



## Male Meal Plans

Category	Food	Qty	Measure
<b>Bars</b>	Balance Bar Honey Peanut	4.00	each
<b>Beans, Lentils</b>	Peanuts, all types, dry-roasted, without salt	0.50	1 cup
<b>Beverages</b>	Vegetable juice - V8, no salt	38.00	fluid ounce(s)
	Orange juice - 100% pure , Tropicana	16.00	ounce(s)
<b>Breads and baked goods</b>	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	Pita - wheat	1.50	each
<b>Cereals</b>	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
<b>Dairy</b>	Egg substitute, liquid	1.00	1 cup
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, mozzarella, part skim milk	2.00	1 oz
	Cheese, mozzarella, low moisture, part-skim	1.00	1 oz
	Milk - skim, no fat	4.25	cup
	HEALTHY CHOICE Mozzarella String Cheese	5.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	7.50	ounce(s)
	Yogurt - Yoplait, Light, all flavors	24.00	ounce(s)
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
<b>Dressings</b>	Italian - fat free, KRAFT Free	17.00	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	3.50	1 tablespoon
	Olive oil - pure	1.00	tablespoon
	Olive Oil (sesame,soy bean, sunflower)	0.25	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	1.50	cup
	Salad - lrg. garden w/tomato & onion	3.00	large
	Green beans - string boiled & drained	12.00	ounce(s)
	Salad - sm. garden w/tomato, onion	4.00	small
<b>Finfish and Shellfish</b>	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, tuna, white, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, farmed, cooked, dry heat	2.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	0.75	1 cup
	Grapes, american type (slip skin), raw	1.00	1 cup
	Melons, cantaloupe, raw	2.50	1 cup, balls
	Watermelon, raw	3.00	1 cup, balls
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	3.00	1 cup, slices
	Raisins, seedless	1.00	1 small box (1.5 oz)

	Orange, medium	1.00	1 medium box (1.0 oz)
	Orange - medium	1.00	each
	Apple - medium with peel	1.50	each
	Banana - med 8"	0.50	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Catsup - tomato	0.50	tablespoon
	Relish - pickle	1.00	tablespoon
	BBQ - Healthy Choice	2.00	tablespoon
	Peanut Wonder -low fat peanut butter	3.00	tablespoon
	SMART BALANCE Buttery Spread	1.00	tea spoon
Meals, Entrees and Sidedishes	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	1.00	each
Misc. Meats	TYSON Breaded Honey Battered Tenders	4.00	each
	HEALTHY CHOICE Beef Franks, Low Fat	2.00	each
Miscellaneous	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	1.00	each
	Tortilla - flour, soft, 7" diam.	2.00	each
Nuts & Seeds	Nuts, almonds	0.13	1 cup, slivered
	Seeds, sunflower seed kernels, toasted, without salt	1.50	1 oz
Performance Carbohydrates	Orange - medium	1.00	each
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.00	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.75	cup
Proteins (Healthy)	Swordfish - cooked dry heat	6.00	ounce(s)
	Cod - Atlantic, broiled	4.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
Red Meats - Standard	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
	Spaghetti, cooked, enriched, without added salt	0.50	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	4.00	ounce(s)
Seasonings	Spices, garlic powder	1.00	1 teaspoon
	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Snacks & Treats	Melba Toast, Wheat, Unsalted	6.00	each
Soups and Gravies	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	2.00	cup
Vegetables	Cauliflower, cooked, boiled, drained, without salt	3.00	0.5 cup (1" pieces)
	Broccoli, raw	1.00	0.5 cup, chopped or diced
	Spinach, raw	4.25	1 cup

Spinach, cooked, boiled, drained, without salt	1.00	1 cup
Onions, raw	0.75	1 cup, chopped
Peppers, sweet, red, raw	0.50	1 cup, chopped
Carrots, raw	0.75	1 cup, grated
Mushrooms, white, raw	1.00	1 cup, pieces or slices
Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped
Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
Zucchini, Frozen, Boiled, Drained	1.00	cup
Vegetables - mixed, frozen, boiled	1.00	cup
Celery - raw stalk, trimmed	6.00	each
Carrots - baby, raw	24.00	medium
Green beans - string, boiled & drained	6.00	ounce(s)