



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Refried beans, canned, traditional style (includes USDA commodity)	0.50	1 cup
	Soymilk, original and vanilla, unfortified	1.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	3.00	1 oz
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	15.00	1 cup (8 fl oz)
	Vegetable juice - V8, no salt	6.00	fluid ounce(s)
<b>Breads and baked goods</b>	Cake, sponge, commercially prepared	2.00	1 piece (1/12 of 16 oz cake)
	Bread, pumpernickel, toasted	1.00	1 slice (5" x 4" x 3/8")
	Bread, pumpernickel	3.00	1 slice, regular
	Pita - wheat	1.50	each
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.25	1 cup, cooked
<b>Dairy</b>	Egg, whole, cooked, hard-boiled	0.50	1 cup, chopped
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	1.00	1 oz
	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.00	2 tablespoon
	Non-fat yogurt-artificially sweetened	4.50	cup
	Milk - skim, no fat	4.75	cup
	Cream Cheese, Light, Phili brand	0.75	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	0.75	ounce(s)
<b>Dressings</b>	Oil & vinegar - Wish-Bone, Lite Classic	7.75	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	2.50	1 tablespoon
	Margarine, soft, soybean, no salt	1.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
	Olive oil - pure	1.25	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Tortilla 99% fat free, whole wheat, flour	1.00	each
	Celery - raw stalk trimmed	7.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	3.00	ounce(s)
<b>Finfish and Shellfish</b>	Fish, tuna salad	0.50	1 cup

<b>Fruits &amp; Fruit Juices</b>	Apricots, dehydrated (low-moisture), sulfured, stewed	0.75	1 cup
	Blueberries, raw	0.50	1 cup
	Grapefruit juice, white, canned, unsweetened	1.75	1 cup
	Applesauce, canned, unsweetened, with added ascorbic acid	0.50	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	0.50	1 cup, halves
	Strawberries, raw	2.50	1 cup, halves
	Peaches, raw	1.00	1 cup, slices
	Cherries, sweet, raw	1.00	1 cup, without pits
	Plums, raw	1.00	1 fruit (2-1/8" dia)
	Plum - fresh, 2.25" diam	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	10.00	each
	Pear -medium w/peel	1.00	each
	Tangerine - fresh peeled	8.00	ounce(s)
<b>Jams/ Spreads/Sauces/ Syrups</b>	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Salsa - Chunky medium, Pace	2.00	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
<b>Misc. Meats</b>	Pork - broiled, chopped, trimmed, center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.25	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	4.00	1 almond
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.00	cup
<b>Proteins (Healthy)</b>	Egg Beaters - Fleischmann's	0.50	cup
	Salmon - broiled	4.00	ounce(s)
	Halibut - broiled	4.00	ounce(s)
	Chicken Breast / White Meat	9.00	ounce(s)
	Kraft American Cheese 2% Milk	1.00	slice
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.50	3 oz
<b>Sausages and Lunch Meats</b>	LOUIS RICH, Turkey Smoked Sausage	1.00	1 serving
	Ham, sliced, packaged (96% fat free, water added)	4.00	1 slice (6-1/4" x 4" x 1/16")
<b>Soups and Gravies</b>	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	2.00	1 cup
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Brussels sprouts, cooked, boiled, drained, without salt	2.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Yam, cooked, boiled, drained, or baked, without salt	1.50	0.5 cup, cubes
	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.50	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 cup
	Cauliflower, raw	0.50	1 cup
	Spinach, cooked, boiled, drained, without salt	1.00	1 cup
	Broccoli, flower clusters, raw	1.00	1 cup flowerets

Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
Spinach, raw	2.00	1 leaf
zucchini, boiled, drained	1.00	1/2 cup
tomato, diced	3.50	1/2 cup
Green salad w/ raw vegetables	12.00	cup
Pepper - sweet bell, all colors, chopped,	0.50	cup
Cucumber - raw, slices	1.00	cup
Onion - chopped	1.00	tablespoon