



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	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	1.00	1/2 cup
	Walnuts, dried	5.41	ounce(s)
	Black beans - boiled	10.00	ounce(s)
Beverages	Tea, herb, chamomile, brewed	2.00	1 cup (8 fl oz)
Breads and baked goods	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereal, oats, old fashioned, dry	2.00	1/2 cup
Dairy	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	6.00	1 large
	Cheese, low fat, cheddar or colby	1.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	3.50	cup
	Milk - skim, no fat	5.25	cup
	Soy Milk, fat-free w/ calcium	12.00	ounce(s)
Fats & Oils	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	5.50	1 tablespoon
	Olive oil - pure	5.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	16.00	each
	Wasa Crackers, light rye	8.00	each
	Salad - lrg. garden w/tomato & onion	21.00	large
	Salad - med. garden w/tomato, onion	3.00	medium
	Broccoli	7.00	spear
Fruits & Fruit Juices	Cherries, sweet, raw	65.00	1 cherry
	Blackberries, raw	8.50	1 cup
	Blueberries, raw	2.00	1 cup
	Grapefruit juice, white, raw	1.00	1 cup
	Pineapple, raw, all varieties	2.50	1 cup, diced
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves

	Strawberries, raw	3.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.25	1 cup, sliced
	Strawberries, raw	4.00	1 cup, sliced
	Peaches, raw	1.50	1 cup, slices
	Avocados, raw, California	0.99	1 fruit without skin and seeds
	Raisins, seedless	7.00	1 miniature box (.5 oz)
	Lemon juice, raw	7.00	1 wedge yields
	Plum - fresh, 2.25" diam	8.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Cherries, sweet, medium	22.00	each
	Grapes - American	27.00	each
	Pear -medium w/peel	2.00	each
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Almond Butter	4.00	tablespoon
Misc. Meats	Pork - broiled, chopped, trimmed,center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
Miscellaneous	Tofu - soybean curd cake	6.00	ounce(s)
	Tofu - soybean curd cake	20.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	205.00	1 almond
	Nuts, walnuts, english	0.75	1 cup, in shell, edible yield (7 nuts)
	Nuts, cashew nuts, dry roasted, without salt added	2.00	1 oz
	Nuts, almond butter, plain, without salt added	1.00	1 tablespoon
	Seeds, flaxseed	13.00	1 tablespoon
Performance Carbohydrates	Lentil - boiled	4.50	cup
	Apple - medium with peel	7.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
	Egg - boiled white only	19.00	each
	Tuna Solid White -Water Sm. can	2.00	ounce(s)
Proteins (Healthy)	Milk, Almond	8.00	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	18.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.25	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)	4.00	1 slice (6-1/4" x 4" x 1/16")

Seasonings	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	2.15	tablespoon
Soups and Gravies	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1.25	1 cup (8 fl oz)
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	3.50	cup
Vegetables	Asparagus, cooked, boiled, drained	3.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.00	0.5 cup pieces
	Broccoli, raw	23.00	0.5 cup, chopped or diced
	Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes
	Spinach, raw	18.00	1 bunch
	Parsley, fresh	4.00	1 cup
	Spinach, cooked, boiled, drained, without salt	4.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.00	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 leaf
	Spinach, raw	5.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	2.00	1 slice, medium (1/4" thick)
	Asparagus, raw	21.00	1 spear, large (7-1/4" to 8-1/2")
	Asparagus, raw	43.00	1 spear, medium (5-1/4" to 7" long)
	tomato, diced	6.00	1/2 cup
	zucchini, boiled, drained	4.00	1/2 cup
	Green salad w/ raw vegetables	8.00	cup
	Pepper - sweet bell, all colors, chopped,	1.00	cup
	Cucumber - raw, slices	1.50	cup
	Carrots - baby, raw	22.00	medium
	Tomato - sm. w/peel, 2.5" diam.	7.00	small
	Onion - chopped	8.00	tablespoon