



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Lentils, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	0.50	1 cup
	Veggie burgers or soyburgers, unprepared	2.00	1 patty
	Peanuts, all types, dry-roasted, without salt	20.00	1 peanut
	Walnuts, dried	0.50	ounce(s)
Beverages	Water, tap, municipal	42.00	1 cup (8 fl oz)
Breads and baked goods	Crackers, whole-wheat, low salt	7.00	1 cracker, square
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, pita, whole-wheat	2.50	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared	1.00	1 slice
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	3.00	each
	Grapes - American	57.00	each
Cereals	Kashi GoLEAN Cereal	1.00	cup
	Oatmeal - instant pkt., plain Quaker Extra	3.00	pack
Dairy	Yogurt, fruit variety, nonfat	7.00	1 container (6 oz)
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Cheese, low fat, cheddar or colby	1.00	1 slice (1 oz)
	Milk - skim, no fat	9.00	cup
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	5.00	1 tablespoon
	Salad dressing, KRAFT FREE Fat Free Ranch Dressing	1.50	2 tablespoon
	Olive oil - pure	1.50	tablespoon
	Smart Balance LIGHT (Non-Dairy)	1.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.50	cup
	Celery - raw stalk trimmed	4.00	each
	Salad - sm. garden w/tomato, onion	2.00	small
Finfish and Shellfish	Fish, tuna, light, canned in water, without salt, drained solids	2.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Grapefruit, raw, pink and red and white, all areas	2.00	0.5 medium (approx 4" dia)
	Blueberries, raw	1.50	1 cup
	Raspberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, diced
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves

	Apples, dried, candied, stewed, without added sugar	1.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.75	1 cup, sliced
	Strawberries, raw	1.50	1 cup, whole
	Raisins, seedless	0.50	50 raisins
	Orange - medium	2.00	each
	Peach - medium, approx 4 oz.	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	3.00	tablespoon
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	12.00	1 almond
Performance Carbohydrates	Apple - medium with peel	2.00	each
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
Proteins (Healthy)	Egg Whites - scrambled/boiled	6.00	each
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
	Wild rice, cooked	0.50	1 cup
Snacks & Treats	Snacks, popcorn, air-popped	4.00	1 cup
	Granola Topping	4.00	tablespoon
Soups and Gravies	Sauce, pasta, spaghetti/marinara, ready-to-serve	1.00	0.5 cup
	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1.50	1 cup
	Sauce, barbecue	0.25	1 cup (8 fl oz)
	Sauce, salsa, ready-to-serve	2.00	1 tablespoon
Toppings	Cinnamon	1.50	tea spoon
Vegetables	Mushrooms, white, raw	2.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Endive, raw	3.00	0.5 cup, chopped
	Onions, cooked, boiled, drained, without salt	0.50	1 cup
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
	Tomatoes, red, ripe, raw, year round average	0.75	1 cup, chopped or sliced
	Carrots, raw	0.50	1 cup, grated
	Lettuce, cos or romaine, raw	3.00	1 inner leaf
	Spinach, raw	6.00	1 leaf
	Carrots, baby, raw	6.00	1 medium
	Sweet potato, cooked, baked in skin, flesh, without salt	1.50	1 medium (2" dia, 5" long, raw)
	zucchini, frozen, boiled, drained	2.00	1/2 cup
	tomato, diced	2.00	1/2 cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup

Cucumber - raw, slices	1.00	cup
Carrots - baby, raw	11.00	medium