



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tempeh	0.50	1 cup
	Hummus, commercial	1.00	1 cup
	MORI-NU, Tofu, silken, extra firm	5.50	1 slice
	Natural Touch Vegetarian Chili	1.00	cup
	OLD EL PASO Vegetarian Refried Beans	0.50	cup
	HEALTH VALLEY Fat Free Honey Baked Beans	0.50	cup
	Silk Cultured Soy Yogurt	4.00	each
	PROGRESSO Black Beans	4.00	tablespoon
Beverages	Silk Plain Soy Milk	6.75	cup
	Vegetable juice - V8, no salt	20.00	fluid ounce(s)
	Silk Vanilla Soy Milk	24.00	ounce(s)
	Orange juice - 100% pure , Tropicana	12.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat, low salt	10.00	1 cracker
	Pita - wheat	1.00	each
	Bun - hamburger	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1.75	1 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.75	1 cup, cooked
	Shredded Wheat, Nabisco	1.50	biscuit
	Oatmeal - instant pkt.,plain Quaker Extra	1.00	pack
Dairy	NU TOFU Cheddar Flavor Cheese Alternative	1.50	ounce(s)
Dressings	Italian - fat free, KRAFT Free	7.00	tablespoon
Fats & Oils	Salad dressing, mayonnaise, imitation, soybean	2.00	1 tablespoon
	Salad dressing, mayonnaise, imitation, soybean without cholesterol	1.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	1.00	2 tablespoon
	Olive Oil (sesame,soy bean, sunflower)	1.25	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - sm. garden w/tomato, onion	4.00	small
Fruits & Fruit Juices	Blueberries, raw	0.75	1 cup
	Grapes, american type (slip skin), raw	0.50	1 cup
	Melons, cantaloupe, raw	0.50	1 cup, balls
	Watermelon, raw	2.00	1 cup, balls
	Apricots, dried, sulfured, stewed, with added sugar	0.75	1 cup, halves
	Strawberries, raw	2.50	1 cup, halves
	Grapefruit, raw, pink and red and white, all areas	2.00	1 cup, sections, with juice
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Banana - med 8"	2.50	each

	Peach - medium, approx 4 oz.	1.00	medium
Jams/ Spreads/Sauces/ Syrups	LA CHOY Light Soy Sauce	3.00	tablespoon
	Natural Touch Soy Butter	2.00	tablespoon
	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Salsa - Chunky medium, Pace	5.00	tablespoon
	Catsup - tomato	0.25	tablespoon
	Relish - pickle	1.00	tablespoon
	BBQ - Healthy Choice	2.00	tablespoon
Misc. Meats	Natural Touch Tuno (soy based)	1.00	cup
	MORNINGSTAR FARMS Chicken Patties	1.00	each
	MORNINGSTAR FARMS Breakfast Links	6.00	each
	MORNINGSTAR FARMS Chicken Nuggets	8.00	each
	MORNINGSTAR FARMS Deli Franks	1.00	each
	GARDENBURGER Zesty Bean	2.50	ounce(s)
Miscellaneous	GARDENBURGER, Veggie Medley	2.50	ounce(s)
	Tofutti Better Than Cream Cheese	1.00	tablespoon
	EDEN FOOD Organic Garlic Sesame Shake	1.00	tea spoon
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Seeds, sunflower seed kernels, dried	0.13	1 cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	0.50	cup
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
Seasonings	Spices, garlic powder	0.50	1 teaspoon
	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
Snacks & Treats	Snacks, granola bars, hard, plain	1.00	1 bar
Soups and Gravies	Tomato Soup / Campbell's low sod.	8.50	ounce(s)
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	1.00	each
	Bagel/Lenders	1.50	each
Vegetables	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, cooked, boiled, drained, without salt	1.50	0.5 cup pieces
	Lettuce, cos or romaine, raw	0.50	0.5 cup, shredded
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 cup
	Spinach, raw	0.25	1 cup
	Tomatoes, sun-dried	0.25	1 cup
	Onions, raw	0.50	1 cup, chopped
	Tomatoes, red, ripe, raw, year round average	0.25	1 cup, chopped or sliced
	Tomatoes, red, ripe, raw, year round average	1.00	1 medium whole (2-3/5" dia)
	Tomatoes, red, ripe, raw, year round average	2.00	1 slice, medium (1/4" thick)
	Celery, raw	2.00	1 stalk, medium (7-1/2" - 8" long)
	LA CHOY Snow Pea Pods, Frozen	0.50	cup
	Zucchini, Frozen, Boiled, Drained	1.00	cup

Vegetables - mixed, frozen, boiled	1.00	cup
Pepper - sweet bell, all colors, chopped,	0.50	cup
Carrots - baby, raw	28.00	medium
Portabella Mushrooms	4.00	ounce(s)
Green beans - string, boiled & drained	4.00	ounce(s)
Onion - chopped	8.00	tablespoon