



Female Meal Plans

| Category | Food | Qty | Measure |
|--|--|-------|------------------------|
| Beans, Lentils | Black beans | 0.25 | cup |
| | Black beans, canned, drained | 2.00 | tablespoon |
| | Hummus | 2.00 | tablespoon |
| Breads and baked goods | Wheat melba toast | 4.00 | each |
| Carb. Snack Foods (Healthy) | Apple - medium with peel | 3.00 | each |
| Cereals | Cereals ready-to-eat, KASHI 7 Whole Grain Flakes | 0.75 | 1 cup (1 NLEA serving) |
| Dairy | Milk - skim, no fat | 2.00 | cup |
| | Skim milk | 20.00 | fluid ounce(s) |
| | Mozzarella cheese, part skim | 1.50 | ounce(s) |
| | Grated parmesan cheese | 1.00 | tablespoon |
| Dressings | Balsamic Vinegar | 8.00 | tablespoon |
| | Italian dressing, reduced fat | 3.00 | tablespoon |
| Fats & Oils | Sliced avocado | 1.25 | cup |
| | Olive oil | 0.75 | tablespoon |
| | Olive oil | 16.00 | tea spoon |
| Fibrous Carbohydrates (Healthy) | Kidney beans, cooked or canned | 0.13 | cup |
| | Cooked lentils | 1.00 | cup |
| | Dry steel cut oats | 1.20 | cup |
| | Brown rice, cooked | 1.75 | cup |
| | Whole wheat spaghetti, cooked | 1.00 | cup |
| | Whole wheat wrap | 1.00 | each |
| | Sweet potato, baked in peel, large | 0.50 | each |
| | Wheat bagel | 0.50 | each |
| | 100% whole wheat wrap, 6" | 1.00 | each |
| | Whole wheat English muffin | 0.50 | each |
| Wheat bread | 2.00 | slice | |
| Fruits & Fruit Juices | Strawberries | 1.00 | cup |
| | Grapes | 5.75 | cup |
| | Fresh raspberries | 1.00 | cup |
| | Fresh blueberries | 1.50 | cup |
| | Fresh cantaloupe | 2.00 | cup |
| | Grapefruit | 0.50 | each |
| | Small banana | 1.50 | each |
| | Pear | 2.00 | each |
| | Raisins | 6.00 | tablespoon |

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| Jams/ Spreads/Sauces/ Syrups | Salsa | 0.25 | cup |
| | Almond Butter | 1.13 | tablespoon |
| | Low fat mayonnaise | 2.00 | tablespoon |
| | Soy sauce, low sodium | 1.00 | tea spoon |
| | Trans fat-free buttery spread | 7.00 | tea spoon |
| Noodles & Pastas | Quinoa, cooked | 1.00 | 1 cup |
| Nuts & Seeds | Seeds, flaxseed | 1.75 | 1 teaspoon, ground |
| | Seeds, flaxseed | 0.25 | 1 teaspoon, whole |
| | Pistachio nuts | 48.00 | each |
| | Slivered almonds | 1.00 | tablespoon |
| | Chopped walnuts | 4.75 | tablespoon |
| Protein Snack Foods (Healthy) | Cottage Cheese - 1% fat | 0.25 | cup |
| | Pumpkin seeds, roasted, unsalted | 4.00 | tablespoon |
| Proteins (Healthy) | Cooked egg white | 1.00 | each |
| | Vegetarian sausage link | 1.00 | each |
| | Almonds, unsalted | 26.00 | each |
| | Egg white | 5.00 | large |
| | Flounder - broiled | 5.00 | ounce(s) |
| | Chicken Breast / White Meat | 4.00 | ounce(s) |
| | Water packed white tuna | 9.00 | ounce(s) |
| | Boneless chicken breast | 13.00 | ounce(s) |
| | Turkey breast | 9.00 | ounce(s) |
| | Extra lean beef | 4.50 | ounce(s) |
| | Ground chicken breast, raw | 4.00 | ounce(s) |
| | Canned salmon | 4.00 | ounce(s) |
| | Halibut, raw | 4.00 | ounce(s) |
| | Greek yogurt, plain, non fat | 5.00 | ounce(s) |
| | Tilapia | 5.00 | ounce(s) |
| | Peanut butter | 1.00 | tea spoon |
| Snacks & Treats | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.00 | cup |
| Starchy Carbohydrates (Healthy) | Baked potato, large | 0.50 | each |
| Toppings | Cinnamon | 1.00 | tea spoon |
| | Sugar - brown | 0.50 | tea spoon |
| Vegetables | Arugula, raw | 2.00 | 0.5 cup |
| | Ginger root, raw | 0.13 | 1 teaspoon |
| | Mixed greens | 10.00 | cup |
| | Green beans, steamed or boiled | 1.00 | cup |
| | Kale | 0.50 | cup |
| | Chopped onion | 2.00 | cup |
| | Tomato sauce | 0.50 | cup |
| | Roasted beets | 1.00 | cup |
| | Carrots | 1.50 | cup |
| | Mixed vegetables (non starchy) | 0.66 | cup |
| | Edamame, in pods, prepared from frozen | 0.66 | cup |
| | Broccoli | 3.50 | cup |
| | Grated carrots | 1.66 | cup |

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| Chopped tomato | 1.66 | cup |
| Fresh spinach | 11.50 | cup |
| Fresh mushrooms | 2.08 | cup |
| Bell pepper | 1.75 | each |
| Tomato | 1.00 | each |
| Garlic clove | 2.50 | each |
| Canned artichoke | 1.00 | ounce(s) |
| Onion - chopped | 2.00 | tablespoon |
| Chopped onion | 6.00 | tablespoon |