



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	40.00	1 peanut
	refried beans, Amy's Organic Traditional Refried Beans	1.00	1/2 cup
	Walnuts, dried	1.66	ounce(s)
<b>Beverages</b>	water, arrowhead	224.00	fluid ounce(s)
<b>Breads and baked goods</b>	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - plain, unsalted, Quaker	2.00	each
	Rice cake - plain, Quaker	2.00	each
	Apple - medium with peel	1.00	each
	Banana - med 8"	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals, CREAM OF RICE, cooked with water, without salt	5.00	0.75 cup
	Cereals ready-to-eat, POST Bran Flakes	6.00	0.75 cup (1 NLEA serving)
	Cereal, oats, old fashioned, dry	2.00	1/2 cup
<b>Dairy</b>	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	1.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	3.50	cup
	Milk - skim, no fat	5.25	cup
	Soy Milk, fat-free w/ calcium	12.00	ounce(s)
<b>Dressings</b>	Balsamic Vinegar	6.00	tablespoon
<b>Fats &amp; Oils</b>	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	5.50	1 tablespoon
	Olive oil - pure	10.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	8.00	each
	Wasa Crackers, light rye	8.00	each
	Salad - lrg. garden w/tomato & onion	4.00	large
	Broccoli	32.00	spear
<b>Fruits &amp; Fruit Juices</b>	Blackberries, raw	3.00	1 cup

	Blueberries, raw	4.82	1 cup
	Raspberries, raw	3.66	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Strawberries, raw	3.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.25	1 cup, sliced
	Strawberries, raw	2.00	1 cup, sliced
	Peaches, raw	1.50	1 cup, slices
	Strawberries	4.16	cup
	Plum - fresh, 2.25" diam	3.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Cherries, sweet, medium	22.00	each
	Banana - med 8"	2.00	each
	Grapes - American	121.00	each
	Pear -medium w/peel	2.00	each
	Pineapple - frsh, slice approx 3.5"	2.00	slice
<b>Jams/ Spreads/Sauces/ Syrups</b>	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Almond Butter	8.00	tablespoon
<b>Misc. Meats</b>	Pork - broiled, chopped, trimmed,center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	300.00	1 almond
	Nuts, walnuts, english	0.75	1 cup, in shell, edible yield (7 nuts)
	Nuts, almond butter, plain, without salt added	1.00	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	1.00	ounce(s)
<b>Performance Carbohydrates</b>	Lentil - boiled	3.00	cup
	Brown rice - cooked	3.00	cup
	Apple - medium with peel	12.00	each
<b>Poultry</b>	Chicken breast, organic	78.00	ounce(s)
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
	Tuna Solid White -Water Sm. can	2.00	ounce(s)
<b>Proteins (Healthy)</b>	Milk, Almond	9.00	cup
	Egg Whites - scrambled/boiled	7.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
	Beef, organic, extra lean	14.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.25	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	4.00	1 slice (6-1/4" x 4" x 1/16")

<b>Seasonings</b>	Spices, allspice, ground	2.00	1 tablespoon
	Vinegar, distilled	2.00	1 tablespoon
	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	10.15	tablespoon
<b>Soups and Gravies</b>			
Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1.25	1 cup (8 fl oz)	
<b>Vegetables</b>			
Asparagus, cooked, boiled, drained	3.00	0.5 cup	
Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)	
Mushrooms, white, raw	2.00	0.5 cup pieces	
Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes	
Lettuce, green leaf, raw	2.00	0.5 cup, shredded	
Spinach, raw	18.00	1 bunch	
Spinach, cooked, boiled, drained, without salt	2.00	1 cup	
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.00	1 cup	
Tomato sauce, canned, no salt added	0.25	1 cup	
Broccoli, flower clusters, raw	2.00	1 cup flowerets	
Onions, raw	1.00	1 cup, chopped	
Lettuce, cos or romaine, raw	2.00	1 inner leaf	
Lettuce, green leaf, raw	2.00	1 leaf	
Spinach, raw	3.00	1 leaf	
Tomatoes, red, ripe, raw, June thru October average	2.00	1 slice, medium (1/4" thick)	
Parsley, fresh	2.00	1 tablespoon	
tomato, diced	3.00	1/2 cup	
zucchini, boiled, drained	2.00	1/2 cup	
Green salad w/ raw vegetables	8.00	cup	
Split peas - boiled	1.00	cup	
Pepper - sweet bell, all colors, chopped,	4.00	cup	
Peas - green, canned, Green Giant	1.00	cup	
Cucumber - raw, slices	1.50	cup	
Cauliflower - boiled, drained	6.00	ounce(s)	
Tomato - sm. w/peel, 2.5" diam.	2.00	small	
Onion - chopped	16.00	tablespoon	