



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tempeh	1.00	1 cup
	Soymilk, original and vanilla, unfortified	1.00	1 cup
	Black beans	0.50	cup
	Hummus	12.00	tablespoon
Beverages	Silk Plain Soy Milk	6.50	cup
Breads and baked goods	Bread, Ezekiel Cinnamon Raisin	3.00	slice
	Whole wheat panko bread crumbs	2.00	tablespoon
Carb. Snack Foods (Healthy)	Rice cake - plain, Quaker	1.00	each
	Apple	2.50	each
Cereals	Bran Flakes - cereal	0.50	cup
Dressings	Balsamic Vinegar	8.00	tablespoon
	Italian dressing, reduced fat	3.00	tablespoon
Fats & Oils	Oil, coconut	1.50	1 teaspoon
	Sliced avocado	0.25	cup
	Olive oil	4.00	tea spoon
Fibrous Carbohydrates (Healthy)	Cooked lentils	2.00	cup
	Dry steel cut oats	0.75	cup
	Brown rice, cooked	4.00	cup
	Food for Life Brown Rice Tortillas	2.00	each
	Ezekiel 4:9 Sprouted Whole Grain Fettuccine	1.75	ounce(s)
	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	slice
Fruits & Fruit Juices	Watermelon, raw	0.50	1 cup, diced
	Melons, honeydew, raw	0.75	1 cup, diced (approx 20 pieces per cup)
	Strawberries	1.25	cup
	Grapes	1.50	cup
	Fresh raspberries	0.75	cup
	Fresh cantaloupe	1.25	cup
	Frozen unsweetened blueberries	0.75	cup
	Orange - medium	1.00	each
	Small banana	1.50	each
	Pear	2.00	each
	Raisins	3.50	tablespoon
Jams/ Spreads/Sauces/ Syrups	Salsa	0.13	cup
	Peanut Butter	1.00	tablespoon

	Almond Butter	2.00	tablespoon
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	Soy sauce, low sodium	2.00	tea spoon
Meals, Entrees and Sidedishes	Amy's Bean & Rice Burrito - Non-Dairy	1.00	each
	Gardein Breakfast Patties	2.00	each
Misc. Meats	Boca Vegan Veggie Burgers	4.00	each
Miscellaneous	Tofurkey Vegan Breakfast Links	2.00	each
	guacamole	0.50	ounce(s)
	Daiya Shredded Vegan Cheese	3.25	ounce(s)
	Go Veggie Dairy Free Cheddar Slices	2.00	slice
Noodles & Pastas	Quinoa, cooked	1.40	1 cup
Nuts & Seeds	Nuts, walnuts, black, dried	3.50	1 tablespoon
	Chopped walnuts	1.00	tablespoon
Protein Snack Foods (Healthy)	Soy nuts, salted	0.75	cup
	Soy nuts, unsalted	3.00	tablespoon
Proteins (Healthy)	Gardein, beefless tips	1.50	3/4 cup
	Beans	0.25	cup
	Almond Breeze, unsweetened vanilla almond milk	3.00	cup
	Edamame, shelled	0.50	cup
	Meatless ground	1.45	cup
	Milk, Almond	0.50	cup
	Almonds, unsalted	48.00	each
	Firm tofu	7.00	ounce(s)
	RAW Fit	2.50	scoop
	Peanut butter	2.00	tea spoon
Rice, grains, flour	Quinoa, uncooked	0.50	1 cup
Seasonings	Vinegar, balsamic	1.00	1 tablespoon
	White vinegar	3.00	tablespoon
Soups and Gravies	Sauce, teriyaki, ready-to-serve	1.00	1 tablespoon
Starchy Carbohydrates (Healthy)	Baked potato, large	1.00	each
	Genesis 1:29 Sprouted Whole Grain English Muffins	1.00	each
Toppings	Honey	0.50	tablespoon
	Cinnamon	0.25	tea spoon
Vegetables	Mushrooms, portabella, raw	1.00	1 piece whole
	Mixed greens	10.00	cup
	Kale	0.50	cup
	Tomato sauce	1.50	cup
	Carrots	3.75	cup
	Mixed vegetables (non starchy)	5.00	cup
	Edamame, in pods, prepared from frozen	1.25	cup
	Grated carrots	0.75	cup
	Chopped tomato	0.63	cup
	Roasted eggplant	0.50	cup

Fresh eggplant	1.00	cup
Broccoli	1.50	cup
Fresh spinach	12.00	cup
Fresh white mushrooms	0.50	cup
Bell pepper	1.50	each
Garlic clove	1.00	each
Fresh eggplant	1.00	each
Onion - chopped	2.00	tablespoon