



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	1.50	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	1.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	40.00	1 peanut
	refried beans, Amy's Organic Traditional Refried Beans	1.50	1/2 cup
	Walnuts, dried	5.16	ounce(s)
Beverages	Tea, herb, chamomile, brewed	2.00	1 cup (8 fl oz)
Breads and baked goods	Bread, pumpernickel, toasted	4.00	1 slice (5" x 4" x 3/8")
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	26.00	each
	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)
	Cereal, oats, old fashioned, dry	4.00	1/2 cup
Dairy	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	7.00	1 large
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	2.00	1 tablespoon
	Cheese, cream, low fat	2.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	5.00	cup
	Milk - skim, no fat	6.00	cup
	Soy Milk, fat-free w/ calcium	6.00	ounce(s)
Fats & Oils	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	7.50	1 tablespoon
	Olive oil - pure	6.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	16.00	each
	Wasa Crackers, light rye	16.00	each
	Salad - lrg. garden w/tomato & onion	22.00	large
	Salad - med. garden w/tomato, onion	2.00	medium
	Broccoli	6.00	spear
Finfish and Shellfish	Fish, roughy, orange, cooked, dry heat	12.00	3 oz
Fruits & Fruit Juices	Cherries, sweet, raw	60.00	1 cherry
	Blackberries, raw	10.00	1 cup

	Blueberries, raw	2.50	1 cup
	Grapefruit juice, white, raw	1.00	1 cup
	Pineapple, raw, all varieties	5.00	1 cup, diced
	Apricots, dried, sulfured, stewed, without added sugar	1.75	1 cup, halves
	Strawberries, raw	2.50	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Strawberries, raw	4.00	1 cup, sliced
	Peaches, raw	2.50	1 cup, slices
	Avocados, raw, California	0.66	1 fruit without skin and seeds
	Bananas, raw	4.00	1 large (8" to 8-7/8" long)
	Raisins, seedless	4.00	1 miniature box (.5 oz)
	Lemon juice, raw	8.00	1 wedge yields
	Grapes, Concord	2.00	cup
	Plum - fresh, 2.25" diam	10.00	each
	Grapefruit - pink or red 4" diam.	3.00	each
	Cherries, sweet, medium	30.00	each
	Grapes - American	77.00	each
	Pear -medium w/peel	0.50	each
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	BBQ - Hickory, Health Choice	2.00	tablespoon
	Almond Butter	34.00	tablespoon
Miscellaneous	Tofu - soybean curd cake	6.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	205.00	1 almond
	Nuts, walnuts, english	1.00	1 cup, in shell, edible yield (7 nuts)
	Nuts, cashew nuts, dry roasted, without salt added	2.00	1 oz
	Nuts, almond butter, plain, without salt added	2.00	1 tablespoon
	Seeds, flaxseed	14.00	1 tablespoon
Performance Carbohydrates	Lentil - boiled	5.00	cup
	Apple - medium with peel	3.00	each
	Yam - baked w/o skin	4.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.50	cup
	Egg - boiled white only	32.00	each
	Tuna Solid White -Water Sm. can	3.00	ounce(s)
Proteins (Healthy)	Milk, Almond	10.00	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	24.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	9.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	6.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.50	1 cup
Sausages and			1 slice (6-1/4" x 4" x

Salad and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (3" x 1" x 1/16")
Seasonings	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	2.15	tablespoon
Soups and Gravies	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2.00	1 cup (8 fl oz)
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	3.00	cup
Vegetables	Asparagus, cooked, boiled, drained	4.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	3.00	0.5 cup pieces
	Broccoli, raw	26.00	0.5 cup, chopped or diced
	Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes
	Spinach, raw	20.00	1 bunch
	Parsley, fresh	3.00	1 cup
	Spinach, cooked, boiled, drained, without salt	4.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.50	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Broccoli, flower clusters, raw	3.00	1 cup flowerets
	Lettuce, green leaf, raw	4.00	1 leaf
	Spinach, raw	5.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	4.00	1 slice, medium (1/4" thick)
	Asparagus, raw	24.00	1 spear, large (7-1/4" to 8-1/2")
	Asparagus, raw	44.00	1 spear, medium (5-1/4" to 7" long)
	tomato, diced	7.00	1/2 cup
	zucchini, boiled, drained	4.00	1/2 cup
	Green salad w/ raw vegetables	8.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	2.00	cup
	Carrots - baby, raw	18.00	medium
	Tomato - sm. w/peel, 2.5" diam.	6.00	small
	Onion - chopped	9.00	tablespoon