



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	40.00	1 peanut
	refried beans, Amy's Organic Traditional Refried Beans	1.00	1/2 cup
	Walnuts, dried	10.00	ounce(s)
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	18.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	1 cup (8 fl oz)
	Tea, herb, chamomile, brewed	6.00	1 cup (8 fl oz)
	Ice cubes	2.00	1/2 cup
	water, arrowhead	32.00	fluid ounce(s)
<b>Breads and baked goods</b>	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	1.00	each
	Grapes - American	100.00	each
<b>Cereals</b>	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals ready-to-eat, corn flakes, low sodium	1.00	1 cup
	Cereal, oats, old fashioned, dry	2.00	1/2 cup
<b>Custom Recipes</b>	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	4.00	each
<b>Dairy</b>	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	1.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	3.50	cup
	Milk - skim, no fat	5.25	cup
Soy Milk, fat-free w/ calcium	12.00	ounce(s)	
<b>Dressings</b>	Balsamic Vinegar	6.00	tablespoon
<b>Fats &amp; Oils</b>	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	5.50	1 tablespoon
	Olive oil - pure	10.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	8.00	each
	Wasa Crackers, light rye	20.00	each
	Salad - lrg. garden w/tomato & onion	2.00	large

<b>Fruits &amp; Fruit Juices</b>	Cranberries, dried, sweetened	6.00	0.333 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	3.00	1 cup
	Blackberries, raw	8.00	1 cup
	Blueberries, raw	2.00	1 cup
	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	2.00	1 cup
	Prunes, dehydrated (low-moisture), stewed	4.00	1 cup
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	2.00	1 cup
	Melons, cantaloupe, raw	4.00	1 cup, balls
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Strawberries, raw	7.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.25	1 cup, sliced
	Mangos, raw	2.00	1 cup, sliced
	Peaches, raw	2.50	1 cup, slices
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Strawberries	4.00	cup
	Grapes, Concord	5.00	cup
	Plum - fresh, 2.25" diam	5.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Cherries, sweet, medium	22.00	each
	Banana - med 8"	2.00	each
	Grapes - American	27.00	each
	Pear -medium w/peel	2.00	each
	Papaya - medium, raw, 3.5" diam.	2.00	medium
	Pineapple - frsh, slice approx 3.5"	4.00	slice
<b>Jams/ Spreads/Sauces/ Syrups</b>	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Almond Butter	2.00	tablespoon
<b>Misc. Meats</b>	Pork - broiled, chopped, trimmed,center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	370.00	1 almond
	Nuts, walnuts, english	0.75	1 cup, in shell, edible yield (7 nuts)
	Seeds, sunflower seed kernels, dry roasted, without salt	2.00	1 oz
	Nuts, almond butter, plain, without salt added	1.00	1 tablespoon
	Seeds, flaxseed	10.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	4.50	ounce(s)
<b>Performance Carbohydrates</b>	Apple - medium with peel	13.00	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
	Egg - boiled white only	46.00	each
	Tuna Solid White -Water Sm. can	2.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg whole w/ yolk	4.00	each
	Egg Whites - scrambled/boiled	15.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)

<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.25	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	4.00	1 slice (6-1/4" x 4" x 1/16")
<b>Seasonings</b>	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	0.15	tablespoon
<b>Soups and Gravies</b>	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1.25	1 cup (8 fl oz)
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	3.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.00	0.5 cup pieces
	Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes
	Beets, raw	8.00	1 beet (2" dia)
	Spinach, raw	2.00	1 bunch
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.00	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Broccoli, flower clusters, raw	2.00	1 cup flowerets
	Lettuce, green leaf, raw	4.00	1 cup, shredded
	Lettuce, red leaf, raw	6.00	1 cup, shredded
	Lettuce, cos or romaine, raw	4.00	1 inner leaf
	Lettuce, green leaf, raw	2.00	1 leaf
	Spinach, raw	3.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	2.00	1 slice, medium (1/4" thick)
	tomato, diced	3.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	14.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	1.50	cup
	Onion - chopped	4.00	tablespoon