



Female Meal Plans

| Category | Food | Qty | Measure |
|----------------------------------------|----------------------------------------------|-------|----------------|
| Beans, Lentils | Hummus | 3.00 | tablespoon |
| Beverages | Silk Plain Soy Milk | 1.66 | cup |
| Breads and baked goods | English muffins, wheat | 1.00 | 1 muffin |
| Carb. Snack Foods (Healthy) | Apple | 1.00 | each |
| Cereals | Bran flakes | 0.50 | cup |
| Dairy | Hard boiled egg | 1.00 | each |
| | Skim milk | 24.00 | fluid ounce(s) |
| | Mozzarella cheese, part skim | 2.50 | ounce(s) |
| | Grated parmesan cheese | 2.00 | tablespoon |
| Dressings | Balsamic Vinegar | 2.00 | tablespoon |
| | Italian dressing, reduced fat | 4.50 | tablespoon |
| Fats & Oils | Sliced avocado | 0.13 | cup |
| | Olive oil | 3.50 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Dry steel cut oats | 0.33 | cup |
| | Brown rice, cooked | 0.25 | cup |
| | Whole wheat pasta, cooked | 0.25 | cup |
| | Whole wheat spaghetti, cooked | 0.25 | cup |
| | 100% whole wheat wrap, 6" | 2.00 | each |
| | 100% whole wheat sandwich thin | 1.50 | each |
| | Whole wheat English muffin | 1.50 | each |
| | Wheat bread | 1.00 | slice |
| | Ezekiel 4:9 bread, sprouted 100% whole wheat | 2.00 | slice |
| Fruits & Fruit Juices | Strawberries | 2.99 | cup |
| | Fresh blueberries | 0.75 | cup |
| | Fresh cantaloupe | 1.50 | cup |
| | Frozen unsweetened blueberries | 0.58 | cup |
| | Sliced fresh peaches | 0.25 | cup |
| | Grapefruit - pink or red 4" diam. | 0.50 | each |
| | Pear | 0.50 | each |
| Jams/ Spreads/Sauces/ Syrups | Peanut Butter | 1.00 | tablespoon |
| | Almond Butter | 0.50 | tablespoon |
| | Low fat mayonnaise | 1.00 | tablespoon |
| | Smooth peanut butter | 0.33 | tablespoon |

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| | Trans fat-free buttery spread | 7.00 | tea spoon |
| | All fruit jelly | 0.25 | tea spoon |
| Miscellaneous | Teriyaki sauce, ready to serve, low sodium | 1.00 | tablespoon |
| Noodles & Pastas | Quinoa, cooked | 0.63 | 1 cup |
| Nuts & Seeds | Pistachio nuts | 48.00 | each |
| | Chopped walnuts | 2.50 | tablespoon |
| | Sunflower seeds | 1.00 | tablespoon |
| Pork Products | Pork, loin, lean, uncooked | 8.00 | ounce(s) |
| Poultry | Turkey bacon, cooked | 1.00 | 1 oz cooked, yield |
| Protein Snack Foods (Healthy) | Cottage Cheese - 1% fat | 2.16 | cup |
| | String cheese, part skim mozzarella | 1.00 | each |
| Proteins (Healthy) | Cooked egg white | 1.00 | each |
| | Almonds, unsalted | 33.00 | each |
| | Vegetable burger | 1.00 | each |
| | Egg white | 11.00 | large |
| | Salmon - broiled | 4.00 | ounce(s) |
| | Water packed white tuna | 9.00 | ounce(s) |
| | Boneless chicken breast | 19.00 | ounce(s) |
| | Turkey breast | 14.00 | ounce(s) |
| | Salmon | 6.00 | ounce(s) |
| | Greek yogurt, plain, non fat | 20.00 | ounce(s) |
| | Tilapia | 5.00 | ounce(s) |
| | 2% milkfat cheddar cheese | 7.50 | ounce(s) |
| | Canadian bacon, extra lean | 3.00 | ounce(s) |
| | Lean ground beef | 5.00 | ounce(s) |
| Seasonings | Mustard, prepared, yellow | 1.00 | 1 teaspoon or 1 packet |
| | Garlic powder | 0.25 | tablespoon |
| | Fresh basil | 1.00 | tablespoon |
| | White vinegar | 2.00 | tablespoon |
| | Ground black pepper | 0.13 | tea spoon |
| | Italian seasoning medley | 0.25 | tea spoon |
| | Mustard | 2.00 | tea spoon |
| | Dried rosemary | 0.50 | tea spoon |
| | Ground dried sage | 0.13 | tea spoon |
| | Paprika | 0.25 | tea spoon |
| Starchy Carbohydrates (Healthy) | Spaghetti squash, cooked | 0.99 | cup |
| Vegetables | Edamame, frozen, prepared | 0.66 | 1 cup |
| | Mixed greens | 5.00 | cup |
| | Green beans, steamed or boiled | 2.00 | cup |
| | Cauliflower | 0.50 | cup |
| | Grated carrots | 0.63 | cup |
| | Chopped tomato | 2.50 | cup |
| | Summer squash, cooked | 1.00 | cup |
| | White mushrooms, sliced | 0.75 | cup |
| | Broccoli | 2.00 | cup |

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| Celery | 0.25 | cup |
| Red pepper | 1.00 | cup |
| Fresh spinach | 12.50 | cup |
| Fresh mushrooms | 1.00 | cup |
| Fresh white mushrooms | 0.25 | cup |
| Lettuce leaf | 6.00 | each |
| Baby carrots | 12.00 | each |
| Tomato slice | 6.00 | each |
| Canned artichoke | 1.00 | ounce(s) |
| Chopped onion | 7.00 | tablespoon |
| Tomato sauce | 2.00 | tablespoon |