



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	1.25	1 tablespoon
	Peanut butter, smooth style, without salt	1.25	2 tablespoon
Breads and baked goods	Bagels, oat bran	2.00	1 bagel, mini (2-1/2" dia)
	Cookies, graham crackers, plain or honey (includes cinnamon)	6.00	1 cracker (2-1/2" square)
	Crackers, whole-wheat, low salt	6.00	1 cracker, square
	English muffins, whole-wheat, toasted	0.50	1 muffin
	Bread, whole-wheat, commercially prepared	3.00	1 oz
	Bread, pita, whole-wheat	1.00	1 pita, small (4" dia)
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
	Cookies, vanilla wafers, lower fat	11.00	1 small
	Pancakes, frozen, whole grain	3.00	each
Carb. Snack Foods (Healthy)	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.50	1 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.00	1 cup, cooked
Dairy	Cheese, cheddar	1.25	1 oz
	Cheese, mozzarella, whole milk	0.25	1 oz
	Milk - 2%	9.75	cup
	Kid's Low Sugar Fruited Yogurt	8.00	ounce(s)
	Sour Cream, Reduced Fat	0.75	tablespoon
Desserts	Puddings, vanilla, dry mix, instant, prepared with whole milk	1.00	0.5 cup
	Syrups, table blends, pancake	1.00	1 tablespoon
Fats & Oils	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	2.00	2 tablespoon
	Mayo, organic, light	1.25	tablespoon
	Olive Oil, Extra Virgin	2.00	tablespoon
Fruits & Fruit Juices	Applesauce, canned, unsweetened, with added ascorbic acid	1.25	1 cup
	Avocados, raw, all commercial varieties	0.25	1 cup, cubes
	Melons, cantaloupe, raw	1.00	1 cup, diced
	Pears, canned, water pack, solids and liquids	0.75	1 cup, halves
	Strawberries, raw	2.50	1 cup, halves
	Peaches, canned, water pack, solids and liquids	2.00	1 cup, halves or slices
	Oranges, raw, all commercial varieties	1.50	1 cup, sections
	Avocados, raw, all commercial varieties	0.75	1 cup, sliced
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	4.00	1 fl oz
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - no salt, Prego	0.25	cup

Syrups	Jelly - all flavors, Simply Fruit, Smuckers	1.50	tea spoon
	SMART BALANCE Buttery Spread	2.75	tea spoon
Meals, Entrees and Sidedishes	Macaroni and Cheese	3.00	ounce(s)
Nuts & Seeds	Nuts, almond butter, plain, without salt added	2.00	1 tablespoon
Pork Products	Pork, cured, ham, center slice, separable lean and fat, unheated	1.50	1 oz
	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.33	3 oz
Poultry	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	1.00	1 drumstick, bone and skin removed
	Turkey Meatballs	1.00	each
	Hot dog, turkey	1.50	each
Protein Snack Foods (Healthy)	Tuna Solid White -Water Sm. can	0.50	ounce(s)
Proteins (Healthy)	Chicken Breast / White Meat	1.00	ounce(s)
Rice, grains, flour	Macaroni, whole-wheat, cooked	1.50	1 cup elbow shaped
Sausages and Lunch Meats	Bologna, turkey	2.00	1 serving
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
Toppings	Cinnamon	1.00	tea spoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	3.00	0.5 cup (1" pieces)
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.75	1 can (11.5 oz), prepared
	Beans, snap, green, cooked, boiled, drained, without salt	0.75	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Tomatoes, red, ripe, raw, year round average	0.50	1 cup, chopped or sliced
	Carrots, canned, no salt added, drained solids	2.00	1 cup, sliced
	Peppers, sweet, red, raw	1.50	1 cup, sliced
	Carrots, raw	1.00	1 cup, strips or slices
	Lettuce, cos or romaine, raw	0.75	1 inner leaf
	Potatoes, baked, flesh and skin, without salt	0.50	1 potato medium (2-1/4" to 3-1/4" dia)
	tomato, diced	0.50	1/2 cup
	Cucumber - raw, slices	1.00	cup