



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	SILK Light Vanilla, soymilk	1.00	1 cup
	Vanilla light soy milk	12.00	fluid ounce(s)
	PROGRESSO Black Beans	4.00	tablespoon
	Hummus	2.00	tablespoon
Beverages	Coffee - w/caffeine	6.00	ounce(s)
Breads and baked goods	Wheat melba toast	3.00	each
	Van's Whole Grain Waffles	1.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.00	each
	Apple	3.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1.00	1 cup (1 NLEA serving)
Dairy	Cottage cheese	0.33	cup
	Skim milk	20.00	fluid ounce(s)
	Feta cheese	0.50	ounce(s)
	Grated parmesan cheese	1.00	tablespoon
Dressings	Balsamic Vinegar	4.00	tablespoon
	Italian dressing, reduced fat	3.00	tablespoon
Fats & Oils	Sliced avocado	0.25	cup
	Olive oil - pure	1.00	tablespoon
	Olive oil	2.13	tablespoon
	Olive oil	4.50	tea spoon
Fibrous Carbohydrates (Healthy)	Dry steel cut oats	0.45	cup
	Brown rice, cooked	1.08	cup
	Snow peas	0.33	cup
	Whole wheat spaghetti, cooked	0.50	cup
	Whole wheat wrap	1.00	each
	Sweet potato, baked in peel, large	1.50	each
	Wheat bagel	0.50	each
	100% whole wheat wrap, 6"	1.00	each
	100% whole wheat sandwich thin	1.00	each
	Whole wheat pita bread	1.00	each
	Whole wheat English muffin	0.50	each
	Wheat bread	2.00	slice
	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	slice
Fruits & Fruit Juices	Watermelon, raw	2.00	1 cup, diced
	Pineapple - canned, chunks	0.46	cup

	Strawberries	3.50	cup
	Grapes	1.00	cup
	Unsweetened frozen cherries	0.25	cup
	Fresh cantaloupe	1.75	cup
	Frozen unsweetened blueberries	1.00	cup
	Pear -medium w/peel	1.00	each
	Grapefruit	0.50	each
	Small banana	1.00	each
	Fresh peach	1.00	each
Jams/ Spreads/Sauces/ Syrups	Almond Butter	1.00	tablespoon
	Low fat mayonnaise	3.00	tablespoon
	Trans fat-free buttery spread	5.00	tea spoon
Noodles & Pastas	Quinoa, cooked	0.83	1 cup
Nuts & Seeds	Pistachio nuts	24.00	each
	Slivered almonds	2.00	tablespoon
	Chopped walnuts	4.00	tablespoon
Poultry	Turkey bacon	1.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.83	cup
Proteins (Healthy)	Tuna Solid White in water	0.40	cup
	Vegetarian sausage link	1.00	each
	Almonds, unsalted	28.00	each
	Vegetable burger	1.00	each
	Egg white	5.00	large
	Flounder - broiled	3.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
	Water packed white tuna	4.00	ounce(s)
	Boneless chicken breast	11.25	ounce(s)
	Turkey breast	8.00	ounce(s)
	Salmon	3.00	ounce(s)
	Greek yogurt, plain, non fat	16.00	ounce(s)
	Tilapia	5.00	ounce(s)
	2% milkfat cheddar cheese	3.50	ounce(s)
	Canadian bacon, extra lean	1.00	ounce(s)
	Pork loin, raw	4.00	ounce(s)
	Low fat Swiss cheese	1.50	ounce(s)
	Peanut butter	3.00	tea spoon
Red Meats - Standard	Beef, lean	4.00	ounce(s)
Sausages and Lunch Meats	Applegate Naturals, Natural Chicken and Apple Breakfast Sausage	1.00	each
Seasonings	Fresh basil	1.00	tablespoon
	Red wine vinegar	1.00	tablespoon
	Mustard	1.50	tea spoon
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	4.00	cup
	Baked potato chips	15.00	each

Toppings	Cinnamon	0.50	tea spoon
	Sugar - brown	0.50	tea spoon
Vegetables	Mixed greens	4.00	cup
	Green beans, steamed or boiled	2.25	cup
	Kale	0.50	cup
	Tomato sauce	0.50	cup
	Carrots	0.75	cup
	Grated carrots	0.33	cup
	Chopped tomato	1.13	cup
	Zucchini	0.50	cup
	Broccoli	1.50	cup
	Celery	0.13	cup
	Fresh spinach	4.25	cup
	Fresh mushrooms	1.00	cup
	Bell pepper	0.50	each
	Lettuce leaf	4.00	each
	Baby carrots	10.00	each
	Salad	1.00	each
	Asparagus spears	5.00	each
	Tomato slice	2.00	each
	Chopped onion	7.00	tablespoon