1.00	1 cup
	Applesauce, canned, unsweetened, with added ascorbic acid	0.50	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, balls
	Watermelon, raw	1.00	1 cup, balls
	Pineapple, canned, juice pack, solids and liquids	0.50	1 cup, crushed, sliced, or chunks
	Melons, honeydew, raw	1.00	1 cup, diced (approx 20 pieces per cup)
	Strawberries, raw	1.00	1 cup, halves
	Raisins, seedless	4.00	1 miniature box (.5 oz)
	Orange - medium	1.00	each
	Cherries, sweet, medium	12.00	each
	Banana - med 8"	2.50	each
	Grapes - American	20.00	each
	Pear -medium w/peel	1.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>			
	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Peanut butter - creamy. Peter Pan	3.50	tablespoon
	Syrup - Aunt Jemima, Lite	3.00	tablespoon
	Salsa - Chunky medium, Pace	3.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
	Peanut Butter	2.50	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	3.00	tea spoon
<b>Meals, Entrees and Sidedishes</b>			
	Lean Turkey Meatballs- HoneySuckle White	3.00	each
<b>Miscellaneous</b>			
	Tortilla - flour, soft, 7" diam.	1.00	each
<b>Noodles &amp; Pastas</b>			
	Spaghetti - wheat, cooked, DiGiorno	0.75	cup
<b>Performance Carbohydrates</b>			
	Bread whole wheat -slice	7.00	each
<b>Protein Snack Foods (Healthy)</b>			
	Cottage Cheese - 1% fat	2.00	cup
<b>Proteins (Healthy)</b>			
	Turkey Breast / White Meat	13.00	ounce(s)

	Chicken Breast / White Meat	12.00	ounce(s)
	Kraft American Cheese 2% Milk	5.00	slice
<b>Red Meats - Standard</b>	Beef, ground, extra lean, baked, medium	1.00	3 oz
	Beef, ground, extra lean, broiled, medium	1.50	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
	Rice, brown, medium-grain, cooked	1.00	1 cup
<b>Sausages and Lunch Meats</b>	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	6.00	1 slice
<b>Seasonings</b>	Mustard, prepared, yellow	3.00	1 teaspoon or 1 packet
<b>Snacks &amp; Treats</b>	Popcorn - Lite, microwaved, Orvill Red. Gourmet	8.00	cup
	Pretzels - Rold Gold, Tiny Tim	27.00	each
<b>Soups and Gravies</b>	Gravy, beef, canned, ready-to-serve	0.25	1 cup
	Soup, black bean, canned, prepared with equal volume water	0.75	1 cup
	Sauce, fish, ready-to-serve	1.00	1 tablespoon
	Tomato soup - prepared w/skim milk, Campbell's	0.75	cup
<b>Starchy Carbohydrates (Healthy)</b>	Tortilla - corn, soft, 7" diam.	2.00	each
<b>Vegetables</b>	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	2.00	0.5 cup
	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1.00	0.5 cup
	Beans, snap, yellow, canned, no salt added, drained solids	2.00	0.5 cup
	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Tomatoes, red, ripe, raw, year round average	6.00	1 cherry
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Potato puffs, frozen, oven-heated	1.00	1 cup
	Potatoes, mashed, home-prepared, whole milk added	1.00	1 cup
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Carrots, baby, raw	26.00	1 large
	Lettuce, green leaf, raw	2.00	1 leaf
	Tomatoes, red, ripe, raw, year round average	4.00	1 slice, medium (1/4" thick)
	Catsup	1.00	1 tablespoon
	tomato, diced	0.50	1/2 cup
	Peppers, sweet, yellow, raw	1.00	10 strips
	Green salad w/ raw vegetables	3.00	cup
	Cucumber - raw, slices	2.00	cup