



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, black, mature seeds, cooked, boiled, without salt	1.50	1 cup
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Walnuts, dried	5.16	ounce(s)
Beverages	Tea, herb, chamomile, brewed	2.00	1 cup (8 fl oz)
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	26.00	each
Dairy	Egg, whole, cooked, hard-boiled	6.00	1 large
Fats & Oils	Olive oil - pure	5.00	tablespoon
Fibrous Carbohydrates (Healthy)	Celery - raw stalk trimmed	6.00	each
	Salad - lrg. garden w/tomato & onion	20.00	large
	Salad - med. garden w/tomato, onion	2.00	medium
	Broccoli	6.00	spear
Finfish and Shellfish	Fish, roughy, orange, cooked, dry heat	12.00	3 oz
Fruits & Fruit Juices	Cherries, sweet, raw	60.00	1 cherry
	Blackberries, raw	10.00	1 cup
	Grapefruit juice, white, raw	1.00	1 cup
	Pineapple, raw, all varieties	5.00	1 cup, diced
	Strawberries, raw	4.00	1 cup, sliced
	Blueberries, raw	1.00	1 cup, unthawed
	Avocados, raw, California	0.66	1 fruit without skin and seeds
	Bananas, raw	4.00	1 large (8" to 8-7/8" long)
	Raisins, seedless	4.00	1 miniature box (.5 oz)
	Lemon juice, raw	8.00	1 wedge yields
	Grapes, Concord	2.00	cup
	Plum - fresh, 2.25" diam	6.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	50.00	each
Jams/ Spreads/Sauces/ Syrups	Almond Butter	34.00	tablespoon
Miscellaneous	Tofu - soybean curd cake	6.00	ounce(s)
Nuts & Seeds	Nuts, almonds	180.00	1 almond
	Nuts, cashew nuts, dry roasted, without salt added	2.00	1 oz
	Seeds, flaxseed	14.00	1 tablespoon

Performance Carbohydrates	Lentil - boiled	5.00	cup
	Apple - medium with peel	3.00	each
Protein Snack Foods (Healthy)	Egg - boiled white only	32.00	each
Proteins (Healthy)	Milk, Almond	10.00	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	20.00	each
Seasonings	Garlic powder	2.00	tablespoon
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	3.00	cup
Vegetables	Broccoli, raw	26.00	0.5 cup, chopped or diced
	Spinach, raw	20.00	1 bunch
	Parsley, fresh	3.00	1 cup
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Broccoli, flower clusters, raw	0.50	1 cup flowerets
	Spinach, raw	2.00	1 leaf
	Asparagus, raw	24.00	1 spear, large (7-1/4" to 8-1/2")
	Asparagus, raw	44.00	1 spear, medium (5-1/4" to 7" long)
	tomato, diced	3.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Carrots - baby, raw	18.00	medium
	Tomato - sm. w/peel, 2.5" diam.	6.00	small
	Onion - chopped	4.00	tablespoon