



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	2.00	1 oz
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	16.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	16.00	fluid ounce(s)
	Vegetable juice - V8, no salt	30.00	fluid ounce(s)
Breads and baked goods	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	1.00	1 NLEA serving (makes 1/2 cup prepared)
	Cookies, vanilla wafers, lower fat	1.00	1 oz
	Cake, angelfood, commercially prepared	2.00	1 piece (1/12 of 12 oz cake)
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
Carb. Snack Foods (Healthy)	Graham Crackers	8.00	each
	Rice cake - apple cinnamon, Quaker	1.00	each
	Cracker/Nabisco - Low Saltines	8.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	2.00	0.5 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
Dairy	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	4.00	1 oz
	Non-fat yogurt-artificially sweetened	5.00	cup
	Milk - skim, no fat	6.00	cup
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Desserts	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.00	2 tablespoon
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	12.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	3.00	1 tablespoon
	Margarine, soft, soybean, no salt	1.00	1 teaspoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	8.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	4.00	ounce(s)

Finfish and Shellfish	Fish, tuna salad	1.75	1 cup
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Cherries, sweet, raw	10.00	1 cherry
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	1.00	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Strawberries, raw	3.00	1 cup, halves
	Peaches, raw	2.00	1 cup, slices
	Cherries, sweet, raw	2.00	1 cup, without pits
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Raisins, seedless	1.00	1 small box (1.5 oz)
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	Watermelon - fresh, diced	1.00	cup
	Pineapple - canned, chunks	1.00	cup
	Grapefruit - pink or red 4" diam.	2.00	each
	Banana - med 8"	1.50	each
Jams/ Spreads/Sauces/ Syrups	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
Meals, Entrees and Sidedishes	STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree	1.00	1 package yields
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Nuts, walnuts, english	1.00	1 oz (14 halves)
	Nuts, almonds, dry roasted, without salt added	0.50	1 oz (22 whole kernels)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.25	cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	2.25	cup
	Swordfish - cooked dry heat	6.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	12.00	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
Red Meats - Standard	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (6-1/4" x 4" x 1/16")
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	6.00	cup
	Pretzels - Rold Gold, Tiny Tim	15.00	each
	Pretzels - Featherweight, low salt	15.00	each
Soups and Gravies	Gravy, turkey, canned, ready-to-serve	3.00	1 tablespoon
	Tomato Soup / Campbell's low sod.	8.00	ounce(s)
Starchy Carbohydrates (Healthy)	Potato/White - Baked	4.00	ounce(s)
Vegetables	Asparagus, cooked, boiled, drained	2.00	0.5 cup

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	Brussels sprouts, cooked, boiled, drained, without salt	1.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Carrots, cooked, boiled, drained, without salt	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Spinach, raw	3.00	1 leaf
	Onions, raw	1.00	1 slice, thin
	tomato, diced	2.50	1/2 cup
	Green salad w/ raw vegetables	10.00	cup
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Cucumber - raw, slices	0.50	cup
	Corn - sweet,ear, boiled & drained	1.00	each
	Tomato - sm. w/peel, 2.5" diam.	1.00	small