



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	40.00	1 peanut
	refried beans, Amy's Organic Traditional Refried Beans	1.50	1/2 cup
	Walnuts, dried	12.00	ounce(s)
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	18.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	1 cup (8 fl oz)
	Tea, herb, chamomile, brewed	6.00	1 cup (8 fl oz)
	Ice cubes	2.00	1/2 cup
	water, arrowhead	2.00	fluid ounce(s)
Breads and baked goods	Bread, pumpernickel, toasted	4.00	1 slice (5" x 4" x 3/8")
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	18.00	each
	Apple - medium with peel	1.00	each
	Grapes - American	60.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	5.00	0.5 cup (1 NLEA serving)
	Cereals ready-to-eat, corn flakes, low sodium	2.00	1 cup
	Cereal, oats, old fashioned, dry	4.00	1/2 cup
Custom Recipes	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	4.00	each
Dairy	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	2.00	1 tablespoon
	Cheese, cream, low fat	2.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	5.00	cup
	Milk - skim, no fat	6.00	cup
	Soy Milk, fat-free w/ calcium	6.00	ounce(s)
Dressings	Balsamic Vinegar	6.00	tablespoon
Fats & Oils	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	7.50	1 tablespoon
	Olive oil - pure	15.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	10.00	each
	Wasa Crackers, light rye	24.00	each
	Salad - lrg. garden w/tomato & onion	2.00	large

Fruits & Fruit Juices	Cranberries, dried, sweetened	6.00	0.333 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	6.00	1 cup
	Blackberries, raw	10.00	1 cup
	Blueberries, raw	3.50	1 cup
	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	2.00	1 cup
	Prunes, dehydrated (low-moisture), stewed	4.00	1 cup
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	2.00	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, balls
	Apricots, dried, sulfured, stewed, without added sugar	1.75	1 cup, halves
	Strawberries, raw	12.50	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Mangos, raw	2.00	1 cup, sliced
	Peaches, raw	4.50	1 cup, slices
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Strawberries	4.00	cup
	Grapes, Concord	6.00	cup
	Plum - fresh, 2.25" diam	6.00	each
	Grapefruit - pink or red 4" diam.	4.00	each
	Cherries, sweet, medium	30.00	each
	Banana - med 8"	2.00	each
	Grapes - American	27.00	each
	Pear -medium w/peel	0.50	each
	Papaya - medium, raw, 3.5" diam.	2.00	medium
Pineapple - frsh, slice approx 3.5"	2.00	slice	
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	BBQ - Hickory, Health Choice	2.00	tablespoon
	Almond Butter	6.00	tablespoon
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	267.00	1 almond
	Nuts, walnuts, english	1.00	1 cup, in shell, edible yield (7 nuts)
	Seeds, sunflower seed kernels, dry roasted, without salt	2.00	1 oz
	Nuts, almond butter, plain, without salt added	2.00	1 tablespoon
	Seeds, flaxseed	14.00	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon, whole
	Cashews - roasted, lightly salted Planters	10.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	14.00	each
	Yam - baked w/o skin	4.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.50	cup
	Egg - boiled white only	44.00	each
	Tuna Solid White -Water Sm. can	3.00	ounce(s)
Proteins (Healthy)	Egg whole w/ yolk	6.00	each
	Egg Whites - scrambled/boiled	40.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	9.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	6.00	ounce(s)
Chicken Breast / White Meat	10.00	ounce(s)	

		Price	Quantity
Rice, grains, flour	Rice, brown, long-grain, cooked	1.50	1 cup
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (6-1/4" x 4" x 1/16")
Seasonings	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	0.15	tablespoon
Soups and Gravies	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2.00	1 cup (8 fl oz)
Vegetables	Asparagus, cooked, boiled, drained	4.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	3.00	0.5 cup pieces
	Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes
	Beets, raw	22.00	1 beet (2" dia)
	Spinach, raw	2.00	1 bunch
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.50	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Broccoli, flower clusters, raw	2.50	1 cup flowerets
	Lettuce, green leaf, raw	2.00	1 cup, shredded
	Lettuce, red leaf, raw	24.00	1 cup, shredded
	Lettuce, cos or romaine, raw	8.00	1 inner leaf
	Lettuce, green leaf, raw	4.00	1 leaf
	Spinach, raw	3.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	4.00	1 slice, medium (1/4" thick)
	tomato, diced	4.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	14.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	2.00	cup
	Onion - chopped	5.00	tablespoon