



Male Meal Plans

| Category | Food | Qty | Measure |
|--|--|-------|-------------------------|
| Beans, Lentils | Walnuts, dried | 12.00 | ounce(s) |
| Beverages | Tea, black, brewed, prepared with tap water, decaffeinated | 18.00 | 1 cup (8 fl oz) |
| | Tea, herb, other than chamomile, brewed | 2.00 | 1 cup (8 fl oz) |
| | Tea, herb, chamomile, brewed | 6.00 | 1 cup (8 fl oz) |
| | Ice cubes | 2.00 | 1/2 cup |
| | water, arrowhead | 2.00 | fluid ounce(s) |
| Carb. Snack Foods (Healthy) | Rice cake - plain, unsalted, Quaker | 18.00 | each |
| | Grapes - American | 60.00 | each |
| Cereals | Cereals ready-to-eat, corn flakes, low sodium | 2.00 | 1 cup |
| Custom Recipes | Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil | 4.00 | each |
| Dressings | Balsamic Vinegar | 6.00 | tablespoon |
| Fats & Oils | Olive oil - pure | 14.00 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Wasa Crackers, light rye | 8.00 | each |
| Fruits & Fruit Juices | Cranberries, dried, sweetened | 6.00 | 0.333 cup |
| | Apricots, dehydrated (low-moisture), sulfured, stewed | 6.00 | 1 cup |
| | Blackberries, raw | 10.00 | 1 cup |
| | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 2.00 | 1 cup |
| | Prunes, dehydrated (low-moisture), stewed | 4.00 | 1 cup |
| | Apple juice, canned or bottled, unsweetened, with added ascorbic acid | 2.00 | 1 cup |
| | Melons, cantaloupe, raw | 2.00 | 1 cup, balls |
| | Strawberries, raw | 10.00 | 1 cup, halves |
| | Mangos, raw | 2.00 | 1 cup, sliced |
| | Peaches, raw | 2.00 | 1 cup, slices |
| | Blueberries, raw | 2.00 | 1 cup, unthawed |
| | Raisins, seedless | 2.00 | 1 miniature box (.5 oz) |
| | Strawberries | 4.00 | cup |
| | Grapes, Concord | 6.00 | cup |
| | Plum - fresh, 2.25" diam | 2.00 | each |
| | Grapefruit - pink or red 4" diam. | 2.00 | each |
| | Banana - med 8" | 2.00 | each |
| | Papaya - medium, raw, 3.5" diam. | 2.00 | medium |
| | Pineapple - frsh, slice approx 3.5" | 2.00 | slice |
| Jams/ Spreads/Sauces/ Syrups | Almond Butter | 6.00 | tablespoon |

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| Nuts & Seeds | Nuts, almonds | 242.00 | 1 almond |
| | Seeds, sunflower seed kernels, dry roasted, without salt | 2.00 | 1 oz |
| | Seeds, flaxseed | 14.00 | 1 tablespoon |
| | Seeds, flaxseed | 2.00 | 1 tablespoon, whole |
| | Cashews - roasted, lightly salted Planters | 10.00 | ounce(s) |
| Performance Carbohydrates | Apple - medium with peel | 14.00 | each |
| Protein Snack Foods (Healthy) | Egg - boiled white only | 44.00 | each |
| Proteins (Healthy) | Egg whole w/ yolk | 6.00 | each |
| | Egg Whites - scrambled/boiled | 36.00 | each |
| Vegetables | Beets, raw | 22.00 | 1 beet (2" dia) |
| | Spinach, raw | 2.00 | 1 bunch |
| | Lettuce, green leaf, raw | 2.00 | 1 cup, shredded |
| | Lettuce, red leaf, raw | 24.00 | 1 cup, shredded |
| | Lettuce, cos or romaine, raw | 8.00 | 1 inner leaf |
| | Green salad w/ raw vegetables | 6.00 | cup |