



Female Meal Plans

Category	Food	Qty	Measure
Baby Foods	Babyfood, pretzels	0.50	1 oz
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.25	1 cup
	Soymilk, original and vanilla, unfortified	1.00	1 cup
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	7.00	1 cup (8 fl oz)
	Water, tap, municipal	49.00	1 cup (8 fl oz)
	Ice cubes	8.00	1/2 cup
	Orange Juice, Tropicana- 100% pure, plus calcium	32.00	fluid ounce(s)
	Vegetable juice - V8, no salt	12.00	fluid ounce(s)
	Pineapple juice - bottled, Dole	8.00	ounce(s)
Breads and baked goods	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	1.50	1 waffle, round (4" dia) (include frozen)
	Pita - wheat	1.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	1.50	each
	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	2.00	0.5 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	0.75	1 oz
	Oatmeal - instant pkt., apples/spice, Quaker	1.00	pack
Dairy	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3.00	1 cup (8 fl oz)
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Milk - skim, no fat	7.00	cup
	Yogurt - Yoplait, Light, all flavors	12.00	ounce(s)
	Parmesan, grated, KRAFT	0.50	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.50	ounce(s)
Dressings	Oil & Vinegar - Wish-Bone, vinaigrette Lite	3.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	0.50	1 tablespoon
	Margarine, soft, soybean, no salt	1.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	2.50	2 tablespoon
	Olive oil - pure	1.00	tablespoon
Finfish and Shellfish	Fish, tuna salad	1.25	1 cup
	Fish, salmon, pink, cooked, dry heat	1.50	3 oz
Fruits & Fruit Juices	Grapefruit, raw, pink and red, all areas	1.00	0.5 fruit (3-3/4" dia)

	Blueberries, raw	1.75	1 cup
	Kiwifruit, green, raw	0.50	1 cup
	Peaches, canned, juice pack, solids and liquids	1.00	1 cup
	Melons, cantaloupe, raw	0.50	1 cup, balls
	Melons, honeydew, raw	0.50	1 cup, balls
	Apricots, canned, juice pack, with skin, solids and liquids	0.50	1 cup, halves
	Strawberries, raw	1.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Raisins, seedless	0.50	1 miniature box (.5 oz)
	Raisins, seedless	0.50	50 raisins
	Banana - med 8"	4.00	each
Jams/ Spreads/Sauces/ Syrups	Marinara sauce - Progresso 'Authentic'	0.50	cup
	peanut butter reduced fat	3.00	tablespoon
	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	tablespoon
	Soy sauce - Kikkoman 'Lite'	1.00	tablespoon
	Syrup - Aunt Jemima, ButterLite	1.50	tablespoon
	Salsa - Chunky medium, Pace	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
	Peanut Butter	4.00	tablespoon
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
	Tortilla - flour, soft, 7" diam.	1.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	Seeds, flaxseed	1.00	1 tablespoon
Proteins (Healthy)	Egg Whites - scrambled/boiled	3.00	each
	Shrimp - boiled or steamed	4.00	ounce(s)
	Turkey Breast / White Meat	3.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
	Kraft American Cheese 2% Milk	1.00	slice
Red Meats - Standard	Beef, ground, extra lean, pan-fried, well done	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
	Macaroni, whole-wheat, cooked	0.50	1 cup elbow shaped
	Couscous, cooked	0.50	1 cup, cooked
Snacks & Treats	Popcorn - Lite, microwaved, Orville Red. Gourmet	2.00	cup
	Pretzels - Rold Gold, Tiny Tim	8.00	each
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.00	1 cup
	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	0.50	1 cup
	Soup, black bean, canned, prepared with equal volume water	0.75	1 cup
Vegetables	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Alfalfa seeds, sprouted, raw	0.25	1 cup
	Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.50	1 cup

Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
Carrots, frozen, cooked, boiled, drained, without salt	1.00	1 cup, sliced
Carrots, baby, raw	7.00	1 large
Lettuce, green leaf, raw	1.00	1 leaf
Spinach, raw	2.00	1 leaf
Sweet potato, cooked, boiled, without skin	0.50	1 medium
Tomatoes, red, ripe, raw, year round average	3.00	1 slice, medium (1/4" thick)
zucchini, boiled, drained	1.00	1/2 cup
Green salad w/ raw vegetables	9.50	cup
Pepper - sweet bell, all colors, chopped,	1.00	cup
Cucumber - raw, slices	0.50	cup
Onion - chopped	2.00	tablespoon