



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Hummus, commercial	1.25	1 cup
Beverages	Chocolate syrup	0.50	1 serving 2 tablespoon
	Vegetable juice - V8	16.00	fluid ounce(s)
	Coffee - w/caffeine	56.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	12.00	1 cracker
	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
Cereals	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Egg, whole, cooked, hard-boiled	7.00	1 large
	Cheese, low fat, cheddar or colby	5.50	1 oz
	Milk - skim, no fat	11.50	cup
	Yogurt - Yoplait, Light, all flavors	24.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	ounce(s)
Desserts	ice cream,strawberry,Healthy Choice	10.00	ounce(s)
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	16.00	1 tablespoon
	Oil, olive, salad or cooking	1.50	1 teaspoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	2.00	cup
	Celery - raw stalk trimmed	10.00	each
	Salad - med. garden w/tomato, onion	3.00	medium
	Salad - sm. garden w/tomato, onion	6.00	small
Finfish and Shellfish	Fish, tuna, white, canned in water, drained solids	3.00	3 oz
	Fish, salmon, Atlantic, farmed, cooked, dry heat	2.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	2.50	1 cup
	Grapes, american type (slip skin), raw	2.50	1 cup
	Melons, cantaloupe, raw	1.50	1 cup, cubes
	Strawberries, raw	6.00	1 cup, halves
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	3.00	each
Jams/ Spreads/Sauces/ Syrups	Peanut butter - creamy. Peter Pan	4.50	tablespoon
	Catsup - tomato	2.00	tablespoon
	Relish - pickle	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	4.00	tablespoon
	Mayonnaise - low fat	6.00	tablespoon

Miscellaneous	Tortilla - flour, soft, 7" diam.	2.00	each
Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	4.00	1 oz
	Nuts, almonds, dry roasted, without salt added	2.00	1 oz (22 whole kernels)
Performance Carbohydrates	Apple - medium with peel	2.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.75	cup
Proteins (Healthy)	Protein Drink, Generic (add 16oz. water)	1.00	1/2 cup
	Egg Whites - scrambled/boiled	7.00	each
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	24.00	ounce(s)
	Kraft American Cheese 2% Milk	4.00	slice
Red Meats - Standard	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	2.00	1 serving (3 oz)
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	1.25	1 cup, diced
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1.00	1 cup
Toppings	Sugar - brown	2.00	tea spoon
Vegetables	Mushrooms, white, raw	2.00	0.5 cup pieces
	Beans, snap, green, frozen, cooked, boiled, drained without salt	1.00	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.50	1 cup
	Spinach, raw	2.00	1 leaf
	Pepper - sweet bell, all colors, chopped,	2.00	cup
	Cucumber - raw, slices	5.00	cup
	Carrots - baby, raw	22.00	medium
	Onion - chopped	2.00	tablespoon