



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, no salt added	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	20.00	1 peanut
	Hummus, commercial	2.00	1 tablespoon
	Peanut butter, smooth style, without salt	1.00	2 tablespoon
Breads and baked goods	Cookies, graham crackers, plain or honey (includes cinnamon)	8.00	1 cracker (2-1/2" square)
	Crackers, whole-wheat, low salt	7.00	1 cracker, square
	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1.25	1 muffin
	Bread, whole-wheat, commercially prepared	3.00	1 oz
	Bread, pita, whole-wheat	1.75	1 pita, large (6-1/2" dia)
	Rolls, hamburger or hotdog, mixed-grain	2.00	1 roll
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
	Cookies, vanilla wafers, lower fat	13.00	1 small
	Bagel - blueberry, Earth Grains	0.50	each
	Pancakes, frozen, whole grain	2.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	0.75	each
	Banana - med 8"	0.25	each
	Grapes - American	20.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	2.00	1 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.50	1 cup, cooked
Dairy	Cheese, low fat, cheddar or colby	0.45	1 cup, shredded
	Egg, whole, cooked, omelet	2.00	1 large
	Cheese, mozzarella, whole milk	1.00	1 oz
	Cheese, low fat, cheddar or colby	2.25	1 oz
	Milk - skim, no fat	9.25	cup
	Kid's Low Sugar Fruited Yogurt	6.00	ounce(s)
Desserts	Ice creams, vanilla	2.00	0.5 cup
	Syrups, table blends, pancake, reduced-calorie	1.50	1 tablespoon
Fats & Oils	Salad dressing, home recipe, vinegar and oil	0.75	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Olive Oil, Extra Virgin	2.75	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - sm. garden w/tomato, onion	2.00	small
Finfish and Shellfish	Fish, tuna salad	0.50	1 cup
Fruits & Fruit Juices	Blueberries, raw	0.75	1 cup

Fruits & Fruit Cakes	Blueberries, raw	0.75	1 cup
	Applesauce, canned, unsweetened, with added ascorbic acid	0.75	1 cup
	Avocados, raw, all commercial varieties	0.25	1 cup, cubes
	Melons, cantaloupe, raw	0.75	1 cup, diced
	Strawberries, raw	0.75	1 cup, halves
	Oranges, raw, all commercial varieties	1.00	1 cup, sections
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Peaches, raw	0.50	1 large (2-3/4" dia) (approx 2-1/2 per lb)
	Pear -medium w/peel	1.50	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - no salt, Prego	0.25	cup
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	SMART BALANCE Buttery Spread	3.00	tea spoon
Meals, Entrees and Sidedishes	Egg Salad	1.00	1/2 cup
	Soy Chicken Nuggets	2.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	Nuts, walnuts, english	0.75	1 oz (14 halves)
	Nuts, almond butter, plain, without salt added	1.50	1 tablespoon
Poultry	Turkey Meatballs	2.00	each
	Hot dog, turkey	1.00	each
Proteins (Healthy)	Turkey, ground, extra lean	2.00	ounce(s)
	Chicken Breast / White Meat	5.00	ounce(s)
Red Meats - Standard	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0.70	1 serving (3 oz)
Rice, grains, flour	Rice, brown, long-grain, cooked	0.75	1 cup
Sausages and Lunch Meats	Turkey breast, sliced, oven roasted, luncheon meat	1.00	1 slice
	Bologna, chicken, turkey, pork	2.00	1 slice
Snacks & Treats	Snacks, popcorn, air-popped	6.00	1 cup
Soups and Gravies	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.00	0.5 cup
	Sauce, salsa, ready-to-serve	0.25	2 tablespoon
	Sauce, barbecue, KRAFT, original	0.50	2 tablespoon
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
Toppings	Cinnamon	0.50	tea spoon
Vegetables	Mushrooms, white, cooked, boiled, drained, without salt	0.50	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Tomatoes, red, ripe, raw, year round average	5.00	1 cherry
	Beans, snap, green, cooked, boiled, drained, without salt	0.75	1 cup
	Peas, green, cooked, boiled, drained, without salt	0.75	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.50	1 cup, cut
	Peppers, sweet, red, raw	1.25	1 cup, sliced

tomato, diced	0.25	1/2 cup
Cucumber - raw, slices	2.00	cup
Carrots - baby, raw	12.00	medium