



# PRODIETS

## Female Meal Plans

Category	Food	Qty	Measure
Beverages	Coffee - w/caffeine	56.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat	3.00	1 cracker
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
	Croutons, seasoned	2.00	4 cubes
Cereals	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Cheese, monterey, low fat	7.00	1 cubic inch
	Egg, whole, cooked, hard-boiled	3.00	1 large
	Cheese, mozzarella, part skim milk	5.00	1 oz
	Milk - skim, no fat	14.00	cup
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	12.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
	Olive oil - pure	1.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.50	cup
	Celery - raw stalk trimmed	8.00	each
	Salad - med. garden w/tomato, onion	2.00	medium
	Salad - sm. garden w/tomato, onion	5.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, farmed, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Melons, cantaloupe, raw	1.50	1 cup, cubes
	Strawberries, raw	2.00	1 cup, halves
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	40.00	each
Jams/ Spreads/Sauces/ Syrups	Peanut butter - creamy. Peter Pan	5.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	SMART BALANCE Buttery Spread	1.00	tea spoon
Meals, Entrees and Sidedishes	Lean Turkey Meatballs- HoneySuckle White	3.00	each
Noodles & Pastas	Angel hair - whole wheat, cooked, De Boles	0.50	cup

<b>Nuts &amp; Seeds</b>	Seeds, sunflower seed kernels, dry roasted, without salt	1.00	1 oz
	Almonds - Planters Dry Roasted	2.00	ounce(s)
<b>Performance Carbohydrates</b>	Apple - medium with peel	3.00	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	2.50	cup
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
<b>Proteins (Healthy)</b>	Protein Drink, Generic (add 16oz. water)	1.00	1/2 cup
	Egg Whites - scrambled/boiled	5.00	each
	Shrimp - boiled or steamed	5.00	ounce(s)
	Chicken Breast / White Meat	12.00	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
<b>Recipes</b>	MAIN15 - Chicken Marsala	1.00	each
	MAIN75 - Eggplant Parmesan	1.00	each
<b>Sausages and Lunch Meats</b>	Pastrami, turkey	2.50	2 slices
<b>Seasonings</b>	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
<b>Soups and Gravies</b>	Sauce, pasta, spaghetti/marinara, ready-to-serve	3.00	0.5 cup
	Minestrone soup - Campbell's, prepared	2.00	cup
<b>Vegetables</b>	Garlic, raw	0.50	1 clove
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	zucchini, frozen, boiled, drained	2.00	1/2 cup
	Cucumber - raw, slices	1.00	cup
	Carrots - baby, raw	24.00	medium