



Female Meal Plans

Category	Food	Qty	Measure
Baby Foods	Babyfood, vegetables, green beans, strained	0.50	1 cup
Beans, Lentils	MORI-NU, Tofu, silken, extra firm	1.00	1 slice
	LA CHOY Bean Sprouts	0.25	cup
	Silk Cultured Soy Yogurt	2.00	each
	PROGRESSO Black Beans	4.00	tablespoon
Beverages	Vegetable juice - V8, no salt	20.00	fluid ounce(s)
	Silk Vanilla Soy Milk	16.00	ounce(s)
	Orange juice - 100% pure , Tropicana	4.00	ounce(s)
Breads and baked goods	Crackers, whole-wheat, low salt	11.00	1 cracker
	English muffins, mixed-grain, toasted (includes granola)	1.00	1 muffin
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	Pita - wheat	1.00	each
Carb. Snack Foods (Healthy)	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.50	0.5 cup (1 NLEA serving)
	Oatmeal - instant pkt.,plain Quaker Extra	2.00	pack
Dairy	Egg substitute, liquid	1.00	1 cup
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	2.00	1 oz
	Cheese, parmesan, shredded	1.00	1 tablespoon
	Milk - skim, no fat	3.75	cup
	KRAFT 2% Milk Colby Cheese, Reduced Fat	2.00	ounce(s)
	KRAFT 2% Cheddar Cheese, Reduced Fat	3.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	12.00	ounce(s)
	Parmesan, grated, KRAFT	0.25	ounce(s)
Dressings	Italian - fat free, KRAFT Free	10.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon
	Olive oil - pure	0.75	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - sm. garden w/tomato, onion	4.00	small
Finfish and Shellfish	Fish, tuna, light, canned in water, drained solids	1.00	3 oz
	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.25	1 cup

	Grapes, american type (slip skin), raw	1.25	1 cup
	Melons, cantaloupe, raw	0.50	1 cup, balls
	Melons, honeydew, raw	0.50	1 cup, balls
	Strawberries, raw	2.50	1 cup, halves
	Peaches, raw	1.00	1 cup, slices
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Watermelon - fresh, diced	1.75	cup
	Banana - med 8"	1.50	each
	Pear -medium w/peel	1.00	each
	Pear - medium, Dole	1.00	medium
	Peach - medium, approx 4 oz.	2.00	medium
Jams/ Spreads/Sauces/ Syrups	Natural Touch Soy Butter	2.00	tablespoon
	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Soy sauce - Kikkoman 'Lite'	3.00	tablespoon
	Salsa - Chunky medium, Pace	4.00	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Healthy Choice	2.00	tablespoon
	Peanut Wonder -low fat peanut butter	2.00	tablespoon
	SMART BALANCE Buttery Spread	3.00	tea spoon
Meals, Entrees and Sidedishes	STOUFFER'S LEAN CUISINE Glazed Chicken w/vegetables	1.00	each
	STOUFFER'S LEAN CUISINE Three Bean Chili w/Rice	1.00	each
Misc. Meats	MORNINGSTAR FARMS Breakfast Strips	3.00	each
	MORNINGSTAR FARMS Chicken Nuggets	10.00	each
Miscellaneous	Tortilla - flour, soft, 7" diam.	1.00	each
	GARDENBURGER, Veggie Medley	2.50	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
	Nuts, almonds, blanched	1.00	1 tablespoon
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.00	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.25	cup
Proteins (Healthy)	Flounder - broiled	4.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.50	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	3.00	ounce(s)
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	0.50	cup
	Bagel/Lenders	3.00	each
	Potato/White - Baked	3.00	ounce(s)
Vegetables	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	2.00	0.5 cup
	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	1.00	0.5 cup slices

Vegetables, canned, drained, without salt	1.00	0.5 cup, sliced
Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.50	1 cup
Mushrooms, canned, drained solids	0.25	1 cup
Onions, cooked, boiled, drained, without salt	0.25	1 cup
Spinach, raw	3.50	1 cup
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.00	1 cup
Tomato products, canned, sauce, with onions	0.50	1 cup
Onions, raw	0.50	1 cup, chopped
Tomatoes, red, ripe, raw, year round average	1.00	1 cup, chopped or sliced
Celery, raw	0.50	1 cup, diced
Carrots, raw	0.50	1 cup, grated
Carrots, frozen, cooked, boiled, drained, without salt	0.50	1 cup, sliced
Tomatoes, red, ripe, raw, year round average	2.00	1 slice, medium (1/4" thick)
Onions, spring or scallions (includes tops and bulb), raw	1.00	1 tablespoon chopped
LA CHOY Snow Pea Pods, Frozen	0.50	cup
Zucchini, Frozen, Boiled, Drained	0.50	cup