



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	SILK Plain, soymilk	1.50	1 cup
	Black beans	0.25	cup
	Black beans, canned, drained	2.00	tablespoon
	Hummus	4.50	tablespoon
Breads and baked goods	Udi's Small Tortilla	1.00	each
	Udi's Millet-Chia Bread	2.00	slice
Carb. Snack Foods (Healthy)	Apple - medium with peel	2.00	each
Cereals	Rice Chex	3.50	cup
Dairy	Milk - skim, no fat	2.50	cup
	Hard boiled egg	1.00	each
	Skim milk	28.00	fluid ounce(s)
	Mozzarella cheese, part skim	2.00	ounce(s)
	Grated parmesan cheese	1.50	tablespoon
Dressings	Balsamic Vinegar	3.00	tablespoon
	Italian dressing, reduced fat	3.00	tablespoon
Fats & Oils	Sliced avocado	1.20	cup
	Olive oil	1.00	tablespoon
	Olive oil	9.50	tea spoon
Fibrous Carbohydrates (Healthy)	Kidney beans, cooked or canned	0.13	cup
	Cooked lentils	0.75	cup
	Dry steel cut oats	0.75	cup
	Brown rice, cooked	1.49	cup
	Sweet potato, baked with peel, small	1.00	each
Fruits & Fruit Juices	Strawberries	1.49	cup
	Grapes	3.25	cup
	Fresh raspberries	0.50	cup
	Fresh blueberries	1.50	cup
	Fresh cantaloupe	1.25	cup
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Small banana	2.00	each
	Pear	2.00	each
Raisins	5.00	tablespoon	
Jams/ Spreads/Sauces/ Syrups	Salsa	0.25	cup

	Almond Butter	0.33	tablespoon
	Low fat mayonnaise	1.00	tablespoon
	Soy sauce, low sodium	2.00	tea spoon
	Trans fat-free buttery spread	5.00	tea spoon
Miscellaneous	luna bar	1.00	each
Noodles & Pastas	Quinoa, cooked	0.50	1 cup
	Rice pasta, cooked	1.25	cup
Nuts & Seeds	Pistachio nuts	48.00	each
	Chopped walnuts	3.00	tablespoon
Performance Carbohydrates	Apple - medium with peel	1.00	each
Poultry	Turkey bacon	6.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.25	cup
	Pumpkin seeds, roasted, unsalted	2.00	tablespoon
Proteins (Healthy)	Cooked egg white	1.00	each
	Almonds, unsalted	30.00	each
	Egg white	11.00	large
	Shrimp - boiled or steamed	9.00	ounce(s)
	Flounder - broiled	8.00	ounce(s)
	Water packed white tuna	10.00	ounce(s)
	Boneless chicken breast	18.00	ounce(s)
	Turkey breast	10.00	ounce(s)
	Extra lean beef	6.00	ounce(s)
	Ground chicken breast, raw	8.00	ounce(s)
	Canned salmon	4.00	ounce(s)
	Halibut, raw	6.00	ounce(s)
	Greek yogurt, plain, non fat	14.00	ounce(s)
	Tilapia	6.00	ounce(s)
	2% milkfat cheddar cheese	3.00	ounce(s)
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
Starchy Carbohydrates (Healthy)	Baked potato, small	1.00	each
Toppings	Cinnamon	0.50	tea spoon
	Sugar - brown	0.50	tea spoon
Vegetables	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	8.00	cup
	Kale	0.50	cup
	Cauliflower	1.50	cup
	Chopped onion	2.00	cup
	Tomato sauce	0.50	cup
	Roasted beets	1.50	cup
	Carrots	2.00	cup
	Mixed vegetables (non starchy)	0.66	cup
	Edamame, in pods, prepared from frozen	0.66	cup
	Grated carrots	1.00	cup
	Chopped tomato	1.16	cup

Broccoli	3.00	cup
Fresh spinach	9.50	cup
Fresh mushrooms	2.58	cup
Bell pepper	2.25	each
Tomato	2.00	each
Garlic clove	2.50	each
Canned artichoke	1.00	ounce(s)
Onion - chopped	2.00	tablespoon
Chopped onion	6.00	tablespoon