



PRODIETS

Male Meal Plans

| Category | Food | Qty | Measure |
|---------------------------------|--|-------|---|
| Beans, Lentils | Tempeh | 1.00 | 1 cup |
| | Soymilk, original and vanilla, unfortified | 1.00 | 1 cup |
| | Black beans | 0.50 | cup |
| | Hummus | 12.00 | tablespoon |
| Beverages | Silk Plain Soy Milk | 6.50 | cup |
| Breads and baked goods | Bread, Ezekiel Cinnamon Raisin | 3.00 | slice |
| | Whole wheat panko bread crumbs | 2.00 | tablespoon |
| Carb. Snack Foods (Healthy) | Rice cake - plain, Quaker | 1.00 | each |
| | Apple | 2.50 | each |
| Cereals | Bran Flakes - cereal | 0.50 | cup |
| Dressings | Balsamic Vinegar | 8.00 | tablespoon |
| | Italian dressing, reduced fat | 3.00 | tablespoon |
| Fats & Oils | Oil, coconut | 1.50 | 1 teaspoon |
| | Sliced avocado | 0.25 | cup |
| | Olive oil | 4.00 | tea spoon |
| Fibrous Carbohydrates (Healthy) | Cooked lentils | 2.00 | cup |
| | Dry steel cut oats | 0.75 | cup |
| | Brown rice, cooked | 4.00 | cup |
| | Food for Life Brown Rice Tortillas | 2.00 | each |
| | Ezekiel 4:9 Sprouted Whole Grain Fettuccine | 1.75 | ounce(s) |
| | Ezekiel 4:9 bread, sprouted 100% whole wheat | 2.00 | slice |
| Fruits & Fruit Juices | Watermelon, raw | 0.50 | 1 cup, diced |
| | Melons, honeydew, raw | 0.75 | 1 cup, diced (approx 20 pieces per cup) |
| | Strawberries | 1.25 | cup |
| | Grapes | 1.50 | cup |
| | Fresh raspberries | 0.75 | cup |
| | Fresh cantaloupe | 1.25 | cup |
| | Frozen unsweetened blueberries | 0.75 | cup |
| | Orange - medium | 1.00 | each |
| | Small banana | 1.50 | each |
| | Pear | 2.00 | each |
| | Raisins | 3.50 | tablespoon |
| Jams/ Spreads/Sauces/ Syrups | Salsa | 0.13 | cup |
| | Peanut Butter | 1.00 | tablespoon |

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|---------------------------------|---|-------|---------------|
| | Peanut Butter | 1.00 | tablespoon |
| | Almond Butter | 2.00 | tablespoon |
| | Soy sauce, low sodium | 2.00 | tea spoon |
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| Meals, Entrees and Sidedishes | Amy's Bean & Rice Burrito - Non-Dairy | 1.00 | each |
| | Gardein Breakfast Patties | 2.00 | each |
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| Misc. Meats | Boca Vegan Veggie Burgers | 4.00 | each |
| | | | |
| Miscellaneous | Tofurkey Vegan Breakfast Links | 2.00 | each |
| | guacamole | 0.50 | ounce(s) |
| | Daiya Shredded Vegan Cheese | 3.25 | ounce(s) |
| | Go Veggie Daity Free Cheddar Slices | 2.00 | slice |
| | | | |
| Noodles & Pastas | Quinoa, cooked | 1.40 | 1 cup |
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| Nuts & Seeds | Nuts, walnuts, black, dried | 3.50 | 1 tablespoon |
| | Chopped walnuts | 1.00 | tablespoon |
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| Protein Snack Foods (Healthy) | Soy nuts, salted | 0.75 | cup |
| | Soy nuts, unsalted | 3.00 | tablespoon |
| | | | |
| Proteins (Healthy) | Gardein, beefless tips | 1.50 | 3/4 cup |
| | Beans | 0.25 | cup |
| | Almond Breeze, unsweetened vanilla almond milk | 3.00 | cup |
| | Edamame, shelled | 0.50 | cup |
| | Meatless ground | 1.45 | cup |
| | Milk, Almond | 0.50 | cup |
| | Almonds, unsalted | 48.00 | each |
| | Firm tofu | 7.00 | ounce(s) |
| | RAW Fit | 2.50 | scoop |
| | Peanut butter | 2.00 | tea spoon |
| | | | |
| Rice, grains, flour | Quinoa, uncooked | 0.50 | 1 cup |
| | | | |
| Seasonings | Vinegar, balsamic | 1.00 | 1 tablespoon |
| | White vinegar | 3.00 | tablespoon |
| | | | |
| Soups and Gravies | Sauce, teriyaki, ready-to-serve | 1.00 | 1 tablespoon |
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| Starchy Carbohydrates (Healthy) | Baked potato, large | 1.00 | each |
| | Genesis 1:29 Sprouted Whole Grain English Muffins | 1.00 | each |
| | | | |
| Toppings | Honey | 0.50 | tablespoon |
| | Cinnamon | 0.25 | tea spoon |
| | | | |
| Vegetables | Mushrooms, portabella, raw | 1.00 | 1 piece whole |
| | Mixed greens | 10.00 | cup |
| | Kale | 0.50 | cup |
| | Tomato sauce | 1.50 | cup |
| | Carrots | 3.75 | cup |
| | Mixed vegetables (non starchy) | 5.00 | cup |
| | Edamame, in pods, prepared from frozen | 1.25 | cup |
| | Grated carrots | 0.75 | cup |
| | Chopped tomato | 0.63 | cup |
| | Roasted eggplant | 0.50 | cup |

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| Roasted eggplant | 0.00 | cup |
| Broccoli | 1.50 | cup |
| Fresh spinach | 12.00 | cup |
| Fresh white mushrooms | 0.50 | cup |
| Bell pepper | 1.50 | each |
| Garlic clove | 1.00 | each |
| Fresh eggplant | 1.00 | each |
| Onion - chopped | 2.00 | tablespoon |