



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Bars	Balance Bar Honey Peanut	3.00	each
Beans, Lentils	Peanuts, all types, dry-roasted, without salt	0.50	1 cup
Beverages	Vegetable juice - V8, no salt	34.00	fluid ounce(s)
	Orange juice - 100% pure , Tropicana	12.00	ounce(s)
Breads and baked goods	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	Pita - wheat	2.00	each
Cereals	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Egg substitute, liquid	1.00	1 cup
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	1.00	1 oz
	Milk - skim, no fat	4.00	cup
	HEALTHY CHOICE Mozzarella String Cheese	4.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	5.25	ounce(s)
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
Dressings	Italian - fat free, KRAFT Free	11.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon
	Olive oil - pure	0.75	tablespoon
	Olive Oil (sesame,soy bean, sunflower)	0.25	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.50	cup
	Salad - lrg. garden w/tomato & onion	1.00	large
	Green beans - string boiled & drained	4.00	ounce(s)
	Salad - sm. garden w/tomato, onion	5.00	small
Finfish and Shellfish	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, tuna, white, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, farmed, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	0.75	1 cup
	Grapes, american type (slip skin), raw	1.25	1 cup
	Melons, cantaloupe, raw	1.50	1 cup, balls
	Watermelon, raw	2.00	1 cup, balls
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	2.00	1 cup, slices
	Orange - medium	1.00	each
	Apple - medium with peel	1.50	each

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	Banana - med 8"	1.00	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.25	cup
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Catsup - tomato	0.50	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Healthy Choice	2.00	tablespoon
	Peanut Wonder -low fat peanut butter	3.00	tablespoon
	SMART BALANCE Buttery Spread	1.00	tea spoon
Meals, Entrees and Sidedishes	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	1.00	each
Misc. Meats	HEALTHY CHOICE Beef Franks, Low Fat	1.00	each
	Flank - fat trimmed off, braised	4.00	ounce(s)
Miscellaneous	STOUFFER'S LEAN CUISINE Salisbury Steak with Macaroni and Cheese	1.00	each
	Tortilla - flour, soft, 7" diam.	2.00	each
Noodles & Pastas	Angel hair - whole wheat, cooked, De Boles	0.50	cup
Nuts & Seeds	Seeds, sunflower seed kernels, toasted, without salt	0.50	1 oz
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.00	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
Proteins (Healthy)	Swordfish - cooked dry heat	4.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
Red Meats - Standard	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
Rice, grains, flour	Spaghetti, cooked, enriched, without added salt	0.50	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	4.00	ounce(s)
Seasonings	Spices, garlic powder	1.00	1 teaspoon
	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Soups and Gravies	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[0.50	cup
	Chicken vegetable soup - Campbell's, prepared	1.00	cup
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Broccoli, raw	1.00	0.5 cup, chopped or diced
	Spinach, raw	3.25	1 cup
	Spinach, cooked, boiled, drained, without salt	0.75	1 cup
	Tomatoes, sun-dried	0.25	1 cup
	Onions, raw	0.50	1 cup, chopped
	Peppers, sweet, red, raw	0.50	1 cup, chopped
	Carrots, raw	0.50	1 cup, grated
	Mushrooms, white, raw	0.75	1 cup, pieces or slices

Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped
Tomatoes, red, ripe, raw, year round average	7.00	1 slice, medium (1/4" thick)
Zucchini, Frozen, Boiled, Drained	0.50	cup
Vegetables - mixed, frozen, boiled	0.50	cup
Celery - raw stalk, trimmed	4.00	each
Carrots - baby, raw	20.00	medium
Green beans - string, boiled & drained	4.00	ounce(s)