



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.75	1 cup
	PROGRESSO Black Beans	2.00	tablespoon
	Hummus	2.75	tablespoon
<b>Beverages</b>	Silk Plain Soy Milk	0.66	cup
<b>Breads and baked goods</b>	English muffins, whole-wheat, toasted	1.00	1 muffin
	Pita - wheat	0.75	each
	Van's Whole Grain Waffles	1.25	each
	Bread, Ezekiel Cinnamon Raisin	2.00	slice
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	1.00	0.5 cup (1 NLEA serving)
	Kashi GoLEAN Cereal	1.00	cup
<b>Dairy</b>	Milk - skim, no fat	1.00	cup
	Hard boiled egg	1.00	each
	Skim milk	4.00	fluid ounce(s)
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.50	ounce(s)
	Goat cheese	0.50	ounce(s)
	Mozzarella cheese, part skim	0.25	ounce(s)
<b>Dressings</b>	Balsamic Vinegar	2.25	tablespoon
	Italian dressing, reduced fat	0.50	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.75	2 tablespoon
	Sliced avocado	1.00	cup
	Olive oil	1.75	tablespoon
	Olive oil	4.50	tea spoon
<b>Fibrous Carbohydrates (Healthy)</b>	Cooked lentils	0.75	cup
	Dry steel cut oats	0.50	cup
	Brown rice, cooked	1.50	cup
	Whole wheat wrap	3.00	each
	Sweet potato, baked in peel, large	0.50	each
	100% whole wheat sandwich thin	1.50	each
	Whole wheat English muffin	0.50	each
	Salad - lrg. garden w/tomato & onion	0.50	large
Ezekiel 4:9 bread, sprouted 100% whole wheat	1.50	slice	
<b>Fruits &amp; Fruit Juices</b>	Strawberries, raw	0.25	1 bar (1 oz)
	Melons, honeydew, raw	1.00	1 cup, balls

	Blueberries, raw	1.25	1 cup, unthawed
	Watermelon - fresh, diced	2.00	cup
	Strawberries	2.00	cup
	Grapes	3.25	cup
	Fresh raspberries	0.50	cup
	Unsweetened frozen cherries	0.25	cup
	Frozen unsweetened strawberries	0.50	cup
	Fresh blueberries	0.50	cup
	Fresh cantaloupe	1.00	cup
	Frozen unsweetened blueberries	0.25	cup
	Sliced fresh peaches	0.50	cup
	Orange - medium	2.00	each
	Grapefruit	2.00	each
	Small banana	1.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa	0.25	cup
	peanut butter reduced fat	0.50	tablespoon
	Salsa - Chunky medium, Pace	1.00	tablespoon
	Peanut Butter	0.33	tablespoon
	Almond Butter	0.75	tablespoon
	All fruit jelly	1.00	tea spoon
	SMART BALANCE Buttery Spread	4.00	tea spoon
<b>Misc. Meats</b>	Boca Vegan Veggie Burgers	1.00	each
<b>Miscellaneous</b>	Ice cube	2.00	each
<b>Noodles &amp; Pastas</b>	Quinoa, cooked	1.25	1 cup
<b>Nuts &amp; Seeds</b>	Seeds, flaxseed	1.00	1 tablespoon
	Seeds, flaxseed	1.00	1 teaspoon, ground
	Pistachio nuts	24.00	each
	Slivered almonds	0.50	tablespoon
	Chopped walnuts	1.75	tablespoon
<b>Performance Carbohydrates</b>	Lentil - boiled	0.25	cup
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	1.00	3 oz
<b>Poultry</b>	Turkey bacon	0.75	slice
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	0.25	cup
	Pumpkin seeds, roasted, unsalted	1.00	tablespoon
<b>Proteins (Healthy)</b>	Tuna Solid White in water	0.50	cup
	Almond Breeze, unsweetened vanilla almond milk	2.25	cup
	Egg Whites - scrambled/boiled	5.00	each
	Vegetarian sausage link	1.50	each
	Almonds, unsalted	18.00	each
	Egg white	2.00	large
	Shrimp - boiled or steamed	2.50	ounce(s)
	Turkey Breast / White Meat	3.00	ounce(s)
	Chicken Breast / White Meat	9.75	ounce(s)
	Beef, organic, extra lean	1.75	ounce(s)
	Turkey breast	1.00	ounce(s)

	Salmon	2.25	ounce(s)
	Greek yogurt, plain, non fat	12.00	ounce(s)
	Tilapia	2.50	ounce(s)
	2% milkfat cheddar cheese	0.75	ounce(s)
	Canadian bacon, extra lean	1.25	ounce(s)
	Kraft American Cheese 2% Milk	0.50	slice
	Peanut butter	3.50	tea spoon
<b>Rice, grains, flour</b>	Macaroni, whole-wheat, cooked	0.75	1 cup elbow shaped
<b>Seasonings</b>	Vinegar, cider	0.50	1 tablespoon
<b>Snacks &amp; Treats</b>	Popcorn - Lite, microwaved, Orvill Red. Gourmet	4.00	cup
<b>Soups and Gravies</b>	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	0.75	1 cup
	Soup, black bean, canned, prepared with equal volume water	0.50	1 cup
<b>Vegetables</b>	Onions, raw	0.50	1 cup, sliced
	Carrots, baby, raw	2.75	1 large
	Spinach, raw	1.00	1 leaf
	Green salad w/ raw vegetables	2.25	cup
	Mixed greens	1.00	cup
	Green beans, steamed or boiled	0.50	cup
	Kale	1.00	cup
	Roasted beets	0.50	cup
	Carrots	1.50	cup
	Mixed vegetables (non starchy)	1.00	cup
	Chopped tomato	1.50	cup
	Brussels sprouts	3.00	cup
	Broccoli	2.75	cup
	Fresh spinach	3.00	cup
	Bell pepper	1.00	each
	Lettuce leaf	2.50	each
	Baby carrots	8.00	each
	Asparagus spears	5.00	each
	Tomato slice	5.25	each
	Onion - chopped	1.50	tablespoon
	Chopped onion	1.50	tablespoon