



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Pinto bean - boiled	1.00	cup
Beverages	Tea, instant, unsweetened, lemon-flavored, powder, prepared	13.00	1 cup (8 fl oz)
	Coffee - w/caffeine	46.00	ounce(s)
Breads and baked goods	Croutons, plain	2.00	1 cup
	Bun - hamburger	1.00	each
	Bread /Rye 7 grain	4.00	each
	Wheat - Pepperidge Farm	1.00	slice
Carb. Snack Foods (Healthy)	Rice - white cook steamed	2.00	cup
	Bread - slice rye 7 grain	4.00	each
	Banana - med 8"	1.00	each
	Potato - white medium	22.00	ounce(s)
Cereals	Shredded Wheat, Nabisco	11.00	biscuit
	Cheerios Oat & Wheat, Gen. Mills	2.00	cup
Dairy	Milk - skim, no fat	5.00	cup
	Cheese - KRAFT Free slice	1.00	each
	Yogurt - Yoplait, fat free, all flavors	24.00	ounce(s)
Dressings	Oil & Vinegar - Wish-Bone, vinaigrette Lite	2.00	tablespoon
	Oil & vinegar - Wish-Bone, Lite Classic	5.00	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	2.00	large
	Salad - med. garden w/tomato, onion	2.00	medium
	Salad - sm. garden w/tomato, onion	1.00	small
Fruits & Fruit Juices	Strawberries, raw	0.50	1 cup, halves
	Strawberry - fresh, 1 medium	12.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups	Mayonnaise - KRAFT Free, fat free	4.00	tablespoon
	Salsa - Chunky medium, Pace	20.00	tablespoon
	Catsup - tomato	2.00	tablespoon
	Peanut Butter	4.00	tablespoon
Misc. Meats	Rib Eye - fat trimmed off, chioce	4.00	ounce(s)
Performance Carbohydrates	Oatmeal - quick, measure uncooked	6.41	cup
	Orange - medium	1.00	each
Protein Snack			

Protein Sources Foods (Healthy)	Cottage Cheese - 1% fat	1.00	cup
	Egg - boiled white only	5.00	each
Proteins (Healthy)	Tuna Solid White in water	1.00	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	24.00	each
	Salmon - broiled	12.00	ounce(s)
	Turkey Breast / White Meat	11.00	ounce(s)
	Chicken Breast / White Meat	39.00	ounce(s)
	Protein Drink, Generic (add 16oz. water)	19.00	pack
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	2.25	cup
	Tortilla - corn, soft, 7" diam.	9.00	each
Vegetables	Mushrooms, white, cooked, boiled, drained, without salt	2.00	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Broccoli, cooked, boiled, drained, without salt	3.00	1 spear (about 5" long)
	Asparagus, cooked, boiled, drained	4.00	1/2 cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Black Eyed Peas -boiled	1.00	cup
	Green beans - string, boiled & drained	8.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small