



## Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chili with beans, canned	0.50	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Black beans - boiled	7.00	ounce(s)
Beverages	Lemonade, powder, prepared with water	6.00	1 cup (8 fl oz)
	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	8.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	6 fl oz
	Grapefruit juice - Minute Maid	8.00	ounce(s)
	Coffee - w/caffeine	19.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	10.00	1 cracker
	Croutons, plain	1.00	1 cup
	Pancakes, buckwheat, dry mix, incomplete	2.00	1 cup, poured from box
	Pita - wheat	2.00	each
	Bun - hamburger	3.00	each
	Bagel - Honey Wheat, Earth Grains	3.00	each
	Bread /Rye 7 grain	2.00	each
	Cornbread - Easy, Aunt Jemima	1.00	slice
Carb. Snack Foods (Healthy)	Rice cake - plain, Quaker	5.00	each
	Bread - slice rye 7 grain	2.00	each
Cereals	Shredded Wheat n' Bran Nabisco	1.00	cup
	Common Sence Oat Bran, Kelloggs	2.00	cup
Dairy	Cheese, low fat, cheddar or colby	1.00	1 cup, diced
	Cheese, low fat, cheddar or colby	1.00	1 cup, shredded
	Milk - 1%	5.50	cup
	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.00	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	10.00	tablespoon
Fast Food	Pizza, cheese and veggies	2.00	slice
Fibrous Carbohydrates (Healthy)	Salad - med. garden w/tomato, onion	5.00	medium
Fruits & Fruit Juices	Grapes, american type (slip skin), raw	2.00	1 cup
	Raspberries, raw	2.00	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, balls
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	1.00	1 cup, slices
	Raisins, seedless	2.00	1 small box (1.5 oz)
	Melons, honeydew, raw	2.00	1 wedge (1/8 of 5-1/4" dia melon)

	Orange - medium	2.50	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Banana - med 8"	1.00	each
	Pear - medium, Dole	1.00	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Peanut Butter	11.00	tablespoon
	Jelly - any flavor, All Fruit, Polaner	7.00	tea spoon
<b>Miscellaneous</b>	soy nuts- genisoy	2.00	1/2 cup
	black bean and veg soup-health valley	1.00	cup
	Tofu burger - frozen. 2.5 oz, Natural Touch	3.00	each
	Tortilla - flour, soft, 7" diam.	2.00	each
	Tofu - soybean curd cake	3.00	ounce(s)
	Tofu - soybean curd cake	5.00	ounce(s)
<b>Nuts &amp; Seeds</b>	Seeds, sesame seeds, whole, dried	2.00	1 tablespoon
<b>Proteins (Healthy)</b>	Tofu, soybean curd cake, scrambled	3.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	3.00	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
<b>Starchy Carbohydrates (Healthy)</b>	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	3.00	each
<b>Supplements/Vitamins</b>	Generic Multi Vitamin	7.00	tablet
<b>Vegetables</b>	Spinach, raw	2.00	1 bunch
	Peas, edible-podded, raw	0.50	1 cup, chopped
	Peppers, sweet, green, raw	1.00	1 cup, chopped
	Mushrooms, white, raw	0.50	1 cup, pieces or slices
	Cabbage, chinese (pak-choi), raw	0.50	1 cup, shredded
	Onions, raw	2.00	1 tablespoon chopped
	Kale, chopped, sauteed	2.00	1/2 cup
	Coleslaw, home-prepared	2.00	1/2 cup
	Carrot - raw, medium	2.00	each