



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Soymilk, original and vanilla, unfortified	3.00	1 cup
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	16.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	72.00	fluid ounce(s)
	Vegetable juice - V8, no salt	24.00	fluid ounce(s)
<b>Breads and baked goods</b>	English muffins, whole-wheat, toasted	2.50	1 muffin
	NABISCO, NABISCO GRAHAMS Crackers	1.00	1 serving
	Pita - wheat	2.00	each
	Bagel - Honey Wheat, Earth Grains	1.50	each
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, wheat germ, toasted, plain	1.50	1 oz
	Oatmeal - instant pkt.,raisin/cin. Quaker	2.00	pack
<b>Dairy</b>	Cheese, mozzarella, part skim milk	1.00	1 oz
	Milk - skim, no fat	9.00	cup
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	3.50	ounce(s)
<b>Desserts</b>	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
<b>Dressings</b>	Oil & vinegar - Wish-Bone, Lite Classic	11.50	tablespoon
	Italian - reduced cal. KRAFT Zesty	4.00	tablespoon
<b>Fats &amp; Oils</b>	Margarine-like spread, (40% fat), soybean	3.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	General Mills, Multi Grain Cheerios, dry	2.50	1/2 cup
	Tortilla 99% fat free, whole wheat, flour	2.00	each
	Celery - raw stalk trimmed	6.00	each
<b>Finfish and Shellfish</b>	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	0.5 fillet
	Fish, salmon, pink, cooked, dry heat	1.00	0.5 fillet
	Fish, tuna salad	1.50	1 cup
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	0.50	1 cup
	Prunes, dehydrated (low-moisture), stewed	0.75	1 cup
	Raspberries, raw	0.25	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves

	Strawberries, raw	1.50	1 cup, halves
	Peaches, raw	0.50	1 cup, slices
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Raisins, seedless	1.00	1 small box (1.5 oz)
	Orange - medium	2.00	each
	Apple - medium with peel	1.00	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	3.00	each
	Grapes - American	15.00	each
	Pear -medium w/peel	1.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Spaghetti sauce - no salt, Prego	0.75	cup
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Peanut butter - creamy. Peter Pan	1.00	tablespoon
	Syrup - Aunt Jemima, Lite	1.00	tablespoon
	Salsa - Chunky medium, Pace	5.00	tablespoon
<b>Meals, Entrees and Sidedishes</b>	Morningstar Farms Tomato Basil and Pizza Burger	1.00	each
<b>Misc. Meats</b>	Flank - fat trimmed off, braised	4.00	ounce(s)
<b>Miscellaneous</b>	Waffle - EGGO, frozen, Homestyle	1.00	each
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds, dry roasted, without salt added	1.00	1 oz (22 whole kernels)
	Seeds, flaxseed	3.00	1 tablespoon
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	2.50	cup
	Tuna Solid White -Water Sm. can	3.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Beaters - Fleischmann's	1.50	cup
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.25	1 cup
	Pasta, corn, cooked	0.50	1 cup
<b>Seasonings</b>	Spices, cinnamon, ground	0.25	1 tablespoon
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped, white popcorn	5.00	1 cup
<b>Soups and Gravies</b>	Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned	1.00	0.25 cup
<b>Starchy Carbohydrates (Healthy)</b>	Yam -baked or boiled	0.50	cup
	Potato/White - Baked	3.00	ounce(s)
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	0.25	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup

Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
Eggplant, cooked, boiled, drained, without salt	0.75	1 cup (1" cubes)
Broccoli, flower clusters, raw	1.00	1 cup flowerets
Onions, spring or scallions (includes tops and bulb), raw	0.75	1 cup, chopped
Carrots, frozen, cooked, boiled, drained, without salt	0.50	1 cup, sliced
Squash, summer, all varieties, cooked, boiled, drained, without salt	0.50	1 cup, sliced
Carrots, baby, raw	20.00	1 large
Spinach, raw	2.00	1 leaf
Onions, spring or scallions (includes tops and bulb), raw	1.00	1 tablespoon chopped
zucchini, boiled, drained	1.00	1/2 cup
zucchini, frozen, boiled, drained	1.00	1/2 cup
tomato, diced	1.50	1/2 cup
Green salad w/ raw vegetables	18.00	cup
Spinach - boiled, drained	0.50	cup
Pepper - sweet bell, all colors, chopped,	1.25	cup
Tomato - sm. w/peel, 2.5" diam.	0.50	small