



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, black, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Hummus, home prepared	0.50	1 cup
	Garbanzo - boiled	4.00	ounce(s)
<b>Breads and baked goods</b>	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	3.00	each
<b>Cereals</b>	Cereals ready-to-eat, POST Bran Flakes	2.00	0.75 cup (1 NLEA serving)
	Cereal, oats, old fashioned, dry	3.00	1/2 cup
<b>Dairy</b>	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	1.50	1 oz
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, parmesan, grated	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	3.50	cup
	Milk - skim, no fat	7.00	cup
Soy Milk, fat-free w/ calcium	12.00	ounce(s)	
<b>Dressings</b>	Oil & Vinegar Salad Dressing	11.00	tea spoon
<b>Fats &amp; Oils</b>	Olive oil - pure	2.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Tortilla 99% fat free, whole wheat, flour	2.00	each
	Celery - raw stalk trimmed	5.00	each
	Wasa Crackers, light rye	8.00	each
	Salad - med. garden w/tomato, onion	2.00	medium
	Green beans - string boiled & drained	8.00	ounce(s)
<b>Finfish and Shellfish</b>	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	3 oz
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.00	1 cup
	Strawberries, raw	1.50	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Peaches, raw	3.50	1 cup, slices
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Raisins, seedless	1.25	50 raisins
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each

	Cherries, sweet, medium	20.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	2.00	tablespoon
	Soy sauce, Organic, Lite	1.00	tablespoon
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	14.00	1 almond
	Nuts, walnuts, english	1.50	1 cup, in shell, edible yield (7 nuts)
	Nuts, almond butter, plain, without salt added	2.00	1 tablespoon
	Seeds, flaxseed	14.00	1 teaspoon, ground
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.25	cup
	Egg - boiled white only	3.00	each
	Tuna Solid White -Water Sm. can	5.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	2.00	each
	Turkey, ground, extra lean	6.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.75	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.25	1 cup
<b>Seasonings</b>	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
	Garlic powder	0.50	tablespoon
<b>Soups and Gravies</b>	Soup, black bean, canned, prepared with equal volume water	1.00	1 cup
	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1.25	1 cup (8 fl oz)
	Sauce, salsa, ready-to-serve	6.00	1 tablespoon
<b>Toppings</b>	Cinnamon	1.50	tea spoon
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	1.00	0.5 cup
	Mushrooms, white, raw	2.00	0.5 cup pieces
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.50	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Tomato sauce, canned, no salt added	0.50	1 cup
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Peppers, sweet, red, raw	0.75	1 cup, chopped
	Squash, winter, butternut, cooked, baked, without salt	1.00	1 cup, cubes
	Lettuce, cos or romaine, raw	2.00	1 inner leaf
	Carrots, baby, raw	5.00	1 large
	Lettuce, green leaf, raw	3.00	1 leaf
	Spinach, raw	1.00	1 leaf
	tomato, diced	3.00	1/2 cup
	Green salad w/ raw vegetables	12.00	cup
	Peas - snap, Green Giant, Harvet Fresh	0.50	cup
	Cucumber - raw, slices	0.50	cup
	Zucchini, Frozen, Boiled, Drained	0.50	cup
	Onion - chopped	6.00	tablespoon

