



PRODIETS

Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Peanuts, all types, dry-roasted, without salt	2.25	1 oz
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	14.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	48.00	fluid ounce(s)
	Vegetable juice - V8, no salt	18.00	fluid ounce(s)
Breads and baked goods	Cookies, vanilla wafers, lower fat	2.00	1 oz
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	10.00	1 toast
	Pita - wheat	0.50	each
	Bagel - Cinnamon Raisin, Earth Grains	1.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	6.00	each
	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	2.50	1.25 cup (1 NLEA serving)
Dairy	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, swiss	1.00	1 slice (1 oz)
	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	1.00	2 tablespoon
	Non-fat yogurt-artificially sweetened	3.00	cup
	Milk - 1%	1.00	cup
	Milk - skim, no fat	6.00	cup
	Parmesan, grated, KRAFT	1.00	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	10.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
	Olive oil - pure	1.00	tablespoon
Finfish and Shellfish	Fish, tuna salad	1.75	1 cup
Fruits & Fruit Juices	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	2.00	0.5 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	1.00	1 cup
	Blueberries, raw	0.75	1 cup
	Strawberries, raw	1.00	1 cup, halves
	Peaches, raw	0.75	1 cup, slices
	Cherries, sweet, raw	1.75	1 cup, without pits

	Kiwifruit, green, raw	3.00	1 fruit without skin, medium
	Raisins, seedless	1.00	50 raisins
	Watermellon - fresh, diced	1.00	cup
	Plum - fresh, 2.25" diam	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Cantaloupe - muskmelon	1.00	each
	Banana - med 8"	2.00	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.00	tablespoon
	Peanut butter - creamy, Peter Pan	1.00	tablespoon
	Syrup - Aunt Jemima, ButterLite	2.00	tablespoon
	Salsa - Chunky medium, Pace	3.00	tablespoon
Misc. Meats	Pork - broiled, chopped, trimmed, center loin	5.00	ounce(s)
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
	Waffle - EGGO, frozen, Homestyle	3.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.50	cup
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.00	cup
Proteins (Healthy)	Turkey, ground, extra lean	4.00	ounce(s)
	Salmon - broiled	5.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	11.00	ounce(s)
	Kraft American Cheese 2% Milk	2.00	slice
Recipes	MAIN75 - Eggplant Parmesan	1.00	each
Red Meats - Standard	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1.75	3 oz
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	3.00	1 slice (6-1/4" x 4" x 1/16")
Seasonings	Spices, garlic powder	1.00	1 teaspoon
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
	Pretzels - Rold Gold, Tiny Tim	20.00	each
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve	1.50	1 cup
	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	1.00	1 cup
Starchy Carbohydrates (Healthy)	Potato/White - Baked	3.00	ounce(s)
Vegetables	Asparagus, cooked, boiled, drained	2.00	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, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Yam, cooked, boiled, drained, or baked, without salt	1.00	0.5 cup, cubes
	Alfalfa seeds, sprouted, raw	0.25	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, cooked, boiled, drained, without salt	0.50	1 cup

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Squash, summer, all varieties, cooked, boiled, drained, without salt	0.50	1 cup, sliced
Carrots, baby, raw	14.00	1 large
Spinach, raw	2.00	1 leaf
zucchini, frozen, boiled, drained	3.00	1/2 cup
tomato, diced	2.00	1/2 cup
Green salad w/ raw vegetables	10.00	cup
Celery - raw stalk, trimmed	3.00	each
Onion - chopped	3.00	tablespoon