



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Black beans	0.25	cup
	Black beans, canned, drained	0.50	tablespoon
	Hummus	3.00	tablespoon
Breads and baked goods	Bread, Ezekiel Cinnamon Raisin	1.00	slice
Carb. Snack Foods (Healthy)	Apple - medium with peel	2.00	each
	Apple	1.00	each
Cereals	Kashi GoLEAN Cereal	1.00	cup
Dairy	Milk - skim, no fat	2.00	cup
	Hard boiled egg	1.00	each
	Skim milk	23.50	fluid ounce(s)
	Mozzarella cheese, part skim	1.75	ounce(s)
	Grated parmesan cheese	2.00	tablespoon
Dressings	Balsamic Vinegar	7.00	tablespoon
	Italian dressing, reduced fat	1.50	tablespoon
Fats & Oils	Sliced avocado	0.58	cup
	Olive oil	11.25	tea spoon
Fibrous Carbohydrates (Healthy)	Kidney beans, cooked or canned	0.13	cup
	Cooked lentils	0.50	cup
	Dry steel cut oats	1.00	cup
	Brown rice, cooked	2.00	cup
	Whole wheat pasta, cooked	0.75	cup
	Whole wheat spaghetti, cooked	0.75	cup
	Whole wheat wrap	1.00	each
	Sweet potato, baked in peel, large	0.50	each
	100% whole wheat wrap, 6"	1.00	each
	Whole wheat English muffin	0.50	each
	Wheat bread	3.00	slice
Fruits & Fruit Juices	Strawberries	2.50	cup
	Grapes	3.16	cup
	Fresh raspberries	1.00	cup
	Frozen unsweetened strawberries	0.75	cup
	Fresh blueberries	1.50	cup
	Fresh cantaloupe	1.00	cup
	Frozen unsweetened blueberries	0.75	cup
	Orange - medium	1.00	each
	Grapefruit	0.50	each
	Small banana	1.00	each

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	Pear	2.00	each
	Raisins	3.50	tablespoon
Jams/ Spreads/Sauces/ Syrups			
	Salsa	0.25	cup
	Almond Butter	1.88	tablespoon
	Soy sauce, low sodium	1.00	tea spoon
	Trans fat-free buttery spread	6.00	tea spoon
Miscellaneous			
	Ice cube	2.00	each
Noodles & Pastas			
	Quinoa, cooked	1.00	1 cup
Nuts & Seeds			
	Seeds, flaxseed	1.50	1 teaspoon, ground
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	Pistachio nuts	24.00	each
	Slivered almonds	1.50	tablespoon
	Chopped walnuts	3.50	tablespoon
Protein Snack Foods (Healthy)			
	Cottage Cheese - 1% fat	0.25	cup
	Pumpkin seeds, roasted, unsalted	1.50	tablespoon
Proteins (Healthy)			
	Almond Breeze, unsweetened vanilla almond milk	2.00	cup
	Edamame, shelled	0.13	cup
	Vegetarian sausage link	1.00	each
	Almonds, unsalted	45.00	each
	Egg white	5.00	large
	Flounder - broiled	4.00	ounce(s)
	Turkey Breast / White Meat	0.75	ounce(s)
	Chicken Breast / White Meat	2.00	ounce(s)
	Beef, organic, extra lean	2.50	ounce(s)
	Boneless chicken breast	10.25	ounce(s)
	Turkey breast	3.50	ounce(s)
	Ground chicken breast, raw	2.50	ounce(s)
	Canned salmon	3.00	ounce(s)
	Halibut, raw	3.25	ounce(s)
	Greek yogurt, plain, non fat	15.00	ounce(s)
	Tilapia	3.75	ounce(s)
	2% milkfat cheddar cheese	3.25	ounce(s)
	Low fat Swiss cheese	0.75	ounce(s)
	Peanut butter	0.50	tea spoon
Snacks & Treats			
	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
Starchy Carbohydrates (Healthy)			
	Baked potato, large	0.75	each
Toppings			
	Cinnamon	0.50	tea spoon
Vegetables			
	Arugula, raw	1.00	0.5 cup
	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	2.50	cup
	Green beans, steamed or boiled	0.50	cup
	Kale	2.00	cup
	Chopped onion	0.50	cup
	Tomato sauce	0.50	cup

Roasted beets	0.75	cup
Carrots	1.50	cup
Mixed vegetables (non starchy)	0.50	cup
Edamame, in pods, prepared from frozen	0.66	cup
Grated carrots	0.25	cup
Chopped tomato	0.75	cup
Broccoli	3.50	cup
Red pepper	1.00	cup
Fresh spinach	9.00	cup
Fresh mushrooms	1.50	cup
Bell pepper	0.50	each
Garlic clove	2.00	each
Carrots - baby, raw	7.00	medium
Onion - chopped	2.00	tablespoon
Chopped onion	4.25	tablespoon