



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	SILK Plain, soymilk	1.00	1 cup
	Black beans	0.25	cup
	Black beans, canned, drained	2.00	tablespoon
	Hummus	9.50	tablespoon
Beverages	Silk Plain Soy Milk	1.66	cup
Breads and baked goods	English muffins, wheat	2.00	1 muffin
	Udi's Small Tortilla	1.00	each
	Udi's Millet-Chia Bread	1.00	slice
Carb. Snack Foods (Healthy)	Apple - medium with peel	2.00	each
	Apple	2.00	each
Cereals	Rice Chex	3.50	cup
	Bran flakes	1.25	cup
Dairy	Milk - skim, no fat	2.00	cup
	Hard boiled egg	2.50	each
	Skim milk	48.00	fluid ounce(s)
	Mozzarella cheese, part skim	5.00	ounce(s)
	Grated parmesan cheese	1.00	tablespoon
	Grated parmesan cheese	3.00	tablespoon
Dressings	Balsamic Vinegar	6.00	tablespoon
	Italian dressing, reduced fat	9.50	tablespoon
Fats & Oils	Sliced avocado	1.33	cup
	Olive oil	5.75	tablespoon
	Olive oil	9.50	tea spoon
Fibrous Carbohydrates (Healthy)	Kidney beans, cooked or canned	0.13	cup
	Cooked lentils	0.66	cup
	Dry steel cut oats	1.25	cup
	Brown rice, cooked	1.74	cup
	Whole wheat pasta, cooked	0.25	cup
	Whole wheat spaghetti, cooked	0.50	cup
	100% whole wheat wrap, 6"	3.00	each
	100% whole wheat sandwich thin	2.00	each
	Sweet potato, baked with peel, small	1.00	each
	Whole wheat English muffin	2.00	each
	Wheat bread	1.00	slice
	Ezekiel 4:9 bread, sprouted 100% whole wheat	3.50	slice
	Fruits & Fruit Juices	Strawberries	4.82

	Strawberries	4.00	cup
	Grapes	3.25	cup
	Fresh raspberries	0.50	cup
	Fresh blueberries	3.00	cup
	Fresh cantaloupe	3.00	cup
	Frozen unsweetened blueberries	1.75	cup
	Sliced fresh peaches	1.00	cup
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Small banana	1.50	each
	Pear	3.00	each
	Raisins	4.00	tablespoon
Jams/ Spreads/Sauces/ Syrups	Salsa	0.25	cup
	Peanut Butter	2.00	tablespoon
	Almond Butter	0.83	tablespoon
	Low fat mayonnaise	2.50	tablespoon
	Smooth peanut butter	0.33	tablespoon
	Soy sauce, low sodium	1.00	tea spoon
	Trans fat-free buttery spread	11.00	tea spoon
	All fruit jelly	0.25	tea spoon
Miscellaneous	luna bar	1.00	each
	Teriyaki sauce, ready to serve, low sodium	2.00	tablespoon
Noodles & Pastas	Quinoa, cooked	2.00	1 cup
	Rice pasta, cooked	1.25	cup
Nuts & Seeds	Pistachio nuts	96.00	each
	Chopped walnuts	5.50	tablespoon
	Sunflower seeds	1.00	tablespoon
Performance Carbohydrates	Apple - medium with peel	1.00	each
Pork Products	Pork, loin, lean, uncooked	9.00	ounce(s)
Poultry	Turkey bacon, cooked	2.00	1 oz cooked, yield
	Turkey bacon	5.50	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	3.00	cup
	String cheese, part skim mozzarella	1.00	each
	Pumpkin seeds, roasted, unsalted	2.00	tablespoon
Proteins (Healthy)	Cooked egg white	5.00	each
	Almonds, unsalted	72.00	each
	Vegetable burger	1.00	each
	Egg white	26.00	large
	Shrimp - boiled or steamed	7.00	ounce(s)
	Salmon - broiled	7.00	ounce(s)
	Flounder - broiled	6.00	ounce(s)
	Water packed white tuna	22.00	ounce(s)
	Boneless chicken breast	38.00	ounce(s)
	Turkey breast	36.00	ounce(s)
	Salmon	8.00	ounce(s)
	Extra lean beef	5.00	ounce(s)
	Ground chicken breast raw	4.00	ounce(s)

	Canned salmon	4.00	ounce(s)
	Halibut, raw	4.00	ounce(s)
	Greek yogurt, plain, non fat	38.00	ounce(s)
	Tilapia	12.50	ounce(s)
	2% milkfat cheddar cheese	11.75	ounce(s)
	Canadian bacon, extra lean	6.00	ounce(s)
	Lean ground beef	7.00	ounce(s)
Seasonings	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
	Garlic powder	0.25	tablespoon
	Fresh basil	1.00	tablespoon
	White vinegar	2.00	tablespoon
	Ground black pepper	0.13	tea spoon
	Italian seasoning medley	0.25	tea spoon
	Mustard	2.00	tea spoon
	Dried rosemary	0.50	tea spoon
	Ground dried sage	0.13	tea spoon
	Paprika	0.25	tea spoon
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
Starchy Carbohydrates (Healthy)	Spaghetti squash, cooked	2.25	cup
	Baked potato, small	1.00	each
Toppings	Cinnamon	0.50	tea spoon
	Sugar - brown	0.50	tea spoon
Vegetables	Edamame, frozen, prepared	0.75	1 cup
	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	13.00	cup
	Green beans, steamed or boiled	2.50	cup
	Kale	0.50	cup
	Cauliflower	2.00	cup
	Chopped onion	2.00	cup
	Tomato sauce	0.50	cup
	Roasted beets	1.50	cup
	Carrots	2.00	cup
	Mixed vegetables (non starchy)	0.66	cup
	Edamame, in pods, prepared from frozen	0.66	cup
	Grated carrots	1.88	cup
	Chopped tomato	3.66	cup
	Summer squash, cooked	1.00	cup
	White mushrooms, sliced	1.00	cup
	Broccoli	6.50	cup
	Celery	0.25	cup
	Red pepper	1.50	cup
	Fresh spinach	22.50	cup
	Fresh mushrooms	3.33	cup
	Fresh white mushrooms	0.50	cup
	Bell pepper	2.25	each
	Lettuce leaf	8.00	each
	Tomato	2.00	each
	Baby carrots	12.00	each
	Garlic clove	2.50	each
	Tomato slice	6.00	each

Canned artichoke	2.00	ounce(s)
Onion - chopped	2.00	tablespoon
Chopped onion	13.00	tablespoon
Tomato sauce	2.00	tablespoon