



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	refried beans, Amy's Organic Traditional Refried Beans	2.00	1/2 cup
Breads and baked goods	Tortilla, Rudi's Organic Bakery, whole spelt	5.00	each
	crackers, Keebler Organic Toasteds Harvest Wheat	14.00	each
	bread, Light Rye, Rudi's Organic Bakery	2.00	slice
Carb. Snack Foods (Healthy)	Banana - med 8"	1.50	each
	Grapes - American	15.00	each
Cereals	Cereal, Kashi Organic Promise, Strawberry Fields	3.00	cup
	Hot Cereal Instant, Nature's Path Organic Apple & Cinnamon	2.00	pack
Dairy	Cottage Cheese, Horizon Organic Low Fat	3.00	1/2 cup
	Cheese, Organic Valley Mild Shredded Cheddar	3.00	1/4 cup
	Cheese, Organic Valley Shredded Mozzarella	1.00	1/4 cup
	Milk, Stoneyfield Organic Fat-free Milk	7.00	cup
	Cheese, monterey jack, Organic Valley	2.00	ounce(s)
	Yogurt, Stoneyfield Organic low fat yogurt, peach	36.00	ounce(s)
	Mild Cheddar Cheese Slices, Organic Valley	2.00	slice
Dressings	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	5.00	tablespoon
Finfish and Shellfish	Fish, organic salmon, wild, cooked, dry heat	6.00	ounce(s)
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Strawberries, raw	0.50	1 cup, halves
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	15.00	each
	Peach - medium, approx 4 oz.	2.00	medium
Jams/ Spreads/Sauces/ Syrups	Prego Organic Tomato & Basil Italian Sauce	1.00	1/2 cup
	BBQ sauce, organic	3.00	tablespoon
	Salsa, Amy's Organic Black bean & Corn Salsa	6.00	tablespoon
Meals, Entrees and Sidedishes	French Fries, Cascadian Farms Organic Frozen French Fries	4.00	ounce(s)
Misc. Meats	Eggs, Organic Valley large brown egg, hard boiled	2.00	large
Performance Carbohydrates	Apple - medium with peel	2.00	each
Pork Products	Pork, organic, tenderloin, separable lean only, cooked, roasted	4.00	ounce(s)

Poultry	Chicken breast, organic	7.00	ounce(s)
	Turkey Breast slices, Organic Prairie	6.00	ounce(s)
Proteins (Healthy)			
	peanut butter, organic, Smuckers	3.00	tablespoon
Sausages and Lunch Meats			
	Roast Beef, Organic Prairie Roast Beef Slices	6.00	ounce(s)
Seasonings			
	Mustard, prepared, yellow	3.00	1 teaspoon or 1 packet
Snacks & Treats			
	rice cake, Lundberg Organic Rice Cake, caramel corn	4.00	each
	Kettle, Organic Tortilla chips, Brown rice and black bean w/ garlic	1.00	ounce(s)
	Organic Tortilla chips, Kettle, Brown rice and black bean w/ garlic	0.50	ounce(s)
Soups and Gravies			
	Chili, Amy's Organic Medium Chili	1.00	cup
	soup, Amy's Organic Minestrone Soup	1.00	cup
	soup, Amy's Organic Vegetable Barley Soup	1.50	cup
Vegetables			
	Cascadian Farms Organic Broccoli Cuts	2.00	2/3 cup
	Cascadian Farms Organic Garden Blend Frozen Vegetables	2.00	3/4 cup
	Cascadian Farms Organic cut green beans, frozen	2.00	3/4 cup
	Sweetpotato, organic, cooked, baked in skin, no salt	1.00	cup
	Celery, Organic stalk, trimmed	7.00	each
	Vegetable Juice, Campbell's Organic Tomato Juice	24.00	fluid ounce(s)
	baby carrots, organic	14.00	medium
	Tomato, sliced, organic	6.00	slice
	Salad, small w/ organic vegetables	5.00	small