



PRODIETS

Male Meal Plans

Category	Food	Qty	Measure
Beverages	Coffee - w/caffeine	56.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	3.00	1 cracker
	English muffins, whole-wheat, toasted	1.50	1 muffin
	Bread, pita, whole-wheat	4.00	1 pita, large (6-1/2" dia)
	Croutons, seasoned	2.00	4 cubes
Cereals	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Cheese, monterey, low fat	10.00	1 cubic inch
	Egg, whole, cooked, hard-boiled	6.00	1 large
	Cheese, mozzarella, part skim milk	7.00	1 oz
	Milk - skim, no fat	18.00	cup
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	13.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	2.00	2 tablespoon
	Olive oil - pure	1.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.75	cup
	Celery - raw stalk trimmed	8.00	each
	Salad - med. garden w/tomato, onion	3.00	medium
	Salad - sm. garden w/tomato, onion	6.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, farmed, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Melons, cantaloupe, raw	2.00	1 cup, cubes
	Strawberries, raw	2.00	1 cup, halves
	Raisins, seedless	3.00	1 miniature box (.5 oz)
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.50	each
	Grapes - American	40.00	each
Jams/ Spreads/Sauces/ Syrups	Peanut butter - creamy. Peter Pan	9.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	SMART BALANCE Buttery Spread	1.00	tea spoon
Meals, Entrees and Sidedishes	Lean Turkey Meatballs- HoneySuckle White	3.00	each
Noodles & Pastas	Angel hair - whole wheat, cooked, De Boles	0.75	cup

Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	1.00	1 oz
	Almonds - Planters Dry Roasted	2.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	3.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	5.00	cup
	Tuna Solid White -Water Sm. can	4.00	ounce(s)
Proteins (Healthy)	Protein Drink, Generic (add 16oz. water)	1.00	1/2 cup
	Egg Whites - scrambled/boiled	6.00	each
	Shrimp - boiled or steamed	5.00	ounce(s)
	Chicken Breast / White Meat	13.00	ounce(s)
	Kraft American Cheese 2% Milk	4.00	slice
Recipes	MAIN15 - Chicken Marsala	1.00	each
	MAIN75 - Eggplant Parmesan	1.00	each
Sausages and Lunch Meats	Pastrami, turkey	4.00	2 slices
Seasonings	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Soups and Gravies	Sauce, pasta, spaghetti/marinara, ready-to-serve	3.00	0.5 cup
	Minestrone soup - Campbell's, prepared	2.00	cup
Vegetables	Garlic, raw	0.50	1 clove
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	zucchini, frozen, boiled, drained	2.00	1/2 cup
	Cucumber - raw, slices	1.50	cup
	Carrots - baby, raw	26.00	medium