



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Beans, baked, canned, no salt added	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	5.00	1 peanut
	Peanut butter, smooth style, without salt	2.50	2 tablespoon
Breads and baked goods	Cookies, graham crackers, plain or honey (includes cinnamon)	8.00	1 cracker (2-1/2" square)
	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	English muffins, mixed-grain, toasted (includes granola)	2.00	1 muffin
	Bread, whole-wheat, commercially prepared	4.00	1 oz
	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	Bread, raisin, toasted, enriched	3.00	1 slice
	Cookies, vanilla wafers, lower fat	22.00	1 small
Pancakes, frozen, whole grain	2.00	each	
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	1.50	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	1.00	each
	Grapes - American	10.00	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)	2.00	1 cup, cooked
Dairy	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	3.00	0.5 container (4 oz)
	Cheese, cottage, lowfat, 1% milkfat, no sodium added	2.00	1 cup
	Egg, whole, cooked, hard-boiled	1.00	1 cup, chopped
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Egg, whole, cooked, omelet	2.00	1 large
	Cheese, low fat, cheddar or colby	3.50	1 oz
	Cheese, mozzarella, low moisture, part-skim	1.00	1 slice (1 oz)
	Cheese, swiss, low fat	1.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	2.00	1 tablespoon
Milk - skim, no fat	18.00	cup	
Desserts	Sherbet, orange	1.50	0.5 cup (4 fl oz)
	Puddings, chocolate, ready-to-eat	2.00	1 snack size (4 oz)
	Syrups, table blends, pancake	2.00	1 tablespoon
Fats & Oils	Salad dressing, home recipe, vinegar and oil	4.00	1 tablespoon
	Mayonnaise, low sodium, low calorie or diet	2.50	1 tablespoon
	Olive Oil, Extra Virgin	1.50	tablespoon
Fibrous Carbohydrates (Healthy)	Corn - sweet ear, boiled, drained	1.00	each

	Celery - raw stalk trimmed	3.00	each
Finfish and Shellfish	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.50	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Watermelon, raw	2.50	1 cup, diced
	Strawberries, raw	0.50	1 cup, halves
	Avocados, raw, all commercial varieties	1.00	1 cup, sliced
	Raisins, seedless	0.50	50 raisins
	Orange - medium	1.00	each
	Cherries, sweet, medium	8.00	each
	Banana - med 8"	1.00	each
	Pear -medium w/peel	0.50	each
	Peach - medium, approx 4 oz.	1.50	medium
Jams/ Spreads/Sauces/ Syrups	Relish - pickle	1.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
	SMART BALANCE Buttery Spread	7.00	tea spoon
Meals, Entrees and Sidedishes	Soy Chicken Nuggets	5.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	5.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.75	1 oz
	Nuts, walnuts, english	0.75	1 oz (14 halves)
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.75	3 oz
Poultry	Turkey Meatballs	3.00	each
Proteins (Healthy)	Turkey, ground, extra lean	3.00	ounce(s)
	Turkey Breast / White Meat	8.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
Red Meats - Standard	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	1.00	1 serving (3 oz)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.50	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
Snacks & Treats	Snacks, popcorn, air-popped	3.00	1 cup
Soups and Gravies	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.00	1 cup
	Sauce, salsa, ready-to-serve	1.50	2 tablespoon
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
Toppings	Cinnamon	1.00	tea spoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)

Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Tomatoes, red, ripe, raw, year round average	12.00	1 cherry
Asparagus, frozen, cooked, boiled, drained, without salt	1.00	1 cup
Beans, snap, green, cooked, boiled, drained, without salt	1.50	1 cup
Peppers, sweet, green, raw	2.00	1 cup, sliced
Lettuce, green leaf, raw	8.00	1 leaf
Tomatoes, red, ripe, raw, year round average	1.00	1 slice, medium (1/4" thick)
tomato, diced	2.00	1/2 cup
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.00	10 strips
Green salad w/ raw vegetables	4.00	cup
Cucumber - raw, slices	2.00	cup
Carrots - baby, raw	14.00	medium