



PRODIETS

Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	OLD EL PASO Fat Free Refried Beans	1.00	1/2 cup
	HEALTH VALLEY Fat Free Honey Baked Beans	0.50	cup
Beverages	Silk Plain Soy Milk	1.75	cup
	Vegetable juice - V8, no salt	20.00	fluid ounce(s)
	Silk Vanilla Soy Milk	36.00	ounce(s)
	Orange juice - 100% pure , Tropicana	38.00	ounce(s)
Breads and baked goods	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Pita - wheat	2.00	each
	Bagel - Plain, Lenders Bake Shop	2.50	each
	Bread /Rye 7 grain	2.00	each
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	2.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	1.00	0.5 cup (1 NLEA serving)
	Oatmeal - instant pkt.,Plus Fiber, Quaker	1.00	pack
Dairy	Egg substitute, liquid	0.50	1 cup
	Milk - skim, no fat	5.00	cup
	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	1.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Yogurt - Yoplait, fat free, all flavors	6.00	ounce(s)
	Cream Cheese, fat free,Healthy Choice	4.00	ounce(s)
	Parmesean Cheese, Low Sodium	2.00	tablespoon
Desserts	Puddings, tapioca, ready-to-eat	4.00	1 can (5 oz)
Dressings	Oil & Vinegar Salad Dressing	6.00	tea spoon
Fats & Oils	Olive Oil (sesame,soy bean, sunflower)	1.00	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	4.00	large
Finfish and Shellfish	Fish, cod, Atlantic, cooked, dry heat	2.00	1 fillet
	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
Fruits & Fruit Juices	Strawberries, raw	1.00	1 bar (1 oz)
	Strawberries, raw	1.00	1 cake, 2-layer (8" dia)

	Grapes, american type (slip skin), raw	1.00	1 cup
	Melons, honeydew, raw	2.00	1 cup, balls
	Melons, cantaloupe, raw	1.00	1 cup, diced
	Blueberries, raw	2.50	1 cup, unthawed
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Bananas, raw	1.00	1 medium (7" to 7-7/8" long)
	Raisins, seedless	1.00	1 small box (1.5 oz)
	Orange - medium	2.00	each
	Banana - med 8"	3.00	each
Jams/ Spreads/Sauces/ Syrups	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Mayonnaise - KRAFT Free, fat free	5.00	tablespoon
	Salsa - Chunky medium, Pace	8.00	tablespoon
	Relish - pickle	0.25	tablespoon
	SMART BALANCE Buttery Spread	9.00	tea spoon
Meals, Entrees and Sidedishes	HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree	1.00	1 package yields
Misc. Meats	MORNINGSTAR FARMS Deli Franks	1.00	each
Miscellaneous	Tortilla - flour, soft, 7" diam.	4.00	each
	GARDENBURGER, Veggie Medley	5.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	SOLNUTS Soybeans	0.50	ounce(s)
	BLUE DIAMOND Almonds, Chopped	2.00	tablespoon
Performance Carbohydrates	Apple - medium with peel	0.50	each
Pork Products	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	1.00	3 oz
Poultry	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	1.00	1 unit (yield from 1 lb ready-to-cook turkey)
Protein Snack Foods (Healthy)	LUCERNE No Salt added 1% Fat Cottage Cheese	2.00	1/2 cup
	Tuna Solid White -Water Sm. can	2.80	ounce(s)
Proteins (Healthy)	Egg whole w/ yolk	1.00	each
	Egg Whites - scrambled/boiled	4.00	each
	Chicken Breast / White Meat	9.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	6.00	ounce(s)
Snacks & Treats	Melba Toast, Wheat, Unsalted	6.00	each
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	1.50	cup
	Oatmeal -Quick, measured uncooked	1.00	cup
Vegetables	Broccoli frozen spears cooked boiled drained without salt	1.00	0.5 cup

Vegetables	Broccoli, frozen, spears, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.00	0.5 cup
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Spinach, raw	1.75	1 can (11.5 oz), prepared
	Tomatoes, sun-dried	1.00	1 cup
	Eggplant, cooked, boiled, drained, without salt	1.00	1 cup (1" cubes)
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
	Tomatoes, red, ripe, raw, year round average	0.50	1 cup, chopped or sliced
	Mushrooms, white, raw	1.00	1 cup, pieces or slices
	Tomatoes, red, ripe, raw, year round average	8.00	1 slice, medium (1/4" thick)
	Peas - green, frozen, boiled	0.50	cup
	Zucchini, Frozen, Boiled, Drained	2.00	cup
	Celery - raw stalk, trimmed	4.00	each
	Carrots - baby, raw	9.00	medium
	HUNT'S Tomato Ketchup No Salt Added	1.00	tablespoon