



## Male Meal Plans

| Category                        | Food  | Qty   | Measure                        |
|---------------------------------|---|-------|--------------------------------|
| Beans, Lentils                  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt               | 0.50  | 1 cup                          |
|                                 | Soy sauce made from soy and wheat (shoyu), low sodium   | 2.00  | 1 tablespoon                   |
|                                 | Walnuts, dried  | 0.75  | ounce(s)                       |
| Beverages                       | Vegetable juice - V8, no salt   | 12.00 | fluid ounce(s)                 |
| Breads and baked goods          | English muffins, whole-wheat, toasted   | 2.00  | 1 muffin                       |
|                                 | Muffins, oat bran   | 2.00  | 1 muffin (2-1/2" dia x 2-1/4") |
|                                 | Bread, pita, whole-wheat  | 3.00  | 1 pita, large (6-1/2" dia)     |
|                                 | Bread, whole-wheat, commercially prepared, toasted  | 4.00  | 1 slice                        |
|                                 | Crackers, melba toast, wheat  | 11.00 | 1 toast                        |
| Carb. Snack Foods (Healthy)     | Graham Crackers   | 4.00  | each                           |
|                                 | Rice cake - apple cinnamon, Quaker  | 8.00  | each                           |
|                                 | Banana - med 8"   | 3.00  | each                           |
|                                 | Grapes - American   | 60.00 | each                           |
| Cereals                         | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 3.00  | 1 cup, cooked                  |
|                                 | Kashi GoLEAN Cereal   | 1.50  | cup                            |
| Dairy                           | Yogurt, fruit variety, nonfat   | 6.00  | 1 container (6 oz)             |
|                                 | Cheese, cottage, lowfat, 1% milkfat, no sodium added  | 1.50  | 1 cup                          |
|                                 | Cheese, low fat, cheddar or colby   | 0.50  | 1 cup, shredded                |
|                                 | Egg, whole, cooked, hard-boiled   | 1.00  | 1 large                        |
|                                 | Cheese, low fat, cheddar or colby   | 1.00  | 1 slice (1 oz)                 |
|                                 | Cheese, swiss, low fat  | 3.00  | 1 slice (1 oz)                 |
|                                 | Milk - skim, no fat   | 7.00  | cup                            |
|                                 | Parmesean Cheese, Low Sodium  | 3.00  | tablespoon                     |
| Fast Food                       | Pizza, cheese and veggies   | 3.00  | slice                          |
| Fats & Oils                     | Salad dressing, italian dressing, reduced calorie   | 4.00  | 1 tablespoon                   |
|                                 | Salad dressing, french dressing, reduced calorie  | 2.00  | 1 tablespoon                   |
|                                 | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing  | 1.00  | 2 tablespoon                   |
|                                 | Olive oil - pure  | 1.00  | tablespoon                     |
|                                 | Smart Balance LIGHT (Non-Dairy)   | 5.00  | tablespoon                     |
| Fibrous Carbohydrates (Healthy) | Asparagus/ Fresh - Boiled   | 1.00  | cup                            |
| Finfish and Shellfish           | Fish, salmon, Atlantic, wild, cooked, dry heat  | 1.50  | 3 oz                           |
| Fruits & Fruit Juices           | Blueberries, raw  | 1.25  | 1 cup                          |
|                                 | Watermelon, raw   | 6.00  | 1 cup, diced                   |

