



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Refried beans, canned, traditional style (includes USDA commodity)	1.75	1 cup
<b>Beverages</b>	Coffee - w/caffeine	56.00	ounce(s)
<b>Breads and baked goods</b>	Crackers, whole-wheat	6.00	1 cracker
<b>Cereals</b>	Oatmeal - instant pkt., plain Quaker Extra	2.00	pack
<b>Dairy</b>	Egg, whole, cooked, hard-boiled	5.00	1 large
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Cheese, mexican, queso asadero	6.00	1 oz
	Milk - skim, no fat	19.25	cup
	Yogurt - Yoplait, Light, all flavors	30.00	ounce(s)
	Cream Cheese, Light, Phila brand	4.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	6.00	ounce(s)
<b>Fast Food</b>	Taco - beef regular	2.00	each
<b>Fats &amp; Oils</b>	Salad dressing, italian dressing, commercial, reduced fat	2.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	2.50	2 tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Celery - raw stalk trimmed	4.00	each
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	4.00	small
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	2.00	1 cup
	Strawberries, raw	3.00	1 cup, halves
	Lime juice, raw	1.00	1 fl oz
	Kiwifruit, green, raw	6.00	1 fruit without skin, medium
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Peanut butter - creamy. Peter Pan	2.50	tablespoon
	Salsa - Chunky medium, Pace	27.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
<b>Miscellaneous</b>	guacamole	9.00	ounce(s)
<b>Nuts &amp; Seeds</b>	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Almonds - Planters Dry Roasted	2.50	ounce(s)
<b>Performance Carbohydrates</b>	Apple - medium with peel	1.00	each

Carbohydrates

<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	3.75	cup
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
<b>Proteins (Healthy)</b>	Protein Drink, Generic (add 16oz. water)	4.00	1/2 cup
	Egg Whites - scrambled/boiled	6.00	each
	Shrimp - boiled or steamed	7.00	ounce(s)
	Chicken Breast / White Meat	9.00	ounce(s)
<b>Recipes</b>	MAIN25 - Chili Beef and Bean Burgers	1.00	each
	MAIN14 - Chicken Fajitas	1.00	each
	MAIN03 - Green Chili	1.00	each
	MAIN01 - Fish With Cucumber Sauce	1.50	each
<b>Rice, grains, flour</b>	Wild rice, cooked	0.50	1 cup
<b>Snacks &amp; Treats</b>	Snacks, tortilla chips, plain, white corn, salted	5.00	1 oz
<b>Soups and Gravies</b>	Soup, gazpacho, canned, ready-to-serve	3.50	1 cup
	Soup, black bean, canned, prepared with equal volume water	1.00	1 cup
<b>Starchy Carbohydrates (Healthy)</b>	Tortilla - corn, soft, 7" diam.	3.00	each
<b>Vegetables</b>	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3.00	1 cup
	Carrots, baby, raw	8.00	1 medium
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	1.00	cup
	Celery - raw stalk, trimmed	4.00	each
	Carrots - baby, raw	10.00	medium
	Pepper - jalapeno', diced, Ortega	3.00	ounce(s)
	Onion - chopped	4.00	tablespoon