



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Walnuts, dried	0.50	ounce(s)
Beverages	Water, bottled, POLAND SPRING	6.00	1 cup (8 fl oz)
	Coca Cola - diet w/caffeine	16.00	ounce(s)
	Coffee - w/caffeine	56.00	ounce(s)
Carb. Snack Foods (Healthy)	Potato - white medium	3.00	ounce(s)
Cereals	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Egg, whole, cooked, hard-boiled	2.00	1 large
	Milk - skim, no fat	12.00	cup
	Yogurt - Yoplait, Light, all flavors	24.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Fast Food	Wendy's Spring Mix Salad with House Vinaig.	1.00	each
	Subway Tuna Wrap	1.00	each
	Burger King TenderGrill Garden Salad w/ light Ital. Drsg.	1.00	each
	Subway Turkey Breast Wrap	2.00	each
	McDonalds Fruit & Yogurt Parfait	2.00	each
	McDonalds Cal. Cobb Salad w/ grilled chicken	1.00	each
	Taco Bell Fresco Style Taco Supreme	2.00	each
	McDonalds Caesar Salad with Grilled Chicken	1.00	each
	Wendy's Side Salad	2.00	each
	Wendy's Chili -Small	16.00	ounce(s)
	McDonalds Newman's Own Low-fat Balsamic Vinaigrette Drsg	1.00	pack
	McDonalds Newman's Own Creamy Caesar Drsg	1.00	pack
	Wendy's reduced-fat Creamy Ranch Drsg	2.00	pack
Fats & Oils	Salad dressing, italian dressing, commercial, reduced fat	4.00	1 tablespoon
Fibrous Carbohydrates (Healthy)	General Mills, Multi Grain Cheerios, dry	4.00	1/2 cup
	Salad - sm. garden w/tomato, onion	2.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, farmed, cooked, dry heat	1.50	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Peaches, canned, juice pack, solids and liquids	1.00	1 cup
	Strawberries, raw	2.50	1 cup, halves
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.50	each
Jams/ Spreads/Sauces/ Syrups	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	tablespoon

	Peanut butter - creamy, Peter Pan	3.00	tablespoon
	Salsa - Chunky medium, Pace	2.00	tablespoon
Nuts & Seeds	Almonds - Planters Dry Roasted	1.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	2.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	3.00	cup
Proteins (Healthy)	Egg Whites - scrambled/boiled	7.00	each
	Shrimp - boiled or steamed	5.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	5.00	ounce(s)
Snacks & Treats	Popcorn - Lite, microwaved, Orville Red. Gourmet	7.00	cup
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	0.50	cup
	Brown Rice - cooked	0.50	cup
Vegetables	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	zucchini, frozen, boiled, drained	2.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Asparagus, cooked, boiled, drained	1.00	4 spears (1/2" base)
	Carrots - baby, raw	24.00	medium