



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Baby Foods	Babyfood, pretzels	2.00	1 oz
Beans, Lentils	HEALTH VALLEY Fat Free Honey Baked Beans	1.00	cup
Beverages	Water, tap, municipal	56.00	1 cup (8 fl oz)
	WESTSOY Lite Plain Soy Milk	24.00	ounce(s)
	Orange juice - 100% pure , Tropicana	32.00	ounce(s)
Breads and baked goods	Cookies, fig bars	8.00	1 cookie
	English muffins, wheat	2.00	1 muffin
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Rolls, hamburger or hotdog, mixed-grain	2.00	1 roll
	Rolls, dinner, wheat	3.00	1 roll (1 oz)
	Bread, raisin, toasted, enriched	2.00	1 slice
	Bread, rye	2.00	1 slice
	Whole Wheat Bread, Prepared, Toasted	2.00	slice
	Bread, Garlic, Toasted	1.00	slice
Cereals	BRAN CHEX, (wheat bran, corn)	2.00	1 cup
	Cheese, Swiss - Low Fat, Shredded	1.00	ounce(s)
Dairy	Egg substitute, liquid	0.50	1 cup
	Milk - skim, no fat	2.50	cup
	Yogurt - Yoplait, Light, all flavors	36.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	KRAFT American Singles - 2% Milk	1.00	slice
	Sour Cream, Reduced Fat	2.00	tablespoon
Dressings	Thousand island - reduced cal. KRAFT	1.00	tablespoon
	Italian - fat free, KRAFT Free	14.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	3.00	1 tablespoon
	Olive oil - pure	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Green beans - string boiled & drained	4.00	ounce(s)
	Salad - sm. garden w/tomato, onion	7.00	small
Finfish and Shellfish	Fish, tuna, light, canned in water, drained solids	2.00	1 oz
	Fish, tuna, light, canned in water, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	2.00	1 cup
	Grapes, american type (slip skin), raw	1.50	1 cup

	Raisins, seedless	0.50	1 cup (not packed)
	Melons, cantaloupe, raw	2.25	1 cup, balls
	Strawberries, raw	3.00	1 cup, halves
	Peaches, canned, extra light syrup, solids and liquids	1.00	1 cup, halves or slices
	Apple - medium with peel	2.00	each
	Banana - med 8"	2.00	each
Jams/ Spreads/Sauces/ Syrups	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Peanut butter - creamy. Peter Pan	5.00	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
	SMART BALANCE Buttery Spread	8.00	tea spoon
Meals, Entrees and Sidedishes	Spaghetti and Meatballs	3.00	1/2 cup
	STOUFFER'S LEAN CUISINE Hearty Portions Salisbury Steak with Potatoes, Carrots, Green Beans	1.00	each
	STOUFFER'S LEAN CUISINE Hearty Portions - Roasted Chicken with Rice, Broccoli	1.00	each
Misc. Meats	HEALTHY CHOICE Beef Franks, Low Fat	1.00	each
	HEALTHY CHOICE Low Fat Polska Kielbasa	3.00	ounce(s)
Miscellaneous	Tortilla - flour, soft, 7" diam.	2.00	each
	GARDENBURGER, Veggie Medley	2.50	ounce(s)
Noodles & Pastas	Spaghetti - thin, cooked, Ronzoni	1.00	cup
Nuts & Seeds	SOLNUTS Soybeans	2.00	ounce(s)
Performance Carbohydrates	Orange - medium	1.00	each
Pork Products	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	1.00	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.00	cup
Proteins (Healthy)	Egg whole w/ yolk	2.00	each
	Chicken Breast / White Meat	6.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	2.00	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	5.00	ounce(s)
Seasonings	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	KEEBLER GRAHAM SELECTS Low Fat Cinnamon Crisps	16.00	each
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	10.00	cup
Soups and Gravies	Sauce, salsa, ready-to-serve	1.00	1 tablespoon
Starchy Carbohydrates (Healthy)	Oatmeal -Quick, measured uncooked	1.50	cup
	Bagel/Lenders	2.00	each
Vegetables	Coleslaw, home-prepared	1.00	0.5 cup

Vegetables	Carrots, home prepared	1.00	one cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.00	1 cup
	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.75	1 cup
	Tomatoes, sun-dried	0.25	1 cup
	Cauliflower, frozen, cooked, boiled, drained, with salt	1.00	1 cup (1" pieces)
	Squash, winter, butternut, frozen, cooked, boiled, with salt	1.00	1 cup, mashed
	Lettuce, iceberg (includes crisphead types), raw	1.00	1 cup, shredded or chopped
	Potatoes, baked, flesh and skin, without salt	1.00	1 medium (2-1/4" to 3-1/4" dia.)
	Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
	Zucchini, Frozen, Boiled, Drained	0.50	cup
	Corn - sweet, ear, boiled & drained	2.00	each
	Carrots - baby, raw	24.00	medium
	Green beans - string, boiled & drained	4.00	ounce(s)