



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Refried beans, canned, traditional style (includes USDA commodity)	0.75	1 cup
	Soymilk, original and vanilla, unfortified	1.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	3.50	1 oz
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	15.00	1 cup (8 fl oz)
	Vegetable juice - V8, no salt	6.00	fluid ounce(s)
Breads and baked goods	Cake, sponge, commercially prepared	2.00	1 piece (1/12 of 16 oz cake)
	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
	Bread, pumpernickel	4.00	1 slice, regular
	Pita - wheat	3.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	5.00	0.5 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
Dairy	Egg, whole, cooked, hard-boiled	1.00	1 cup, chopped
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	1.00	1 oz
	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.00	2 tablespoon
	Non-fat yogurt-artificially sweetened	7.00	cup
	Milk - skim, no fat	6.00	cup
	Cream Cheese, Light, Phili brand	1.50	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.50	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	12.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	3.50	1 tablespoon
	Margarine, soft, soybean, no salt	1.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Olive oil - pure	1.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	1.00	each
	Celery - raw stalk trimmed	8.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	4.00	ounce(s)
Finfish and Shellfish	Fish, tuna salad	0.50	1 cup

Shrimp

Fruits & Fruit Juices	Apricots, dehydrated (low-moisture), sulfured, stewed	1.25	1 cup
	Blueberries, raw	1.50	1 cup
	Grapefruit juice, white, canned, unsweetened	2.00	1 cup
	Applesauce, canned, unsweetened, with added ascorbic acid	0.50	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	0.50	1 cup, halves
	Strawberries, raw	3.00	1 cup, halves
	Peaches, raw	2.00	1 cup, slices
	Cherries, sweet, raw	2.00	1 cup, without pits
	Plums, raw	2.00	1 fruit (2-1/8" dia)
	Plum - fresh, 2.25" diam	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	12.00	each
	Pear -medium w/peel	1.00	each
	Tangerine - fresh peeled	8.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Salsa - Chunky medium, Pace	3.00	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
Misc. Meats	Pork - broiled, chopped, trimmed,center loin	4.00	ounce(s)
	Sirloin Top - fat trimmed off	4.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.25	cup
Nuts & Seeds	Nuts, almonds	4.00	1 almond
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.00	cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	0.75	cup
	Salmon - broiled	5.00	ounce(s)
	Halibut - broiled	5.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
	Kraft American Cheese 2% Milk	1.00	slice
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.50	3 oz
Sausages and Lunch Meats	LOUIS RICH, Turkey Smoked Sausage	2.00	1 serving
	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (6-1/4" x 4" x 1/16")
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	2.50	1 cup
Vegetables	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Brussels sprouts, cooked, boiled, drained, without salt	2.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Yam, cooked, boiled, drained, or baked, without salt	1.50	0.5 cup, cubes
	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.50	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Cauliflower, raw	0.50	1 cup
	Spinach, cooked, boiled, drained, without salt	1.00	1 cup
	Broccoli, flower clusters, raw	1.50	1 cup flowerets

Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
Spinach, raw	2.00	1 leaf
zucchini, boiled, drained	1.00	1/2 cup
tomato, diced	3.50	1/2 cup
Green salad w/ raw vegetables	12.00	cup
Pepper - sweet bell, all colors, chopped,	0.50	cup
Cucumber - raw, slices	1.00	cup
Onion - chopped	1.00	tablespoon