



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, raw, firm, prepared with calcium sulfate	0.25	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.25	1 cup
	Hummus	1.50	tablespoon
Beverages	Silk Plain Soy Milk	1.00	cup
Breads and baked goods	Van's Whole Grain Waffles	1.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	0.50	each
	Apple	1.00	each
Cereals	Bran flakes	1.50	cup
Dairy	Cheese, low fat, cheddar or colby	2.00	1 oz
	Milk - skim, no fat	2.25	cup
	Skim milk	12.50	fluid ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	0.25	ounce(s)
Dressings	Balsamic Vinegar	4.75	tablespoon
	Italian dressing, reduced fat	3.50	tablespoon
Fats & Oils	Sliced avocado	1.01	cup
	Olive oil	3.25	tablespoon
	Olive oil	6.00	tea spoon
Fibrous Carbohydrates (Healthy)	Kidney beans, cooked or canned	0.25	cup
	Cooked lentils	0.75	cup
	Dry steel cut oats	1.00	cup
	Whole wheat pasta, cooked	0.50	cup
	100% whole wheat wrap, 6"	1.00	each
	Ezekiel 4:9 Sesame Sprouted Grain Burger Buns	0.50	each
	Ezekiel 4:9 bread, sprouted 100% whole wheat	5.00	slice
Fruits & Fruit Juices	Tangerines, (mandarin oranges), raw	1.00	1 large (2-1/2" dia)
	Tangerines, (mandarin oranges), raw	0.50	1 medium (2-1/2" dia)
	Tangerines, (mandarin oranges), raw	0.50	1 medium (2-3/8" dia)
	Strawberries	2.00	cup
	Grapes	0.63	cup
	Fresh raspberries	0.75	cup
	Unsweetened frozen cherries	0.13	cup
	Frozen unsweetened strawberries	0.50	cup
	Fresh blueberries	0.33	cup
	Frozen unsweetened blueberries	1.00	cup
	Sliced fresh peaches	3.50	cup
Orange - medium	2.00	each	

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	Grapefruit - pink or red 4" diam.	1.00	each
	Grapefruit	1.75	each
	Small banana	0.50	each
	Pear	1.50	each
Jams/ Spreads/Sauces/ Syrups			
	Salsa	0.13	cup
	Mayonnaise - low fat	0.50	tablespoon
	Soy sauce, Organic, Lite	1.00	tablespoon
	Almond Butter	0.50	tablespoon
	Low fat mayonnaise	0.50	tablespoon
	Soy sauce, low sodium	1.00	tea spoon
Miscellaneous			
	Genisoy Soy nuts	0.75	1/4 cup
	Ice cube	1.00	each
Noodles & Pastas			
	Quinoa, cooked	1.25	1 cup
Nuts & Seeds			
	Seeds, flaxseed	0.50	1 teaspoon, ground
	Pistachio nuts	12.00	each
	Slivered almonds	3.50	tablespoon
	Chopped walnuts	1.75	tablespoon
Performance Carbohydrates			
	Brown rice - cooked	0.13	cup
Poultry			
	Turkey bacon	1.50	ounce(s)
Protein Snack Foods (Healthy)			
	Cottage Cheese - 1% fat	1.00	cup
	String cheese, part skim mozzarella	1.00	each
	Tuna Solid White -Water Sm. can	2.50	ounce(s)
Proteins (Healthy)			
	Edamame, shelled	0.25	cup
	Egg white	1.50	large
	Turkey, ground, extra lean	5.25	ounce(s)
	Salmon - broiled	2.50	ounce(s)
	Halibut - broiled	2.75	ounce(s)
	Turkey Breast / White Meat	2.00	ounce(s)
	Chicken Breast / White Meat	8.50	ounce(s)
	Beef, organic, extra lean	4.00	ounce(s)
	Boneless chicken breast	5.75	ounce(s)
	Turkey breast	2.50	ounce(s)
	Salmon	4.25	ounce(s)
	Greek yogurt, plain, non fat	13.50	ounce(s)
	Tilapia	4.50	ounce(s)
	2% milkfat cheddar cheese	2.75	ounce(s)
	Canadian bacon, extra lean	2.50	ounce(s)
	Shrimp	2.75	ounce(s)
	Peanut butter	3.75	tea spoon
Seasonings			
	White vinegar	0.75	tablespoon
Toppings			
	Cinnamon	0.50	tea spoon
Vegetables			
	Onions, raw	0.25	1 cup, chopped
	Celery, raw	0.50	1 stalk, small (5" long)

Green salad w/ raw vegetables	4.00	cup
Cucumber - raw, slices	0.25	cup
Mixed greens	1.00	cup
Green beans, steamed or boiled	3.00	cup
Kale	0.25	cup
Carrots	0.75	cup
Mixed vegetables (non starchy)	0.13	cup
Grated carrots	0.63	cup
Chopped tomato	2.00	cup
Summer squash, cooked	1.25	cup
White mushrooms, sliced	0.50	cup
Zucchini, Frozen, Boiled, Drained	1.00	cup
Fresh white mushrooms	0.50	cup
Broccoli	7.25	cup
Red pepper	0.66	cup
Fresh spinach	7.50	cup
Fresh mushrooms	1.00	cup
Lettuce leaf	2.00	each
Tomato	0.50	each
Asparagus spears	14.00	each
Tomato slice	6.00	each
Carrots - baby, raw	12.00	medium
Onion - chopped	2.00	tablespoon
Chopped onion	3.00	tablespoon