



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Walnuts, dried	5.41	ounce(s)
	Black beans - boiled	10.00	ounce(s)
Beverages	Tea, herb, chamomile, brewed	2.00	1 cup (8 fl oz)
Dairy	Egg, whole, cooked, hard-boiled	5.00	1 large
Fats & Oils	Olive oil - pure	4.50	tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	8.00	each
	Salad - lrg. garden w/tomato & onion	19.00	large
	Salad - med. garden w/tomato, onion	3.00	medium
	Broccoli	7.00	spear
Fruits & Fruit Juices	Cherries, sweet, raw	65.00	1 cherry
	Blackberries, raw	8.50	1 cup
	Grapefruit juice, white, raw	1.00	1 cup
	Pineapple, raw, all varieties	2.50	1 cup, diced
	Strawberries, raw	4.00	1 cup, sliced
	Blueberries, raw	1.00	1 cup, unthawed
	Avocados, raw, California	0.99	1 fruit without skin and seeds
	Raisins, seedless	7.00	1 miniature box (.5 oz)
	Lemon juice, raw	7.00	1 wedge yields
	Plum - fresh, 2.25" diam	5.00	each
Grapefruit - pink or red 4" diam.	1.00	each	
Jams/ Spreads/Sauces/ Syrups	Almond Butter	4.00	tablespoon
Miscellaneous	Tofu - soybean curd cake	6.00	ounce(s)
	Tofu - soybean curd cake	20.00	ounce(s)
Nuts & Seeds	Nuts, almonds	185.00	1 almond
	Nuts, cashew nuts, dry roasted, without salt added	2.00	1 oz
	Seeds, flaxseed	13.00	1 tablespoon
Performance Carbohydrates	Lentil - boiled	4.50	cup
	Apple - medium with peel	7.00	each
Protein Snack Foods (Healthy)	Egg - boiled white only	19.00	each
Proteins (Healthy)	Milk, Almond	8.00	cup

	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	15.00	each
Seasonings	Garlic powder	2.00	tablespoon
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	3.50	cup
Vegetables	Broccoli, raw	23.00	0.5 cup, chopped or diced
	Spinach, raw	18.00	1 bunch
	Parsley, fresh	4.00	1 cup
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Broccoli, flower clusters, raw	0.50	1 cup flowerets
	Spinach, raw	2.00	1 leaf
	Asparagus, raw	21.00	1 spear, large (7-1/4" to 8-1/2")
	Asparagus, raw	43.00	1 spear, medium (5-1/4" to 7" long)
	tomato, diced	3.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Carrots - baby, raw	22.00	medium
	Tomato - sm. w/peel, 2.5" diam.	7.00	small
	Onion - chopped	4.00	tablespoon