



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	2.00	1 oz
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	16.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	16.00	fluid ounce(s)
	Vegetable juice - V8, no salt	30.00	fluid ounce(s)
<b>Breads and baked goods</b>	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	1.00	1 NLEA serving (makes 1/2 cup prepared)
	Cookies, vanilla wafers, lower fat	1.00	1 oz
	Cake, angelfood, commercially prepared	2.00	1 piece (1/12 of 12 oz cake)
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
<b>Carb. Snack Foods (Healthy)</b>	Graham Crackers	8.00	each
	Rice cake - apple cinnamon, Quaker	1.00	each
	Cracker/Nabisco - Low Saltines	8.00	each
<b>Cereals</b>	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	2.00	0.5 cup (1 NLEA serving)
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
<b>Dairy</b>	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	4.00	1 oz
	Non-fat yogurt-artificially sweetened	5.00	cup
	Milk - skim, no fat	6.00	cup
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
<b>Desserts</b>	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.00	2 tablespoon
<b>Dressings</b>	Oil & vinegar - Wish-Bone, Lite Classic	12.00	tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, KRAFT Mayo Light Mayonnaise	3.00	1 tablespoon
	Margarine, soft, soybean, no salt	1.00	1 teaspoon
<b>Fibrous Carbohydrates (Healthy)</b>	Celery - raw stalk trimmed	8.00	each
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	4.00	ounce(s)

<b>Finfish and Shellfish</b>	Fish, tuna salad	1.75	1 cup
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Cherries, sweet, raw	10.00	1 cherry
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	1.00	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Strawberries, raw	3.00	1 cup, halves
	Peaches, raw	2.00	1 cup, slices
	Cherries, sweet, raw	2.00	1 cup, without pits
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Raisins, seedless	1.00	1 small box (1.5 oz)
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	Watermelon - fresh, diced	1.00	cup
	Pineapple - canned, chunks	1.00	cup
	Grapefruit - pink or red 4" diam.	2.00	each
	Banana - med 8"	1.50	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
<b>Meals, Entrees and Sidedishes</b>	STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree	1.00	1 package yields
<b>Miscellaneous</b>	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
<b>Nuts &amp; Seeds</b>	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Nuts, walnuts, english	1.00	1 oz (14 halves)
	Nuts, almonds, dry roasted, without salt added	0.50	1 oz (22 whole kernels)
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	2.25	cup
<b>Proteins (Healthy)</b>	Egg Beaters - Fleischmann's	2.25	cup
	Swordfish - cooked dry heat	6.00	ounce(s)
	Turkey Breast / White Meat	4.00	ounce(s)
	Chicken Breast / White Meat	12.00	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1.00	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.25	1 cup
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (6-1/4" x 4" x 1/16")
<b>Snacks &amp; Treats</b>	Popcorn - Lite, microwaved, Orvill Red. Gourmet	6.00	cup
	Pretzels - Rold Gold, Tiny Tim	15.00	each
	Pretzels - Featherweight, low salt	15.00	each
<b>Soups and Gravies</b>	Gravy, turkey, canned, ready-to-serve	3.00	1 tablespoon
	Tomato Soup / Campbell's low sod.	8.00	ounce(s)
<b>Starchy Carbohydrates (Healthy)</b>	Potato/White - Baked	4.00	ounce(s)
<b>Vegetables</b>	Asparagus cooked boiled drained	2.00	0.5 cup

Vegetables	Asparagus, cooked, drained	2.00	1/2 cup
	Brussels sprouts, cooked, boiled, drained, without salt	1.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Carrots, cooked, boiled, drained, without salt	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	3.00	0.5 cup, chopped
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Spinach, raw	3.00	1 leaf
	Onions, raw	1.00	1 slice, thin
	tomato, diced	2.50	1/2 cup
	Green salad w/ raw vegetables	10.00	cup
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Cucumber - raw, slices	0.50	cup
	Corn - sweet, ear, boiled & drained	1.00	each
	Tomato - sm. w/peel, 2.5" diam.	1.00	small