



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Walnuts, dried	4.00	ounce(s)
Beverages	water, arrowhead	224.00	fluid ounce(s)
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	10.00	each
	Rice cake - plain, Quaker	6.00	each
	Banana - med 8"	2.00	each
Cereals	Cereals, CREAM OF RICE, cooked with water, without salt	6.00	0.75 cup
	Cereals ready-to-eat, POST Bran Flakes	10.00	0.75 cup (1 NLEA serving)
Dressings	Balsamic Vinegar	6.00	tablespoon
Fats & Oils	Olive oil - pure	12.00	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	2.00	large
	Broccoli	20.00	spear
Fruits & Fruit Juices	Blackberries, raw	4.00	1 cup
	Raspberries, raw	6.00	1 cup
	Strawberries, raw	2.00	1 cup, sliced
	Blueberries, raw	10.00	1 cup, unthawed
	Strawberries	8.00	cup
	Banana - med 8"	2.00	each
	Grapes - American	80.00	each
	Pineapple - frsh, slice approx 3.5"	6.00	slice
Jams/ Spreads/Sauces/ Syrups	Almond Butter	10.00	tablespoon
Nuts & Seeds	Nuts, almonds	300.00	1 almond
	Seeds, flaxseed	2.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	2.00	ounce(s)
Performance Carbohydrates	Lentil - boiled	5.00	cup
	Brown rice - cooked	6.00	cup
	Apple - medium with peel	14.00	each
Poultry	Chicken breast, organic	78.00	ounce(s)
Proteins (Healthy)	Milk, Almond	10.00	cup
	Egg Whites - scrambled/boiled	6.00	each
	Beef, organic, extra lean	12.00	ounce(s)

Seasonings	Spices, allspice, ground	4.00	1 tablespoon
	Vinegar, distilled	4.00	1 tablespoon
	Garlic powder	10.00	tablespoon
Vegetables	Lettuce, green leaf, raw	2.00	0.5 cup, shredded
	Spinach, raw	24.00	1 bunch
	Onions, raw	2.00	1 cup, chopped
	Lettuce, cos or romaine, raw	2.00	1 inner leaf
	Parsley, fresh	2.00	1 tablespoon
	Split peas - boiled	2.00	cup
	Pepper - sweet bell, all colors, chopped,	4.00	cup
	Peas - green, canned, Green Giant	2.00	cup
	Cauliflower - boiled, drained	8.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small
	Onion - chopped	24.00	tablespoon