



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Pinto bean - boiled	1.00	cup
<b>Beverages</b>	Tea, instant, unsweetened, lemon-flavored, powder, prepared	13.00	1 cup (8 fl oz)
	Orange juice - Minute Maid regular	6.00	ounce(s)
	Coffee - w/caffeine	37.00	ounce(s)
<b>Breads and baked goods</b>	English muffins, mixed-grain (includes granola)	1.00	1 muffin
	Muffins, oat bran	1.00	1 muffin (2-1/2" dia x 2-1/4")
	Crackers, melba toast, wheat	2.00	1 toast
	Pita - wheat	4.00	each
	Bun - hamburger	2.00	each
	Bagel - Cinnamon Raisin, Earth Grains	2.00	each
	Bread /Rye 7 grain	3.00	each
	Whole Wheat - thin slice, Pepperidge Farm	2.00	slice
<b>Carb. Snack Foods (Healthy)</b>	Power Bar	1.00	each
	Cracker/Nabisco - Low Saltines	5.00	each
<b>Cereals</b>	Raisin Brand, wheat Kelloggs	1.00	cup
	Cheerios Oat & Wheat, Gen. Mills	1.00	cup
	Oatmeal - instant pkt.,Plus Fiber, Quaker	1.00	pack
<b>Dairy</b>	Cheese - Healthy Choice fat free shredded	0.50	cup
	Milk - skim, no fat	3.00	cup
	Yogurt - Dannon, Fruit on the Bottom, all flav.	8.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	6.00	ounce(s)
<b>Desserts</b>	Snacks, fruit leather, bars	2.00	1 bar
	ice cream,rocky road,Healthy Choice	2.00	ounce(s)
<b>Dressings</b>	Thousand island - reduced cal. KRAFT	2.00	tablespoon
	Oil & vinegar - Wish-Bone, Lite Classic	2.00	tablespoon
	Italian - fat free, KRAFT Free	4.00	tablespoon
	French - reduced calorie, KRAFT	2.00	tablespoon
	French - no fat, KRAFT Free	2.00	tablespoon
<b>Fast Food</b>	Pizza, cheese and veggies	2.00	slice
<b>Fats &amp; Oils</b>	Margarine-like spread, (40% fat), corn	3.00	1 teaspoon
<b>Fibrous Carbohydrates (Healthy)</b>	Celery - raw stalk trimmed	2.00	each
	Salad - lrg. garden w/tomato & onion	3.00	large
	Salad - med. garden w/tomato, onion	4.00	medium
	Green beans - string boiled & drained	4.00	ounce(s)

	Salad - sm. garden w/tomato, onion	3.00	small
	Broccoli	1.00	spear
<b>Finfish and Shellfish</b>	Fish, tuna, yellowfin, fresh, cooked, dry heat	2.50	3 oz
<b>Fruits &amp; Fruit Juices</b>	Grapes, american type (slip skin), raw	2.00	1 cup
	Watermelon, raw	1.00	1 cup, balls
	Pears, raw	1.00	1 cup, slices
	Apple - medium with peel	1.00	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	2.00	each
	Peach - medium, approx 4 oz.	1.00	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa - Chunky medium, Pace	3.00	tablespoon
	Peanut Wonder -low fat peanut butter	4.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
<b>Misc. Meats</b>	Flank - fat trimmed off, braised	4.00	ounce(s)
<b>Miscellaneous</b>	Balance Outdoor Bar	3.00	each
<b>Performance Carbohydrates</b>	Apple - medium with peel	4.00	each
	Yam - baked w/o skin	7.00	ounce(s)
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
<b>Proteins (Healthy)</b>	Tuna Solid White in water	1.00	cup
	Egg Whites - scrambled/boiled	3.00	each
	Cod - Pacific, broiled	3.00	ounce(s)
	Flounder - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	5.00	ounce(s)
<b>Sausages and Lunch Meats</b>	Turkey breast, sliced, oven roasted, luncheon meat	5.00	1 slice (3-1/2" square; 8 per 6 oz package)
<b>Seasonings</b>	Spices, mustard seed, ground	2.00	1 tablespoon
<b>Snacks &amp; Treats</b>	Snacks, crisped rice bar, chocolate chip	1.00	1 bar (1 oz)
	Snacks, pretzels, hard, plain, salted	5.00	1 oz
<b>Soups and Gravies</b>	Minestrone soup - Campbell's, prepared	1.00	cup
<b>Starchy Carbohydrates (Healthy)</b>	Yam -baked or boiled	0.50	cup
	Brown Rice - cooked	0.50	cup
	Tortilla - corn, soft, 7" diam.	2.00	each
	Potato/White - Baked	4.00	ounce(s)
<b>Supplements/Vitamins</b>	Generic Multi Vitamin	7.00	tablet
<b>Vegetables</b>	Carrots, raw	2.00	1 carrot (7-1/2")
	Lettuce, green leaf, raw	1.00	1 leaf
	Tomatoes, red, ripe, raw, year round average	1.00	1 slice, medium (1/4" thick)

Broccoli, raw

4.00

1 spear (about 5"  
long)