



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Peanuts, all types, dry-roasted, without salt	2.25	1 oz
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	14.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	48.00	fluid ounce(s)
	Vegetable juice - V8, no salt	18.00	fluid ounce(s)
<b>Breads and baked goods</b>	Cookies, vanilla wafers, lower fat	2.00	1 oz
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	10.00	1 toast
	Pita - wheat	0.50	each
	Bagel - Cinnamon Raisin, Earth Grains	1.00	each
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	6.00	each
	Apple - medium with peel	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	2.50	1.25 cup (1 NLEA serving)
<b>Dairy</b>	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, swiss	1.00	1 slice (1 oz)
	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.00	2 tablespoon
	Non-fat yogurt-artificially sweetened	3.00	cup
	Milk - 1%	1.00	cup
	Milk - skim, no fat	6.00	cup
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
<b>Dressings</b>	Oil & vinegar - Wish-Bone, Lite Classic	10.00	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
	Olive oil - pure	1.00	tablespoon
<b>Finfish and Shellfish</b>	Fish, tuna salad	1.75	1 cup
<b>Fruits &amp; Fruit Juices</b>	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	2.00	0.5 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	1.00	1 cup
	Blueberries, raw	0.75	1 cup
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	0.75	1 cup, slices
	Cherries, sweet, raw	1.75	1 cup, without pits

	Kiwifruit, green, raw	3.00	1 fruit without skin, medium
	Raisins, seedless	1.00	50 raisins
	Watermelon - fresh, diced	1.00	cup
	Plum - fresh, 2.25" diam	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Cantaloupe - muskmelon	1.00	each
	Banana - med 8"	2.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	tablespoon
	Peanut butter - creamy, Peter Pan	1.00	tablespoon
	Syrup - Aunt Jemima, ButterLite	2.00	tablespoon
	Salsa - Chunky medium, Pace	3.00	tablespoon
<b>Misc. Meats</b>	Pork - broiled, chopped, trimmed, center loin	5.00	ounce(s)
<b>Miscellaneous</b>	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
	Waffle - EGGO, frozen, Homestyle	3.00	each
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.50	cup
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.00	cup
<b>Proteins (Healthy)</b>	Turkey, ground, extra lean	4.00	ounce(s)
	Salmon - broiled	5.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
<b>Recipes</b>	MAIN75 - Eggplant Parmesan	1.00	each
<b>Red Meats - Standard</b>	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1.75	3 oz
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	3.00	1 slice (6-1/4" x 4" x 1/16")
<b>Seasonings</b>	Spices, garlic powder	1.00	1 teaspoon
<b>Snacks &amp; Treats</b>	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
	Pretzels - Rold Gold, Tiny Tim	20.00	each
<b>Soups and Gravies</b>	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	1.50	1 cup
	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	1.00	1 cup
<b>Starchy Carbohydrates (Healthy)</b>	Potato/White - Baked	3.00	ounce(s)
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Yam, cooked, boiled, drained, or baked, without salt	1.00	0.5 cup, cubes
	Alfalfa seeds, sprouted, raw	0.25	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, cooked, boiled, drained, without salt	0.50	1 cup

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0.50

1 cup

Squash, summer, all varieties, cooked, boiled, drained, without salt

0.50

1 cup, sliced

Carrots, baby, raw

14.00

1 large

Spinach, raw

2.00

1 leaf

zucchini, frozen, boiled, drained

3.00

1/2 cup

tomato, diced

2.00

1/2 cup

Green salad w/ raw vegetables

10.00

cup

Celery - raw stalk, trimmed

3.00

each

Onion - chopped

3.00

tablespoon