



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Black beans	0.25	cup
	Black beans, canned, drained	2.00	tablespoon
	Hummus	2.00	tablespoon
Breads and baked goods	Wheat melba toast	4.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	3.00	each
Cereals	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	0.75	1 cup (1 NLEA serving)
Dairy	Milk - skim, no fat	2.00	cup
	Skim milk	20.00	fluid ounce(s)
	Mozzarella cheese, part skim	1.50	ounce(s)
	Grated parmesan cheese	1.00	tablespoon
Dressings	Balsamic Vinegar	8.00	tablespoon
	Italian dressing, reduced fat	3.00	tablespoon
Fats & Oils	Sliced avocado	1.25	cup
	Olive oil	0.75	tablespoon
	Olive oil	16.00	tea spoon
Fibrous Carbohydrates (Healthy)	Kidney beans, cooked or canned	0.13	cup
	Cooked lentils	1.00	cup
	Dry steel cut oats	1.20	cup
	Brown rice, cooked	1.75	cup
	Whole wheat spaghetti, cooked	1.00	cup
	Whole wheat wrap	1.00	each
	Sweet potato, baked in peel, large	0.50	each
	Wheat bagel	0.50	each
	100% whole wheat wrap, 6"	1.00	each
	Whole wheat English muffin	0.50	each
	Wheat bread	2.00	slice
Fruits & Fruit Juices	Strawberries	1.00	cup
	Grapes	5.75	cup
	Fresh raspberries	1.00	cup
	Fresh blueberries	1.50	cup
	Fresh cantaloupe	2.00	cup
	Grapefruit	0.50	each
	Small banana	1.50	each
	Pear	2.00	each
	Raisins	6.00	tablespoon

Jams/ Spreads/Sauces/ Syrups	Salsa	0.25	cup
	Almond Butter	1.13	tablespoon
	Low fat mayonnaise	2.00	tablespoon
	Soy sauce, low sodium	1.00	tea spoon
	Trans fat-free buttery spread	7.00	tea spoon
Noodles & Pastas	Quinoa, cooked	1.00	1 cup
Nuts & Seeds	Seeds, flaxseed	1.75	1 teaspoon, ground
	Seeds, flaxseed	0.25	1 teaspoon, whole
	Pistachio nuts	48.00	each
	Slivered almonds	1.00	tablespoon
	Chopped walnuts	4.75	tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.25	cup
	Pumpkin seeds, roasted, unsalted	4.00	tablespoon
Proteins (Healthy)	Cooked egg white	1.00	each
	Vegetarian sausage link	1.00	each
	Almonds, unsalted	26.00	each
	Egg white	5.00	large
	Flounder - broiled	5.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
	Water packed white tuna	9.00	ounce(s)
	Boneless chicken breast	13.00	ounce(s)
	Turkey breast	9.00	ounce(s)
	Extra lean beef	4.50	ounce(s)
	Ground chicken breast, raw	4.00	ounce(s)
	Canned salmon	4.00	ounce(s)
	Halibut, raw	4.00	ounce(s)
	Greek yogurt, plain, non fat	5.00	ounce(s)
	Tilapia	5.00	ounce(s)
	Peanut butter	1.00	tea spoon
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
Starchy Carbohydrates (Healthy)	Baked potato, large	0.50	each
Toppings	Cinnamon	1.00	tea spoon
	Sugar - brown	0.50	tea spoon
Vegetables	Arugula, raw	2.00	0.5 cup
	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	10.00	cup
	Green beans, steamed or boiled	1.00	cup
	Kale	0.50	cup
	Chopped onion	2.00	cup
	Tomato sauce	0.50	cup
	Roasted beets	1.00	cup
	Carrots	1.50	cup
	Mixed vegetables (non starchy)	0.66	cup
	Edamame, in pods, prepared from frozen	0.66	cup
	Broccoli	3.50	cup
	Grated carrots	1.66	cup

Chopped tomato	1.66	cup
Fresh spinach	11.50	cup
Fresh mushrooms	2.08	cup
Bell pepper	1.75	each
Tomato	1.00	each
Garlic clove	2.50	each
Canned artichoke	1.00	ounce(s)
Onion - chopped	2.00	tablespoon
Chopped onion	6.00	tablespoon