



Male Meal Plans

| Category | Food | Qty | Measure |
|---------------------------------|--|-------|--------------------------|
| Beans, Lentils | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 1.00 | 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 | 1.50 | 1/2 cup |
| | Walnuts, dried | 12.00 | ounce(s) |
| Beverages | Tea, black, brewed, prepared with tap water, decaffeinated | 18.00 | 1 cup (8 fl oz) |
| | Tea, herb, other than chamomile, brewed | 2.00 | 1 cup (8 fl oz) |
| | Tea, herb, chamomile, brewed | 6.00 | 1 cup (8 fl oz) |
| | Ice cubes | 2.00 | 1/2 cup |
| | water, arrowhead | 2.00 | fluid ounce(s) |
| Breads and baked goods | Bread, pumpernickel, toasted | 4.00 | 1 slice (5" x 4" x 3/8") |
| Carb. Snack Foods (Healthy) | Rice cake - plain, unsalted, Quaker | 18.00 | each |
| | Apple - medium with peel | 1.00 | each |
| | Grapes - American | 60.00 | each |
| Cereals | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 5.00 | 0.5 cup (1 NLEA serving) |
| | Cereals ready-to-eat, corn flakes, low sodium | 2.00 | 1 cup |
| | Cereal, oats, old fashioned, dry | 4.00 | 1/2 cup |
| Custom Recipes | Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil | 4.00 | each |
| Dairy | Cheese, low fat, cheddar or colby | 0.75 | 1 cup, shredded |
| | Egg, whole, cooked, hard-boiled | 1.00 | 1 large |
| | Cheese, low fat, cheddar or colby | 2.00 | 1 oz |
| | Cheese, swiss, low fat | 2.00 | 1 slice (1 oz) |
| | Cream, sour, reduced fat, cultured | 2.00 | 1 tablespoon |
| | Cheese, cream, low fat | 2.00 | 1 tablespoon |
| | Non-fat yogurt-artificially sweetened | 5.00 | cup |
| | Milk - skim, no fat | 6.00 | cup |
| | Soy Milk, fat-free w/ calcium | 6.00 | ounce(s) |
| Dressings | Balsamic Vinegar | 6.00 | tablespoon |
| Fats & Oils | Oil, peanut, salad or cooking | 1.00 | 1 tablespoon |
| | Salad dressing, home recipe, vinegar and oil | 7.50 | 1 tablespoon |
| | Olive oil - pure | 15.50 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Tortilla 99% fat free, whole wheat, flour | 3.00 | each |
| | Celery - raw stalk trimmed | 10.00 | each |
| | Wasa Crackers, light rye | 24.00 | each |
| | Salad - lrg. garden w/tomato & onion | 2.00 | large |

