



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, baked, canned, no salt added	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	10.00	1 peanut
	Peanut butter, smooth style, without salt	2.00	2 tablespoon
<b>Breads and baked goods</b>	Bagels, cinnamon-raisin, toasted	1.50	1 bagel (3" dia)
	Cookies, graham crackers, plain or honey (includes cinnamon)	9.00	1 cracker (2-1/2" square)
	English muffins, mixed-grain (includes granola)	1.50	1 muffin
	Bread, whole-wheat, commercially prepared	2.00	1 oz
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	1.00	1 slice
	Cookies, vanilla wafers, lower fat	15.00	1 small
	Bun - hamburger	1.00	each
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	2.50	each
	Banana - med 8"	1.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.50	1 cup
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	1.00	1 cup, cooked
<b>Dairy</b>	Cheese, cottage, lowfat, 1% milkfat, no sodium added	1.50	1 cup
	Cheese, mozzarella, low moisture, part-skim	0.25	1 cup, shredded
	Cheese, low fat, cheddar or colby	0.50	1 oz
	Cheese, swiss, low fat	3.00	1 slice (1 oz)
	Milk - skim, no fat	12.50	cup
	Kid's Low Sugar Fruited Yogurt	10.00	ounce(s)
<b>Desserts</b>	Sherbet, orange	1.50	0.5 cup (4 fl oz)
<b>Fats &amp; Oils</b>	Salad dressing, home recipe, vinegar and oil	2.50	1 tablespoon
	Olive Oil, Extra Virgin	2.00	tablespoon
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	0.75	1 cup
	Avocados, raw, all commercial varieties	0.50	1 cup, cubes
	Strawberries, raw	2.00	1 cup, halves
	Peaches, canned, water pack, solids and liquids	0.50	1 cup, halves or slices
	Grapes, american type (slip skin), raw	13.00	1 grape
	Raisins, seedless	0.25	50 raisins
	Orange - medium	1.50	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Banana - med 8"	0.50	each
	Pear -medium w/peel	0.75	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Soy sauce - Kikkoman 'Lite'	1.00	tablespoon

<b>Syrups</b>	Relish - pickle	0.50	tablespoon
	Mayonnaise - low fat	1.50	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
	SMART BALANCE Buttery Spread	1.50	tea spoon
	SMART BALANCE Buttery Spread	4.00	tea spoon
<b>Meals, Entrees and Sidedishes</b>	Egg Salad	1.00	1/2 cup
	Soy Chicken Nuggets	6.00	each
<b>Miscellaneous</b>	Tortilla - flour, soft, 7" diam.	3.00	each
<b>Poultry</b>	Turkey Meatballs	3.00	each
<b>Protein Snack Foods (Healthy)</b>	Tuna Solid White -Water Sm. can	4.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	2.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
	Macaroni, whole-wheat, cooked	0.75	1 cup elbow shaped
<b>Seasonings</b>	Mustard, prepared, yellow	1.50	1 teaspoon or 1 packet
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	9.00	1 cup
<b>Soups and Gravies</b>	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.50	1 cup
<b>Toppings</b>	Cinnamon	0.50	tea spoon
<b>Vegetables</b>	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Peppers, sweet, red, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 can (11.5 oz), prepared
	Tomatoes, red, ripe, raw, year round average	10.00	1 cherry
	Asparagus, frozen, cooked, boiled, drained, without salt	0.75	1 cup
	Beans, snap, green, cooked, boiled, drained, without salt	1.00	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Peppers, sweet, red, raw	1.00	1 cup, sliced
	Lettuce, cos or romaine, raw	6.00	1 inner leaf
	tomato, diced	0.50	1/2 cup
	Green salad w/ raw vegetables	2.00	cup
	Cucumber - raw, slices	1.50	cup
	Carrots - baby, raw	12.00	medium