



PRODIETS

Male Meal Plans

Category	Food	Qty	Measure
Baby Foods	Babyfood, pretzels	2.00	1 oz
Beans, Lentils	HEALTH VALLEY Fat Free Honey Baked Beans	1.00	cup
Beverages	Water, tap, municipal	56.00	1 cup (8 fl oz)
	WESTSOY Lite Plain Soy Milk	48.00	ounce(s)
	Orange juice - 100% pure , Tropicana	32.00	ounce(s)
Breads and baked goods	Cookies, fig bars	8.00	1 cookie
	English muffins, wheat	2.00	1 muffin
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Rolls, hamburger or hotdog, mixed-grain	4.00	1 roll
	Rolls, dinner, wheat	4.00	1 roll (1 oz)
	Bread, raisin, toasted, enriched	4.00	1 slice
	Bread, rye	2.00	1 slice
	Whole Wheat Bread, Prepared, Toasted	2.00	slice
	Bread, Garlic, Toasted	1.00	slice
Cereals	BRAN CHEX, (wheat bran, corn)	3.00	1 cup
	Cheese, Swiss - Low Fat, Shredded	1.00	ounce(s)
Dairy	Egg substitute, liquid	0.50	1 cup
	Milk - skim, no fat	6.50	cup
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
	Cream Cheese, Light, Phili brand	2.00	ounce(s)
	KRAFT American Singles - 2% Milk	1.00	slice
	Sour Cream, Reduced Fat	2.00	tablespoon
Dressings	Thousand island - reduced cal. KRAFT	1.00	tablespoon
	Italian - fat free, KRAFT Free	15.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	3.50	1 tablespoon
	Olive oil - pure	0.50	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	4.00	ounce(s)
	Salad - sm. garden w/tomato, onion	6.00	small
Finfish and Shellfish	Fish, tuna, light, canned in water, drained solids	1.00	3 oz
	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.50	3 oz
Fruits & Fruit Juices	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	2.00	1 cup

	Grapes, american type (slip skin), raw	2.00	1 cup
	Raisins, seedless	0.50	1 cup (not packed)
	Melons, cantaloupe, raw	3.50	1 cup, balls
	Strawberries, raw	4.50	1 cup, halves
	Peaches, canned, extra light syrup, solids and liquids	1.00	1 cup, halves or slices
	Nectarine - medium, 2.5" diam.	1.00	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	4.00	each
Jams/ Spreads/Sauces/ Syrups	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Peanut butter - creamy. Peter Pan	6.00	tablespoon
	Relish - pickle	0.75	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
	SMART BALANCE Buttery Spread	13.00	tea spoon
Meals, Entrees and Sidedishes	Spaghetti and Meatballs	4.00	1/2 cup
	STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans	1.00	each
	STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli	1.00	each
Misc. Meats	HEALTHY CHOICE Beef Franks, Low Fat	2.00	each
	HEALTHY CHOICE Low Fat Polska Kielbasa	5.00	ounce(s)
Miscellaneous	Tortilla - flour, soft, 7" diam.	3.00	each
	GARDENBURGER, Veggie Medley	5.00	ounce(s)
Noodles & Pastas	Spaghetti - thin, cooked, Ronzoni	2.00	cup
Nuts & Seeds	SOLNUTS Soybeans	2.00	ounce(s)
Performance Carbohydrates	Orange - medium	1.00	each
Pork Products	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1.25	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	3.50	cup
Proteins (Healthy)	Egg whole w/ yolk	3.00	each
	Chicken Breast / White Meat	9.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	2.50	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	7.00	ounce(s)
Seasonings	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	16.00	each
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	11.00	cup
Soups and Gravies	Sauce, salsa, ready-to-serve	2.00	1 tablespoon
Starchy Carbohydrates (Healthy)	Oatmeal -Quick, measured uncooked	1.75	cup
	Bagel/Enders	2.00	each

		Price	Quantity
Vegetables	Coleslaw, home-prepared	2.00	0.5 cup
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	2.00	0.5 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3.00	1 cup
	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	1.00	1 cup
	Tomatoes, sun-dried	0.25	1 cup
	Cauliflower, frozen, cooked, boiled, drained, with salt	1.50	1 cup (1" pieces)
	Squash, winter, butternut, frozen, cooked, boiled, with salt	1.50	1 cup, mashed
	Lettuce, iceberg (includes crisphead types), raw	1.00	1 cup, shredded or chopped
	Potatoes, baked, flesh and skin, without salt	1.00	1 medium (2-1/4" to 3-1/4" dia.)
	Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
	Zucchini, Frozen, Boiled, Drained	1.00	cup
	Corn - sweet, ear, boiled & drained	2.00	each
	Carrots - baby, raw	28.00	medium
	Green beans - string, boiled & drained	8.00	ounce(s)