



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Walnuts, dried	1.66	ounce(s)
<b>Beverages</b>	water, arrowhead	224.00	fluid ounce(s)
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - plain, unsalted, Quaker	2.00	each
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	Banana - med 8"	1.00	each
<b>Cereals</b>	Cereals, CREAM OF RICE, cooked with water, without salt	5.00	0.75 cup
	Cereals ready-to-eat, POST Bran Flakes	6.00	0.75 cup (1 NLEA serving)
<b>Dressings</b>	Balsamic Vinegar	6.00	tablespoon
<b>Fats &amp; Oils</b>	Olive oil - pure	9.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Salad - lrg. garden w/tomato & onion	2.00	large
	Broccoli	32.00	spear
<b>Fruits &amp; Fruit Juices</b>	Blackberries, raw	3.00	1 cup
	Raspberries, raw	3.66	1 cup
	Strawberries, raw	2.00	1 cup, sliced
	Blueberries, raw	3.82	1 cup, unthawed
	Strawberries	4.16	cup
	Banana - med 8"	2.00	each
	Grapes - American	94.00	each
	Pineapple - frsh, slice approx 3.5"	2.00	slice
<b>Jams/ Spreads/Sauces/ Syrups</b>	Almond Butter	8.00	tablespoon
<b>Nuts &amp; Seeds</b>	Nuts, almonds	280.00	1 almond
	Seeds, flaxseed	2.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	1.00	ounce(s)
<b>Performance Carbohydrates</b>	Lentil - boiled	3.00	cup
	Brown rice - cooked	3.00	cup
	Apple - medium with peel	12.00	each
<b>Poultry</b>	Chicken breast, organic	78.00	ounce(s)
<b>Proteins (Healthy)</b>	Milk, Almond	9.00	cup
	Egg Whites - scrambled/boiled	4.00	each
	Beef, organic, extra lean	14.00	ounce(s)

<b>Seasonings</b>	Spices, allspice, ground	2.00	1 tablespoon
	Vinegar, distilled	2.00	1 tablespoon
	Garlic powder	10.00	tablespoon
<b>Vegetables</b>	Lettuce, green leaf, raw	2.00	0.5 cup, shredded
	Spinach, raw	18.00	1 bunch
	Onions, raw	1.00	1 cup, chopped
	Lettuce, cos or romaine, raw	2.00	1 inner leaf
	Parsley, fresh	2.00	1 tablespoon
	Split peas - boiled	1.00	cup
	Pepper - sweet bell, all colors, chopped,	3.00	cup
	Peas - green, canned, Green Giant	1.00	cup
	Cauliflower - boiled, drained	6.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small
	Onion - chopped	12.00	tablespoon