



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Refried beans, canned, traditional style (includes USDA commodity)	1.00	1 cup
Beverages	Coffee - w/caffeine	56.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	4.00	1 cracker
Cereals	Oatmeal - instant pkt., plain Quaker Extra	2.00	pack
Dairy	Egg, whole, cooked, hard-boiled	3.00	1 large
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Cheese, mexican, queso asadero	3.00	1 oz
	Milk - skim, no fat	15.00	cup
	Yogurt - Yoplait, Light, all flavors	30.00	ounce(s)
	Cream Cheese, Light, Phila brand	2.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	4.00	ounce(s)
Fast Food	Taco - beef regular	2.00	each
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	2.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	2.50	2 tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	3.00	each
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	4.00	small
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Strawberries, raw	1.50	1 cup, halves
	Lime juice, raw	1.00	1 fl oz
	Kiwifruit, green, raw	4.00	1 fruit without skin, medium
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
Jams/ Spreads/Sauces/ Syrups	Peanut butter - creamy. Peter Pan	2.00	tablespoon
	Salsa - Chunky medium, Pace	27.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
Miscellaneous	guacamole	8.00	ounce(s)
Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Almonds - Planters Dry Roasted	2.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	1.00	each

Carbohydrates

Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.75	cup
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
Proteins (Healthy)	Protein Drink, Generic (add 16oz. water)	4.00	1/2 cup
	Egg Whites - scrambled/boiled	6.00	each
	Shrimp - boiled or steamed	7.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
Recipes	MAIN25 - Chili Beef and Bean Burgers	1.00	each
	MAIN14 - Chicken Fajitas	1.00	each
	MAIN03 - Green Chili	1.00	each
	MAIN01 - Fish With Cucumber Sauce	1.50	each
Rice, grains, flour	Wild rice, cooked	0.50	1 cup
Snacks & Treats	Snacks, tortilla chips, plain, white corn, salted	2.00	1 oz
Soups and Gravies	Soup, gazpacho, canned, ready-to-serve	3.00	1 cup
	Soup, black bean, canned, prepared with equal volume water	1.00	1 cup
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	3.00	each
Vegetables	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.50	1 cup
	Carrots, baby, raw	5.00	1 medium
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Cucumber - raw, slices	0.50	cup
	Celery - raw stalk, trimmed	3.00	each
	Carrots - baby, raw	5.00	medium
	Pepper - jalapeno', diced, Ortega	3.00	ounce(s)
	Onion - chopped	4.00	tablespoon