



## Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Soybeans, mature cooked, boiled, without salt	1.25	1 cup
	Hummus, commercial	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	8.00	1 peanut
	Walnuts, dried	0.50	ounce(s)
Beverages	Ice cubes	2.00	1/2 cup
Breads and baked goods	Crackers, whole-wheat	2.00	1 cracker
	English muffins, whole-wheat, toasted	2.00	1 muffin
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	2.00	each
Cereals	Cereals ready-to-eat, POST Bran Flakes	2.00	0.75 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.75	1 cup, cooked
Dairy	Egg, whole, cooked, hard-boiled	0.50	1 cup, chopped
	Cheese, low fat, cheddar or colby	0.25	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	3.00	1 slice (1 oz)
	Milk - skim, no fat	7.00	cup
	Yogurt, no fat, sugar-free, plain	46.00	ounce(s)
	Parmesean Cheese, Low Sodium	1.00	tablespoon
Fats & Oils	Salad dressing, home recipe, vinegar and oil	2.00	1 tablespoon
	Salad dressing, italian dressing, reduced calorie	7.00	1 tablespoon
	Olive oil - pure	2.33	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	0.50	cup
Finfish and Shellfish	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.50	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.25	3 oz
Fruits & Fruit Juices	Cherries, sweet, raw	20.00	1 cherry
	Blueberries, raw	1.50	1 cup
	Strawberries, raw	1.50	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Peaches, raw	2.50	1 cup, slices
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	1.50	each
	Pear -medium w/peel	2.00	each
	Peach - medium, approx 4 oz.	1.00	medium

<b>Jams/ Spreads/Sauces/ Syrups</b>	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	Peanut Butter	2.83	tablespoon
<b>Meals, Entrees and Sidedishes</b>	Soy Burger	1.00	each
<b>Nuts &amp; Seeds</b>	Nuts, almonds	22.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.75	1 oz
<b>Performance Carbohydrates</b>	Apple - medium with peel	2.00	each
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	6.00	each
	Turkey Breast / White Meat	7.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
	Spaghetti, whole-wheat, cooked	1.00	1 cup
<b>Seasonings</b>	Garlic powder	0.67	tablespoon
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	6.00	1 cup
<b>Soups and Gravies</b>	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	Soup, tomato, canned, condensed, reduced sodium	2.00	1 cup
	Sauce, barbecue, low sodium	0.25	1 cup
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	3.50	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Tomatoes, red, ripe, raw, year round average	24.00	1 cherry
	Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup
	Spinach, raw	6.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.50	1 cup
	Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Peppers, sweet, red, raw	1.00	1 cup, chopped
	Lettuce, cos or romaine, raw	3.00	1 inner leaf
	Lettuce, green leaf, raw	4.00	1 leaf
	Spinach, raw	2.00	1 leaf
	tomato, diced	4.00	1/2 cup
	Green salad w/ raw vegetables	2.00	cup
	Pepper - sweet bell, all colors, chopped,	0.75	cup
	Cucumber - raw, slices	1.00	cup
	Zucchini, Frozen, Boiled, Drained	1.00	cup