



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, no salt added	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	16.00	1 peanut
	Peanut butter, smooth style, without salt	3.00	2 tablespoon
Breads and baked goods	Bagels, cinnamon-raisin, toasted	1.50	1 bagel (3" dia)
	Cookies, graham crackers, plain or honey (includes cinnamon)	12.00	1 cracker (2-1/2" square)
	English muffins, mixed-grain (includes granola)	1.50	1 muffin
	Bread, whole-wheat, commercially prepared	4.00	1 oz
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
	Cookies, vanilla wafers, lower fat	20.00	1 small
	Bun - hamburger	1.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	3.00	each
	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.00	1 cup
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.00	1 cup, cooked
Dairy	Cheese, cottage, lowfat, 1% milkfat, no sodium added	1.50	1 cup
	Cheese, mozzarella, low moisture, part-skim	0.25	1 cup, shredded
	Cheese, low fat, cheddar or colby	0.50	1 oz
	Cheese, swiss, low fat	3.00	1 slice (1 oz)
	Milk - skim, no fat	14.00	cup
	Kid's Low Sugar Fruited Yogurt	12.00	ounce(s)
Desserts	Sherbet, orange	2.00	0.5 cup (4 fl oz)
Fats & Oils	Salad dressing, home recipe, vinegar and oil	2.50	1 tablespoon
	Olive Oil, Extra Virgin	2.75	tablespoon
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Avocados, raw, all commercial varieties	0.50	1 cup, cubes
	Strawberries, raw	2.00	1 cup, halves
	Peaches, canned, water pack, solids and liquids	1.50	1 cup, halves or slices
	Grapes, american type (slip skin), raw	31.00	1 grape
	Raisins, seedless	0.25	50 raisins
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Banana - med 8"	0.50	each
	Pear -medium w/peel	2.00	each
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon

	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	2.00	tea spoon
	SMART BALANCE Buttery Spread	3.00	tea spoon
	SMART BALANCE Buttery Spread	4.00	tea spoon
Meals, Entrees and Sidedishes	Egg Salad	1.00	1/2 cup
	Soy Chicken Nuggets	6.00	each
Miscellaneous	Tortilla - flour, soft, 7" diam.	3.00	each
Poultry	Turkey Meatballs	3.00	each
Protein Snack Foods (Healthy)	Tuna Solid White -Water Sm. can	4.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	2.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
Seasonings	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Snacks & Treats	Snacks, popcorn, air-popped	9.00	1 cup
Soups and Gravies	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.75	1 cup
Toppings	Cinnamon	0.50	tea spoon
Vegetables	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Peppers, sweet, red, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 can (11.5 oz), prepared
	Tomatoes, red, ripe, raw, year round average	20.00	1 cherry
	Asparagus, frozen, cooked, boiled, drained, without salt	1.50	1 cup
	Beans, snap, green, cooked, boiled, drained, without salt	1.00	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Peppers, sweet, red, raw	1.00	1 cup, sliced
	Lettuce, cos or romaine, raw	6.00	1 inner leaf
	tomato, diced	1.00	1/2 cup
	Green salad w/ raw vegetables	2.00	cup
	Cucumber - raw, slices	2.00	cup
	Carrots - baby, raw	24.00	medium