



## Male Meal Plans

Category	Food	Qty	Measure
<b>Bars</b>	Balance Bar Honey Peanut	4.00	each
<b>Beans, Lentils</b>	Peanuts, all types, dry-roasted, without salt	0.50	1 cup
<b>Beverages</b>	Vegetable juice - V8, no salt	38.00	fluid ounce(s)
	Orange juice - 100% pure , Tropicana	16.00	ounce(s)
<b>Breads and baked goods</b>	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	Pita - wheat	1.50	each
<b>Cereals</b>	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
<b>Dairy</b>	Egg substitute, liquid	1.00	1 cup
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, mozzarella, part skim milk	2.00	1 oz
	Cheese, mozzarella, low moisture, part-skim	1.00	1 oz
	Milk - skim, no fat	4.25	cup
	HEALTHY CHOICE Mozzarella String Cheese	5.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	7.50	ounce(s)
	Yogurt - Yoplait, Light, all flavors	24.00	ounce(s)
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
<b>Dressings</b>	Italian - fat free, KRAFT Free	17.00	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	3.50	1 tablespoon
	Olive oil - pure	1.00	tablespoon
	Olive Oil (sesame,soy bean, sunflower)	0.25	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	1.50	cup
	Salad - lrg. garden w/tomato & onion	3.00	large
	Green beans - string boiled & drained	12.00	ounce(s)
	Salad - sm. garden w/tomato, onion	4.00	small
<b>Finfish and Shellfish</b>	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, tuna, white, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, farmed, cooked, dry heat	2.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	0.75	1 cup
	Grapes, american type (slip skin), raw	1.00	1 cup
	Melons, cantaloupe, raw	2.50	1 cup, balls
	Watermelon, raw	3.00	1 cup, balls
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	3.00	1 cup, slices
	Raisins, seedless	1.00	1 small box (1.5 oz)

	Orange - medium	1.00	each
	Apple - medium with peel	1.50	each
	Banana - med 8"	0.50	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Catsup - tomato	0.50	tablespoon
	Relish - pickle	1.00	tablespoon
	BBQ - Healthy Choice	2.00	tablespoon
	Peanut Wonder -low fat peanut butter	3.00	tablespoon
	SMART BALANCE Buttery Spread	1.00	tea spoon
<b>Meals, Entrees and Sidedishes</b>	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	1.00	each
<b>Misc. Meats</b>	TYSON Breaded Honey Battered Tenders	4.00	each
	HEALTHY CHOICE Beef Franks, Low Fat	2.00	each
<b>Miscellaneous</b>	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	1.00	each
	Tortilla - flour, soft, 7" diam.	2.00	each
<b>Nuts &amp; Seeds</b>	Nuts, almonds	0.13	1 cup, slivered
	Seeds, sunflower seed kernels, toasted, without salt	1.50	1 oz
<b>Performance Carbohydrates</b>	Orange - medium	1.00	each
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.00	3 oz
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.75	cup
<b>Proteins (Healthy)</b>	Swordfish - cooked dry heat	6.00	ounce(s)
	Cod - Atlantic, broiled	4.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	0.50	1 cup
	Spaghetti, cooked, enriched, without added salt	0.50	1 cup
<b>Sausages and Lunch Meats</b>	HEALTHY CHOICE Bulk Deli Turkey Breast	4.00	ounce(s)
<b>Seasonings</b>	Spices, garlic powder	1.00	1 teaspoon
	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
<b>Snacks &amp; Treats</b>	Melba Toast, Wheat, Unsalted	6.00	each
<b>Soups and Gravies</b>	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	2.00	cup
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	3.00	0.5 cup (1" pieces)
	Broccoli, raw	1.00	0.5 cup, chopped or diced
	Spinach, raw	4.25	1 cup

Spinach, cooked, boiled, drained, without salt	1.00	1 cup
Onions, raw	0.75	1 cup, chopped
Peppers, sweet, red, raw	0.50	1 cup, chopped
Carrots, raw	0.75	1 cup, grated
Mushrooms, white, raw	1.00	1 cup, pieces or slices
Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped
Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
Zucchini, Frozen, Boiled, Drained	1.00	cup
Vegetables - mixed, frozen, boiled	1.00	cup
Celery - raw stalk, trimmed	6.00	each
Carrots - baby, raw	24.00	medium
Green beans - string, boiled & drained	6.00	ounce(s)