



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, white, mature seeds, cooked, boiled, without salt	1.00	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Lentils, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	1.00	1 cup
	Veggie burgers or soyburgers, unprepared	2.00	1 patty
<b>Beverages</b>	Lemon juice -	0.33	tablespoon
<b>Breads and baked goods</b>	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	Bread, pita, whole-wheat	2.50	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	2.00	1 slice
	Crackers, melba toast, wheat	4.00	1 toast
<b>Carb. Snack Foods (Healthy)</b>	Banana - med 8"	1.00	each
	Grapes - American	40.00	each
<b>Cereals</b>	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.25	1 cup, cooked
	Kashi GoLEAN Cereal	1.75	cup
<b>Dairy</b>	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	7.00	1 container (8 oz)
	Cheese, feta	0.25	1 cup, crumbled
	Cheese, feta	0.50	1 oz
	Cheese, goat, soft type	2.50	1 oz
	Cheese, parmesan, grated	3.00	1 tablespoon
	Milk - skim, no fat	7.00	cup
<b>Fats &amp; Oils</b>	Salad dressing, home recipe, vinegar and oil	1.00	1 tablespoon
	Salad dressing, italian dressing, reduced calorie	5.00	1 tablespoon
	Olive oil - pure	4.33	tablespoon
	Smart Balance LIGHT (Non-Dairy)	0.83	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	1.00	cup
<b>Finfish and Shellfish</b>	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Grapefruit, raw, pink and red and white, all areas	2.00	0.5 large (approx 4-1/2" dia)
	Blueberries, raw	2.00	1 cup
	Raspberries, raw	1.00	1 cup
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Strawberries, raw	2.00	1 cup, whole
	Kiwifruit, green, raw	3.00	1 fruit without skin, medium

	Olives, ripe, canned (small-extra large)	8.00	1 large
	Raisins, seedless	1.00	50 raisins
	Orange - medium	1.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>			
	Peanut Butter	2.00	tablespoon
<b>Nuts &amp; Seeds</b>			
	Nuts, almonds	28.00	1 almond
	Nuts, walnuts, english	1.50	1 cup, in shell, edible yield (7 nuts)
	Seeds, sunflower seed kernels, dry roasted, without salt	1.00	1 oz
	Seeds, flaxseed	3.50	1 tablespoon
<b>Performance Carbohydrates</b>			
	Apple - medium with peel	1.50	each
<b>Proteins (Healthy)</b>			
	Shrimp - boiled or steamed	6.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
	Tuna, Bumble Bee, White Albacore in water	4.00	ounce(s)
<b>Rice, grains, flour</b>			
	Rice, brown, long-grain, cooked	1.00	1 cup
	Spaghetti, whole-wheat, cooked	1.75	1 cup
	Couscous, cooked	1.00	1 cup, cooked
<b>Seasonings</b>			
	Garlic powder	1.00	tablespoon
<b>Soups and Gravies</b>			
	Soup, minestrone, canned, prepared with equal volume water	1.00	1 cup (8 fl oz)
<b>Toppings</b>			
	Cinnamon	1.50	tea spoon
<b>Vegetables</b>			
	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.50	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 can (11.5 oz), prepared
	Spinach, raw	3.00	1 can (11.5 oz), prepared
	Tomatoes, sun-dried	0.25	1 cup
	Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
	Spinach, raw	4.00	1 leaf
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	tomato, diced	4.25	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	1.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	0.50	cup
	Onion - chopped	2.00	tablespoon