



Female Meal Plans

Category	Food	Qty	Measure
Breads and baked goods	Croutons, seasoned	0.75	1 cup
	Bread, whole-wheat, commercially prepared	4.00	1 oz
	Bagel - Honey Wheat, Earth Grains	1.00	each
Carb. Snack Foods (Healthy)	Graham Crackers	8.00	each
	Apple - medium with peel	1.50	each
	Cracker/Nabisco - Low Saltines	11.00	each
	Potato - white medium	12.00	ounce(s)
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	2.00	1 cup (1 NLEA serving)
	Oatmeal - instant pkt., maple, brn sugar Quaker	3.00	pack
Dairy	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, parmesan, grated	0.50	1 tablespoon
	Cream, sour, reduced fat, cultured	4.00	1 tablespoon
	Milk - skim, no fat	7.00	cup
	Yogurt - Yoplait, Light, all flavors	42.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Dressings	Oil & Vinegar - Wish-Bone, vinaigrette Lite	13.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	2.00	cup
	Salad - lrg. garden w/tomato & onion	3.00	large
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	4.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	3.50	3 oz
Fruits & Fruit Juices	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.50	1 cup
	Peaches, canned, water pack, solids and liquids	1.00	1 cup, halves or slices
	Orange - medium	3.00	each
	Grapefruit - pink or red 4" diam.	1.50	each
	Banana - med 8"	1.50	each
	Grapes - American	20.00	each
Jams/ Spreads/Sauces/ Syrups	Marinara sauce - Progresso 'Authentic'	0.50	cup
	Mayonnaise - KRAFT Free, fat free	7.00	tablespoon
	Salsa - Chunky medium, Pace	8.00	tablespoon
	Relish - pickle	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon

Noodles & Pastas	Angel hair - wheat, cooked, Cremette	0.75	cup
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.00	cup
	Tuna Solid White -Water Sm. can	7.00	ounce(s)
Proteins (Healthy)	Egg Beaters - Fleischmann's	2.00	cup
	Halibut - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	7.00	ounce(s)
	Chicken Breast / White Meat	15.50	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
	Peanut Butter, Jif Reduced Fat	3.00	tablespoon
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	9.50	cup
Soups and Gravies	Vegetable soup - prepared, Cambell's Homestyle	3.00	cup
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	1.00	cup
Vegetables	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 can (11.5 oz), prepared
	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.50	1 cup
	Spinach, raw	3.00	1 leaf
	Carrots, baby, raw	6.00	1 medium
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	Chives, raw	1.00	1 tsp chopped
	tomato, diced	1.00	1/2 cup