



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Refried beans, canned, traditional style (includes USDA commodity)	0.50	1 cup
Beverages	Silk Soy Milk- Plain	8.00	cup
	Orange Juice, Tropicana- 100% pure, plus calcium	40.00	fluid ounce(s)
Breads and baked goods	Bagels, oat bran	1.00	1 bagel (4" dia)
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	4.00	1 toast
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	4.00	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.50	1 cup
Dairy	Egg, whole, cooked, hard-boiled	1.00	1 large
	Yoplait, Light Yogurt	30.00	ounce(s)
	Soy Cheese	3.50	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	10.00	tablespoon
Fats & Oils	Olive oil - pure	0.50	tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	3.00	each
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	6.00	small
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	2.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	0.50	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Strawberries, raw	2.00	1 cup, halves
	Kiwifruit, green, raw	2.00	1 fruit without skin, large
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Plum - fresh, 2.25" diam	2.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	12.00	each
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	17.00	tablespoon

	Relish - pickle	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
	Mayonnaise - low fat	4.00	tablespoon
	SMART BALANCE Buttery Spread	3.50	tea spoon
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	Nuts, almonds	19.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.25	1 oz
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
Protein Snack Foods (Healthy)	Tuna Solid White -Water Sm. can	6.00	ounce(s)
Proteins (Healthy)	Egg Beaters - Fleischmann's	1.00	cup
	Turkey Breast / White Meat	7.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
	Peanut Butter, Jif Reduced Fat	4.00	tablespoon
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	0.50	1 cup, diced
Seasonings	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
Snacks & Treats	Snacks, tortilla chips, light (baked with less oil)	2.00	10 chips
	Popcorn - Lite, microwaved, Orvill Red. Gourmet	6.00	cup
	Pretzels - Rold Gold, Tiny Tim	20.00	each
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1.50	1 cup
	Sauce, teriyaki, ready-to-serve	1.00	1 tablespoon
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
	Potato/White - Baked	7.00	ounce(s)
Toppings	Sugar - brown	0.50	tea spoon
Vegetables	Asparagus, cooked, boiled, drained	3.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, cooked, boiled, drained, without salt	1.50	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	1.50	1 cup
	Beans, snap, yellow, cooked, boiled, drained, without salt	1.50	1 cup
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Peppers, sweet, red, raw	0.50	1 cup, chopped
	Spinach, raw	5.00	1 leaf
	zucchini, frozen, boiled, drained	1.00	1/2 cup
	tomato, diced	3.00	1/2 cup
	Carrots - baby, raw	16.00	medium

