



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0.25	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Soymilk, original and vanilla, unfortified	0.50	1 cup
	Beans, pinto, mature seeds, cooked, boiled, with salt	0.50	1 cup
	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	2.00	1 cup
	Peanut butter, smooth style, without salt	0.25	2 tablespoon
	Walnuts, dried	0.50	ounce(s)
Beverages	Vegetable juice - V8, no salt	16.00	fluid ounce(s)
	Grape juice - Welch's	10.00	ounce(s)
Breads and baked goods	Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)
	Bread, pita, whole-wheat	1.00	1 pita, small (4" dia)
	Bread, oat bran, toasted	3.00	1 slice
	Pita - wheat	0.50	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.25	each
Cereals	Cereals, QUAKER, Quick Oats, Dry	2.00	0.5 cup
	Cereals ready-to-eat, KASHI GOLEAN	2.00	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	0.75	1 oz
	Kashi GoLEAN Cereal	0.50	cup
Dairy	Cheese, cheddar	0.75	1 oz
	Cheese, mozzarella, part skim milk	0.50	1 oz
	Cheese, parmesan, grated	1.00	1 tablespoon
	Milk - skim, no fat	5.00	cup
	Yogurt - Yoplait, Light, all flavors	12.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
	Soy Milk, fat-free w/ calcium	5.00	ounce(s)
Fats & Oils	Flaxseed Oil (linseed)	0.50	tablespoon
	Olive Oil, Extra Virgin	5.25	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	4.00	each
	Broccoli	2.00	spear
Finfish and Shellfish	Fish, tuna, white, canned in water, drained solids	1.50	3 oz
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
	Fish, trout, mixed species, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Strawberries, raw	0.50	1 bar (1 oz)

	Raspberries, raw	1.00	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Peaches, raw	0.50	1 cup, slices
	Blueberries, raw	1.50	1 cup, unthawed
	Tangerines, (mandarin oranges), raw	1.00	1 small (2-1/4" dia)
	Melons, cantaloupe, raw	1.00	1 wedge, large (1/8 of large melon)
	Raisins, seedless	0.50	50 raisins
	Strawberries	0.50	cup
	Apple - medium with peel	1.00	each
	Grapefruit - pink or red 4" diam.	1.50	each
	Banana - med 8"	1.25	each
	Grapes - American	26.00	each
	Pear -medium w/peel	1.50	each
	Tangerine - fresh peeled	10.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - no salt, Prego	0.25	cup
	Mayonnaise - KRAFT Free, fat free	2.50	tablespoon
	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	0.50	tablespoon
	Peanut Butter - all natural smooth style	0.50	tablespoon
Miscellaneous	Tofu - soybean curd cake	1.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	11.00	1 almond
	Nuts, almond butter, plain, without salt added	0.25	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon
	Nuts, almond butter, plain, with salt added	0.50	1 tablespoon
Protein Snack Foods (Healthy)	LUCERNE No Salt added 1% Fat Cottage Cheese	2.00	1/2 cup
Proteins (Healthy)	Egg Whites - scrambled/boiled	5.00	each
	Turkey Breast / White Meat	2.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	3.00	1 cup
Seasonings	Vinegar, cider	6.00	1 tablespoon
Snacks & Treats	Snacks, popcorn, air-popped, white popcorn	5.00	1 cup
Soups and Gravies	Sauce, salsa, ready-to-serve	0.50	1 tablespoon
Toppings	Cinnamon	1.50	tea spoon
Vegetables	Asparagus, cooked, boiled, drained	1.50	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Carrots, cooked, boiled, drained, without salt	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Yam, cooked, boiled, drained, or baked, without salt	0.50	0.5 cup, cubes
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 can (11.5 oz), prepared
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Spinach, raw	0.25	1 cup, prepared
Mushrooms, shiitake, cooked, without salt	1.25	1 cup pieces
Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
Peppers, sweet, red, raw	0.75	1 cup, chopped
Beets, pickled, canned, solids and liquids	0.50	1 cup, slices
Carrots, baby, raw	22.00	1 large
Spinach, raw	1.00	1 leaf
Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 medium (2" dia, 5" long, raw)
Pickle relish, sweet	1.50	1 tablespoon
tomato, diced	1.25	1/2 cup
zucchini, boiled, drained	3.00	1/2 cup
Green salad w/ raw vegetables	8.00	cup
Tomato - sm. w/peel, 2.5" diam.	1.50	small