



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Pinto bean - boiled	1.00	cup
<b>Beverages</b>	Tea, instant, unsweetened, lemon-flavored, powder, prepared	13.00	1 cup (8 fl oz)
	Coffee - w/caffeine	46.00	ounce(s)
<b>Breads and baked goods</b>	Croutons, plain	2.00	1 cup
	Bun - hamburger	1.00	each
<b>Carb. Snack Foods (Healthy)</b>	Rice - white cook steamed	1.00	cup
	Rice cake - plain, Quaker	6.00	each
	Bread - slice rye 7 grain	4.00	each
	Potato - white medium	21.00	ounce(s)
<b>Cereals</b>	Shredded Wheat, Nabisco	6.00	biscuit
	Cheerios Oat & Wheat, Gen. Mills	2.00	cup
<b>Dairy</b>	Milk - skim, no fat	4.50	cup
	Cheese - KRAFT Free slice	1.00	each
	Yogurt - Yoplait, fat free, all flavors	20.00	ounce(s)
<b>Dressings</b>	Oil & Vinegar - Wish-Bone, vinaigrette Lite	2.00	tablespoon
	Oil & vinegar - Wish-Bone, Lite Classic	5.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Salad - lrg. garden w/tomato & onion	2.00	large
	Salad - med. garden w/tomato, onion	2.00	medium
	Salad - sm. garden w/tomato, onion	1.00	small
<b>Fruits &amp; Fruit Juices</b>	Strawberries, raw	0.50	1 cup, halves
	Strawberry - fresh, 1 medium	13.00	ounce(s)
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa - Chunky medium, Pace	20.00	tablespoon
	Catsup - tomato	2.00	tablespoon
	Peanut Butter	4.00	tablespoon
<b>Misc. Meats</b>	Rib Eye - fat trimmed off, chioce	4.00	ounce(s)
<b>Performance Carbohydrates</b>	Oatmeal - quick, measure uncooked	3.66	cup
	Orange - medium	0.50	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.00	cup
<b>Proteins (Healthy)</b>	Egg whole w/ yolk	2.00	each

	Egg Whites - scrambled/boiled	24.00	each
	Salmon - broiled	12.00	ounce(s)
	Turkey Breast / White Meat	11.00	ounce(s)
	Chicken Breast / White Meat	37.00	ounce(s)
	Protein Drink, Generic (add 16oz. water)	19.00	pack
<b>Starchy Carbohydrates (Healthy)</b>			
	Tortilla - corn, soft, 7" diam.	4.00	each
<b>Vegetables</b>			
	Mushrooms, white, cooked, boiled, drained, without salt	2.00	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Broccoli, cooked, boiled, drained, without salt	3.00	1 spear (about 5" long)
	Asparagus, cooked, boiled, drained	4.00	1/2 cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Black Eyed Peas -boiled	1.00	cup
	Green beans - string, boiled & drained	8.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small