



Male Meal Plans

Category	Food	Qty	Measure
Beverages	Water, tap, drinking	560.00	1 fl oz
Cereals	Oatmeal -Quick, measured uncooked	3.75	cup
	Oatmeal - quick, measure uncooked	1.00	cup
Fats & Oils	Flaxseed Oil (linseed)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Broccoli	2.00	spear
Meal Substitutes	Protein Powder	30.00	scoop
Performance Carbohydrates	Sweetpotato, cooked, baked in skin, without salt	2.25	1 cup
	Rice - white cook steamed	2.50	cup
	Rice/White Steamed - Cooked	1.50	cup
	Potato/White - Baked	17.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	5.00	each
	Swordfish - cooked dry heat	5.00	ounce(s)
	Salmon - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	24.00	ounce(s)
	Chicken Breast / White Meat	29.00	ounce(s)
	Sirloin Top - fat trimmed off	23.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Seasonings	Vinegar, balsamic	8.00	1 tablespoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Spinach, raw	4.50	1 cup
	Lettuce, iceberg (includes crisphead types), raw	4.00	1 cup, shredded or chopped