



Female Meal Plans

| Category | Food | Qty | Measure |
|--|---|-------|----------------------------|
| Beans, Lentils | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 2.00 | 0.5 cup |
| | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 0.50 | 1 cup |
| | Tempeh | 0.25 | 1 cup |
| | Edamame (green soybeans) | 1.50 | 1/2 cup |
| Beverages | Soy milk, Light, w/ calcium | 7.00 | cup |
| Breads and baked goods | English muffins, whole-wheat, toasted | 1.50 | 1 muffin |
| | Bread, pita, whole-wheat | 2.00 | 1 pita, large (6-1/2" dia) |
| | Crackers, melba toast, wheat | 7.00 | 1 toast |
| Carb. Snack Foods (Healthy) | Rice cake - apple cinnamon, Quaker | 3.00 | each |
| | Banana - med 8" | 1.00 | each |
| | Grapes - American | 50.00 | each |
| Cereals | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 2.00 | 1 cup, cooked |
| | Kashi GoLEAN Cereal | 3.00 | cup |
| Dairy | Yogurt, fruit variety, nonfat | 2.00 | 1 container (6 oz) |
| | Egg, whole, cooked, hard-boiled | 1.00 | 1 large |
| | Cheese, low fat, cheddar or colby | 1.00 | 1 slice (1 oz) |
| | Soy Yogurt, Fruited, low fat | 30.00 | ounce(s) |
| | Soy Cheese | 4.00 | slice |
| Fats & Oils | Salad dressing, italian dressing, fat-free | 7.00 | 1 tablespoon |
| | Olive oil - pure | 1.17 | tablespoon |
| | Soy Nut Butter | 2.00 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Asparagus/ Fresh - Boiled | 1.00 | cup |
| | Corn - sweet ear, boiled, drained | 1.00 | each |
| | Green beans - string boiled & drained | 4.00 | ounce(s) |
| Finfish and Shellfish | Fish, salmon, Atlantic, wild, cooked, dry heat | 1.25 | 3 oz |
| Fruits & Fruit Juices | Strawberries, raw | 3.00 | 1 bar (1 oz) |
| | Raspberries, raw | 1.50 | 1 cup |
| | Melons, cantaloupe, raw | 3.00 | 1 cup, diced |
| | Peaches, raw | 3.00 | 1 cup, slices |
| | Blueberries, raw | 1.00 | 1 cup, unthawed |
| | Raisins, seedless | 1.25 | 50 raisins |
| | Orange - medium | 2.00 | each |
| Jams/ Spreads/Sauces/ | Soy sauce - Kikkoman 'Lite' | 2.00 | tablespoon |

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| Spreads, Sauces, Syrups | Soy Sauce - Tamari | 2.00 | tablespoon |
| | Relish - pickle | 0.50 | tablespoon |
| | Mayonnaise - low fat | 2.50 | tablespoon |
| Meals, Entrees and Sidedishes | Soy Burger | 2.00 | each |
| | Soy Chicken Nuggets | 5.00 | each |
| | Soy Chicken Patty | 1.00 | each |
| Nuts & Seeds | Nuts, almonds | 22.00 | 1 almond |
| | Roasted Soy Nuts, unsalted | 2.00 | ounce(s) |
| Performance Carbohydrates | Apple - medium with peel | 3.00 | each |
| Protein Snack Foods (Healthy) | Cottage Cheese - 1% fat | 0.75 | cup |
| | Tuna Solid White -Water Sm. can | 6.00 | ounce(s) |
| Proteins (Healthy) | Egg Whites - scrambled/boiled | 4.00 | each |
| | Shrimp - boiled or steamed | 3.00 | ounce(s) |
| | Chicken Breast / White Meat | 7.00 | ounce(s) |
| Rice, grains, flour | Rice, brown, long-grain, cooked | 1.00 | 1 cup |
| | Spaghetti, whole-wheat, cooked | 1.00 | 1 cup |
| Snacks & Treats | Snacks, popcorn, air-popped | 5.00 | 1 cup |
| Soups and Gravies | Soup, vegetarian vegetable, canned, prepared with equal volume water | 2.00 | 1 cup |
| | Sauce, barbecue, low sodium | 0.25 | 1 cup |
| | Sauce, teriyaki, ready-to-serve | 1.00 | 1 tablespoon |
| | Sauce, salsa, ready-to-serve | 3.00 | 2 tablespoon |
| Toppings | Cinnamon | 1.00 | tea spoon |
| Vegetables | Cauliflower, cooked, boiled, drained, without salt | 1.00 | 0.5 cup (1" pieces) |
| | Mushrooms, white, raw | 1.25 | 0.5 cup pieces |
| | Waterchestnuts, chinese, (matai), raw | 1.00 | 0.5 cup slices |
| | Broccoli, cooked, boiled, drained, without salt | 1.00 | 0.5 cup, chopped |
| | Spinach, raw | 2.00 | 1 can (11.5 oz), prepared |
| | Broccoli, flower clusters, raw | 1.00 | 1 cup flowerets |
| | Sweet potato, cooked, baked in skin, flesh, without salt | 2.00 | 1 small |
| | tomato, diced | 4.00 | 1/2 cup |
| | zucchini, boiled, drained | 2.00 | 1/2 cup |
| | Green salad w/ raw vegetables | 6.00 | cup |
| | Pepper - sweet bell, all colors, chopped, | 0.50 | cup |
| | Cucumber - raw, slices | 0.50 | cup |
| | Carrots - baby, raw | 12.00 | medium |
| | Onion - chopped | 2.00 | tablespoon |