



## Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.50	1 cup
	Hummus	3.00	tablespoon
Beverages	Silk Plain Soy Milk	1.00	cup
Breads and baked goods	English muffins, wheat	1.00	1 muffin
Carb. Snack Foods (Healthy)	Apple	3.50	each
Cereals	Bran Flakes - cereal	1.00	cup
Dairy	Hard boiled egg	2.00	each
	Skim milk	16.00	fluid ounce(s)
	Grated parmesan cheese	4.00	tablespoon
Dressings	Balsamic Vinegar	3.00	tablespoon
Fats & Oils	Sliced avocado	0.25	cup
	Olive oil	0.50	tablespoon
	Olive oil	14.66	tea spoon
Fibrous Carbohydrates (Healthy)	Cooked lentils	0.45	cup
	Brown rice, cooked	0.50	cup
	100% whole wheat wrap, 6"	2.00	each
	100% whole wheat sandwich thin	2.00	each
	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	slice
Fruits & Fruit Juices	Tangerines, (mandarin oranges), raw	2.00	1 cup, sections
	Grapefruit, raw, white, California	0.50	1 cup, sections, with juice
	Grapes	2.00	cup
	Unsweetened frozen cherries	1.25	cup
	Fresh blueberries	1.25	cup
	Fresh cantaloupe	3.00	cup
	Sliced fresh peaches	1.00	cup
	Grapefruit - pink or red 4" diam.	2.00	each
	Pear	4.00	each
	Pear - medium, Dole	1.00	medium
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	4.00	tablespoon
	Peanut Butter	1.00	tablespoon
	Low fat mayonnaise	1.25	tablespoon
	Trans fat-free buttery spread	4.50	tea spoon

Miscellaneous	Teriyaki sauce, ready to serve, low sodium	2.00	tablespoon
Noodles & Pastas	Quinoa, cooked	0.75	1 cup
Nuts & Seeds	Pistachio nuts	32.00	each
	Slivered almonds	2.00	tablespoon
	Chopped walnuts	2.00	tablespoon
	Sunflower seeds	1.00	tablespoon
Pork Products	Pork, loin, lean, uncooked	3.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.50	cup
	Pumpkin seeds, roasted, unsalted	1.00	tablespoon
Proteins (Healthy)	Tuna Solid White in water	0.45	cup
	Edamame, shelled	0.50	cup
	Almonds, unsalted	10.00	each
	Vegetable burger	1.00	each
	Egg white	8.00	large
	Chicken Breast / White Meat	3.00	ounce(s)
	Water packed white tuna	8.00	ounce(s)
	Boneless chicken breast	13.00	ounce(s)
	Turkey breast	14.00	ounce(s)
	Salmon	5.00	ounce(s)
	Greek yogurt, plain, non fat	5.00	ounce(s)
	Tilapia	6.00	ounce(s)
	Canadian bacon, extra lean	7.00	ounce(s)
	Shrimp	5.00	ounce(s)
	Cottage cheese, 1%	4.00	tablespoon
Seasonings	White vinegar	4.00	tablespoon
	Italian seasoning medley	0.25	tea spoon
	Mustard	2.00	tea spoon
	Dried rosemary	0.50	tea spoon
	Ground dried sage	0.13	tea spoon
Starchy Carbohydrates (Healthy)	Spaghetti squash, cooked	1.30	cup
Vegetables	Mixed greens	6.00	cup
	Green beans, steamed or boiled	1.50	cup
	Cauliflower	0.50	cup
	Mixed vegetables (non starchy)	1.00	cup
	Grated carrots	1.00	cup
	Chopped tomato	1.00	cup
	Summer squash, cooked	1.00	cup
	White mushrooms, sliced	0.50	cup
	Broccoli	3.50	cup
	Celery	0.50	cup
	Red pepper	2.00	cup
	Fresh spinach	18.50	cup
	Fresh mushrooms	2.00	cup
	Lettuce leaf	3.00	each
	Tomato slice	4.00	each
	Chopped onion	5.00	tablespoon

