



PRODIETS

Male Meal Plans

Category	Food	Qty	Measure
Beverages	Tea, instant, unsweetened, lemon-flavored, powder, prepared	10.00	1 cup (8 fl oz)
	Tea - prepared w/tap water	44.00	fluid ounce(s)
	Coffee - w/caffeine	42.00	ounce(s)
Breads and baked goods	Pancakes, buckwheat, dry mix, incomplete	1.00	1 cup, poured from box
	Bagel - Raisin, Lenders	6.00	each
	Bagel - blueberry, Earth Grains	1.00	each
Carb. Snack Foods (Healthy)	Rice - white cook steamed	2.00	cup
	Bread - slice rye 7 grain	21.00	each
	Banana - med 8"	4.50	each
	Potato - white medium	44.00	ounce(s)
Dairy	Milk - 2%	29.00	cup
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	11.00	tablespoon
Fast Food	Entrees, pizza with cheese, meat, and vegetables	3.00	1 slice
	Hamburger - Wendy's double	1.00	each
	Taco - beef Supreme	1.00	each
	Taco - beef regular	2.00	each
	Chicken breast fillet sandwich	1.00	each
	French fries - McDonald's small order	1.00	small
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	5.00	large
Fruits & Fruit Juices	Grapes, american type (slip skin), raw	1.00	1 cup
	Apple - medium with peel	3.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
	Syrup - Aunt Jemima, ButterLite	4.00	tablespoon
	Salsa - Chunky medium, Pace	5.00	tablespoon
	Mayonnaise - low fat	4.00	tablespoon
Misc. Meats	Flank - fat trimmed off, braised	16.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	2.00	cup
Performance Carbohydrates	Oatmeal - quick, measure uncooked	1.00	cup
	Orange - medium	1.00	each
Protein Snack Foods			

Protein Source (Healthy)	Cottage Cheese - 1% fat	5.00	cup
	Tuna Solid White -Water reg. can	1.32	cup
Proteins (Healthy)	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	34.00	each
	Cod - Pacific, broiled	8.00	ounce(s)
	Salmon - broiled	8.00	ounce(s)
	Chicken Breast / White Meat	28.00	ounce(s)
Red Meats - Standard	Beef, ground, lean, baked, medium	2.00	3 oz
Starchy Carbohydrates (Healthy)	Pierogies, Mrs. T's Frozen Foods, potato & cheddar	13.00	each
	Hash browns - frozen, pan cooked	5.00	ounce(s)
Supplements/Vitamins	Mass Fuel - drink mix, Twin Lab	29.00	scoop
Toppings	Croutons -plain	1.00	cup
Vegetables	Broccoli, raw	2.00	1 spear (about 5" long)