|                                    |  |       |                                      |
|------------------------------------|--|-------|--------------------------------------|
|                                    | Watermelon, raw  | 3.00  | 1 cup, sliced                        |
|                                    | Strawberries, raw  | 5.00  | 1 cup, halves                        |
|                                    | Peaches, raw   | 2.50  | 1 cup, slices                        |
|                                    | Raisins, seedless  | 1.00  | 50 raisins                           |
|                                    | Grapefruit - pink or red 4" diam.                                    | 2.00  | each                                 |
|                                    | Pear -medium w/peel  | 1.00  | each                                 |
| Jams/<br>Spreads/Sauces/<br>Syrups | Relish - pickle  | 0.50  | tablespoon                           |
|                                    | Mayonnaise - low fat   | 3.00  | tablespoon                           |
|                                    | Peanut Butter  | 4.00  | tablespoon                           |
| Nuts & Seeds                       | Nuts, almonds  | 46.00 | 1 almond                             |
| Performance<br>Carbohydrates       | Apple - medium with peel   | 2.00  | each                                 |
| Poultry                            | Turkey Meatballs   | 3.00  | each                                 |
| Protein Snack<br>Foods (Healthy)   | Tuna Solid White -Water Sm. can                                      | 8.00  | ounce(s)                             |
| Proteins (Healthy)                 | Egg Whites - scrambled/boiled  | 3.00  | each                                 |
|                                    | Shrimp - boiled or steamed   | 5.00  | ounce(s)                             |
|                                    | Turkey Breast / White Meat   | 8.00  | ounce(s)                             |
|                                    | Chicken Breast / White Meat  | 11.00 | ounce(s)                             |
| Red Meats -<br>Standard            | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled     | 1.00  | 1 serving (3 oz)                     |
| Rice, grains, flour                | Rice, brown, long-grain, cooked                                      | 2.00  | 1 cup                                |
|                                    | Spaghetti, whole-wheat, cooked                                       | 2.00  | 1 cup                                |
| Seasonings                         | Garlic powder  | 0.33  | tablespoon                           |
| Snacks & Treats                    | Snacks, popcorn, air-popped  | 22.00 | 1 cup                                |
|                                    | Pretzels - Rold Gold, Tiny Tim                                       | 20.00 | each                                 |
| Soups and Gravies                  | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve  | 1.00  | 1 cup                                |
|                                    | Soup, vegetarian vegetable, canned, prepared with equal volume water | 2.00  | 1 cup                                |
|                                    | Sauce, barbecue  | 0.25  | 1 cup (8 fl oz)                      |
|                                    | Sauce, pasta, spaghetti/marinara, ready-to-serve                     | 1.00  | 1 serving                            |
|                                    | Sauce, salsa, ready-to-serve   | 1.00  | 2 tablespoon                         |
| Toppings                           | Cinnamon   | 1.00  | tea spoon                            |
| Vegetables                         | Coleslaw, home-prepared  | 2.00  | 0.5 cup                              |
|                                    | Waterchestnuts, chinese, canned, solids and liquids                  | 1.00  | 0.5 cup slices                       |
|                                    | Broccoli, cooked, boiled, drained, without salt                      | 2.00  | 0.5 cup, chopped                     |
|                                    | Spinach, raw   | 6.00  | 1 cup                                |
|                                    | Broccoli, flower clusters, raw                                       | 1.00  | 1 cup flowerets                      |
|                                    | Peppers, sweet, red, raw   | 1.50  | 1 cup, chopped                       |
|                                    | Carrots, raw   | 1.00  | 1 cup, strips or slices              |
|                                    | Lettuce, cos or romaine, raw   | 2.00  | 1 inner leaf                         |
|                                    | Sweet potato, cooked, baked in skin, flesh, without salt             | 1.00  | 1 large                              |
|                                    | Spinach, raw   | 3.00  | 1 leaf                               |
|                                    | Tomatoes, red, ripe, raw, year round average                         | 1.00  | 1 slice, thick/large<br>(1/2" thick) |
|                                    | Tomatoes, red, ripe, raw, year round average                         | 4.00  | 1 slice, thin/small                  |

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| Onions, spring or scallions (includes tops and bulb), raw | 1.00  | 1 tablespoon<br>chopped |
| zucchini, frozen, boiled, drained                         | 2.00  | 1/2 cup                 |
| tomato, diced   | 2.25  | 1/2 cup                 |
| Green salad w/ raw vegetables                             | 5.00  | cup                     |
| Cucumber - raw, slices                                    | 1.50  | cup                     |
| Carrots - baby, raw                                       | 32.00 | medium                  |