



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.33	1 cup
	Black beans	1.08	cup
	Hummus	2.50	tablespoon
Beverages	Water	24.00	fluid ounce(s)
Breads and baked goods	Van's Whole Grain Waffles	3.00	each
Cereals	Bran flakes	0.75	cup
Dairy	Milk - 1%	7.50	cup
	Cottage cheese	0.25	cup
	Grated parmesan cheese	0.50	tablespoon
Dressings	Balsamic Vinegar	5.00	tablespoon
	Italian dressing, reduced fat	4.00	tablespoon
Fats & Oils	Sliced avocado	0.13	cup
	Olive oil	5.00	tea spoon
Fibrous Carbohydrates (Healthy)	Farro, uncooked	1.50	1/2 cup
	Cooked lentils	1.00	cup
	Dry steel cut oats	1.75	cup
	Brown rice, cooked	3.65	cup
	Whole wheat pasta, cooked	1.25	cup
	Whole wheat spaghetti, cooked	1.25	cup
	Whole wheat wrap	4.00	each
	Wheat bagel	0.50	each
	100% whole wheat wrap, 6"	2.00	each
	Whole wheat English muffin	0.50	each
	Wheat bread	2.00	slice
	Ezekiel 4:9 bread, sprouted 100% whole wheat	1.00	slice
Fruits & Fruit Juices	Blueberries, raw	0.13	1 cup
	Mangos, raw	1.00	1 cup pieces
	Melons, honeydew, raw	1.00	1 cup, diced (approx 20 pieces per cup)
	Strawberries	0.66	cup
	Grapes	2.00	cup
	Fresh raspberries	1.00	cup
	Unsweetened frozen cherries	0.25	cup
	Fresh blueberries	0.50	cup
	Fresh cantaloupe	1.00	cup
	Frozen unsweetened blueberries	0.50	cup
	Sliced fresh peaches	0.75	cup
	Orange - medium	0.50	each

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	Grapefruit	0.50	each
	Small banana	4.00	each
	Raisins	3.00	tablespoon
Jams/ Spreads/Sauces/ Syrups	Salsa	0.10	cup
	Salsa - Chunky medium, Pace	1.00	tablespoon
	Almond Butter	1.25	tablespoon
	Trans fat-free buttery spread	3.00	tea spoon
Noodles & Pastas	Quinoa, cooked	3.58	1 cup
Nuts & Seeds	Slivered almonds	0.75	tablespoon
	Chopped walnuts	0.50	tablespoon
	Sunflower seeds	1.00	tablespoon
Performance Carbohydrates	Oatmeal - quick, measure uncooked	1.16	cup
	Orange - medium	2.00	each
Protein Snack Foods (Healthy)	Kind Bar, Peanut Butter Dark Chocolate + Protein	1.00	each
	Pumpkin seeds, roasted, unsalted	0.25	tablespoon
Proteins (Healthy)	Beans	0.60	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	1.00	each
	Almonds, unsalted	10.00	each
	Egg white	13.00	large
	Chicken Breast / White Meat	28.00	ounce(s)
	Water packed white tuna	5.00	ounce(s)
	Turkey breast	13.00	ounce(s)
	Extra lean beef	11.00	ounce(s)
	Canned salmon	5.00	ounce(s)
	Greek yogurt, plain, non fat	8.00	ounce(s)
	Tilapia	5.00	ounce(s)
	Lean ground turkey, raw	5.00	ounce(s)
	2% milkfat cheddar cheese	1.75	ounce(s)
	Canadian bacon, extra lean	2.00	ounce(s)
	Shrimp	8.00	ounce(s)
	Protein powder	3.00	scoop
	Peanut butter	3.50	tea spoon
Starchy Carbohydrates (Healthy)	Baked potato, large	2.00	each
Toppings	Honey	1.25	tablespoon
Vegetables	Onions, raw	0.25	1 small
	Mixed greens	4.00	cup
	Green beans, steamed or boiled	1.00	cup
	Tomato sauce	0.50	cup
	Roasted beets	1.00	cup
	Carrots	1.50	cup
	Mixed vegetables (non starchy)	1.66	cup
	Grated carrots	0.50	cup
	Chopped tomato	4.25	cup

Artichokes	0.25	cup
Mixed green salad	2.00	cup
Cucumber	0.50	cup
Broccoli	5.75	cup
Fresh spinach	6.00	cup
Fresh mushrooms	3.00	cup
Salad	1.00	each
Asparagus spears	26.00	each
Tomato slice	3.00	each
Chopped onion	3.00	tablespoon