



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Walnuts, dried	1.58	ounce(s)
Beverages	Tea, herb, chamomile, brewed	4.00	1 cup (8 fl oz)
	milk, coconut-Dairy free	3.50	cup
	Lemon juice -	3.00	tablespoon
Carb. Snack Foods (Healthy)	Apple - medium with peel	7.00	each
	Grapes - American	50.00	each
Custom Recipes	Marinated Mushrooms	1.00	each
	Broiled Tenderloin of Pork and Spicy Rub	1.50	each
Dairy	Egg, whole, cooked, hard-boiled	4.00	1 large
	Egg, whole, cooked, omelet	2.00	1 large
	Egg, whole, cooked, poached	1.00	1 large
Dressings	Balsamic Vinegar	5.00	tablespoon
Fats & Oils	Oil, flaxseed, cold pressed	0.50	1 tablespoon
	Olive oil - pure	1.50	tablespoon
Fibrous Carbohydrates (Healthy)	Carrot - raw medium	1.00	each
	Celery - raw stalk trimmed	13.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	9.00	ounce(s)
	Broccoli	1.00	spear
Fruits & Fruit Juices	Blackberries, raw	2.00	1 cup
	Tangerines, (mandarin oranges), canned, juice pack, drained	0.50	1 cup
	Watermelon, raw	1.50	1 cup, balls
	Avocados, raw, California	0.66	1 cup, pureed
	Mangos, raw	0.33	1 cup, sliced
	Peaches, raw	0.50	1 cup, slices
	Blueberries, raw	0.50	1 cup, unfrozen
	Avocados, raw, California	0.99	1 fruit without skin and seeds
	Kiwifruit, green, raw	0.50	1 fruit without skin, medium
	Olives, ripe, canned (small-extra large)	8.00	1 large
	Lemon juice, raw	6.00	1 lemon yields
	Raisins, seedless	1.00	1 miniature box (.5 oz)
	Raisins, seedless	2.00	1 small box (1.5 oz)
	Lemon juice, raw	3.00	1 wedge yields
	Strawberries	3.00	cup
	Orange - medium	1.00	each

	Nectarine - medium, 2.5" diam.	1.00	each
	Cantaloupe - muskmelon	1.00	each
	Banana - med 8"	2.00	each
	Pear - medium, Dole	0.50	medium
Jams/ Spreads/Sauces/ Syrups			
	Relish - pickle	1.00	tablespoon
	Almond Butter	4.50	tablespoon
Nuts & Seeds			
	Nuts, almonds	67.00	1 almond
	Nuts, coconut water (liquid from coconuts)	1.00	1 cup
	Seeds, sunflower seed kernels, dry roasted, with salt added	0.25	1 cup
	Nuts, macadamia nuts, raw	1.00	1 oz (10-12 kernels)
	Seeds, sunflower seed butter, without salt	1.50	1 tablespoon
	Nuts - cashew & peanuts, Planters	0.50	ounce(s)
Protein Snack Foods (Healthy)			
	Egg - boiled white only	3.00	each
Proteins (Healthy)			
	Egg Whites - scrambled/boiled	19.00	each
	Shrimp - boiled or steamed	6.00	ounce(s)
	Orange Roughy- broiled or grilled	6.00	ounce(s)
	Salmon - broiled	6.00	ounce(s)
	Halibut - broiled	6.00	ounce(s)
	Chicken Breast / White Meat	24.00	ounce(s)
	Tuna, Bumble Bee, White Albacore in water	6.00	ounce(s)
	Fish, Tilapia	6.00	ounce(s)
	Turkey, Italian Style-Trader Joes	20.00	ounce(s)
Recipes			
	MAIN14 - Chicken Fajitas	1.50	each
Red Meats - Standard			
	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1.50	1 serving (3 oz)
Seasonings			
	Rosemary, fresh	2.00	1 tablespoon
	Spices, paprika	1.00	1 teaspoon
	Spices, oregano, dried	1.00	1 teaspoon, ground
	Basil, fresh	0.50	2 tablespoon
	Pepper - black, ground	1.25	tablespoon
	cumin, powder	1.00	tablespoon
Toppings			
	Cinnamon	1.00	tea spoon
Vegetables			
	Coriander (cilantro) leaves, raw	2.00	0.25 cup
	Cauliflower, cooked, boiled, drained, with salt	2.00	0.5 cup (1" pieces)
	Radishes, raw	2.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Spinach, raw	2.25	1 bunch
	Spinach, raw	1.00	1 can (11.5 oz), prepared
	Garlic, raw	4.00	1 clove
	Squash, winter, butternut, cooked, baked, without salt	1.00	1 cup, cubes
	Yam, raw	1.00	1 cup, cubes
	Asparagus, raw	4.00	1 spear, medium (5-1/4" to 7" long)
	Parsley, fresh	1.00	1 tablespoon
	tomato, diced	1.00	1/2 cup
	Green salad w/ raw vegetables	23.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup

Cucumber - raw, slices	1.00	cup
Tomato - sm. w/peel, 2.5" diam.	2.00	small
Onion - chopped	2.00	tablespoon