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| Fruits & Fruit Juices | Cranberries, dried, sweetened | 6.00 | 0.333 cup |
| | Apricots, dehydrated (low-moisture), sulfured, stewed | 6.00 | 1 cup |
| | Blackberries, raw | 10.00 | 1 cup |
| | Blueberries, raw | 3.50 | 1 cup |
| | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 2.00 | 1 cup |
| | Prunes, dehydrated (low-moisture), stewed | 4.00 | 1 cup |
| | Apple juice, canned or bottled, unsweetened, with added ascorbic acid | 2.00 | 1 cup |
| | Melons, cantaloupe, raw | 2.00 | 1 cup, balls |
| | Apricots, dried, sulfured, stewed, without added sugar | 1.75 | 1 cup, halves |
| | Strawberries, raw | 12.50 | 1 cup, halves |
| | Avocados, raw, all commercial varieties | 0.50 | 1 cup, sliced |
| | Mangos, raw | 2.00 | 1 cup, sliced |
| | Peaches, raw | 4.50 | 1 cup, slices |
| | Raisins, seedless | 2.00 | 1 miniature box (.5 oz) |
| | Strawberries | 4.00 | cup |
| | Grapes, Concord | 6.00 | cup |
| | Plum - fresh, 2.25" diam | 6.00 | each |
| | Grapefruit - pink or red 4" diam. | 4.00 | each |
| | Cherries, sweet, medium | 30.00 | each |
| | Banana - med 8" | 2.00 | each |
| | Grapes - American | 27.00 | each |
| | Pear -medium w/peel | 0.50 | each |
| | Papaya - medium, raw, 3.5" diam. | 2.00 | medium |
| | Pineapple - frsh, slice approx 3.5" | 2.00 | slice |
| | | | |
| Jams/ Spreads/Sauces/ Syrups | Soy sauce - Kikkoman 'Lite' | 2.00 | tablespoon |
| | BBQ - Hickory, Health Choice | 2.00 | tablespoon |
| | Almond Butter | 6.00 | tablespoon |
| Noodles & Pastas | Spaghetti - whole wheat, cooked, Health Valley | 1.00 | cup |
| | | | |
| Nuts & Seeds | Nuts, almonds | 267.00 | 1 almond |
| | Nuts, walnuts, english | 1.00 | 1 cup, in shell, edible yield (7 nuts) |
| | Seeds, sunflower seed kernels, dry roasted, without salt | 2.00 | 1 oz |
| | Nuts, almond butter, plain, without salt added | 2.00 | 1 tablespoon |
| | Seeds, flaxseed | 14.00 | 1 tablespoon |
| | Seeds, flaxseed | 2.00 | 1 tablespoon, whole |
| | Cashews - roasted, lightly salted Planters | 10.00 | ounce(s) |
| Performance Carbohydrates | Apple - medium with peel | 14.00 | each |
| | Yam - baked w/o skin | 4.00 | ounce(s) |
| Protein Snack Foods (Healthy) | Cottage Cheese - 1% fat | 2.50 | cup |
| | Egg - boiled white only | 44.00 | each |
| | Tuna Solid White -Water Sm. can | 3.00 | ounce(s) |
| Proteins (Healthy) | Egg whole w/ yolk | 6.00 | each |
| | Egg Whites - scrambled/boiled | 40.00 | each |
| | Turkey, ground, extra lean | 3.00 | ounce(s) |
| | Salmon - broiled | 9.00 | ounce(s) |
| | Halibut - broiled | 3.00 | ounce(s) |
| | Turkey Breast / White Meat | 6.00 | ounce(s) |
| | Chicken Breast / White Meat | 10.00 | ounce(s) |

| Chicken Breast / White Meat | | 10.00 | 1.00 lb |
|---------------------------------|--|-------|-------------------------------|
| Rice, grains, flour | Rice, brown, long-grain, cooked | 1.50 | 1 cup |
| Sausages and Lunch Meats | Ham, sliced, packaged (96% fat free, water added) | 6.00 | 1 slice (6-1/4" x 4" x 1/16") |
| Seasonings | Mustard, prepared, yellow | 4.00 | 1 teaspoon or 1 packet |
| | Garlic powder | 0.15 | tablespoon |
| Soups and Gravies | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 2.00 | 1 cup (8 fl oz) |
| Vegetables | Asparagus, cooked, boiled, drained | 4.00 | 0.5 cup |
| | Cauliflower, cooked, boiled, drained, without salt | 2.00 | 0.5 cup (1" pieces) |
| | Mushrooms, white, raw | 3.00 | 0.5 cup pieces |
| | Yam, cooked, boiled, drained, or baked, without salt | 3.00 | 0.5 cup, cubes |
| | Beets, raw | 22.00 | 1 beet (2" dia) |
| | Spinach, raw | 2.00 | 1 bunch |
| | Spinach, cooked, boiled, drained, without salt | 2.00 | 1 cup |
| | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 1.50 | 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 cup, shredded |
| | Lettuce, red leaf, raw | 24.00 | 1 cup, shredded |
| | Lettuce, cos or romaine, raw | 8.00 | 1 inner leaf |
| | Lettuce, green leaf, raw | 4.00 | 1 leaf |
| | Spinach, raw | 3.00 | 1 leaf |
| | Tomatoes, red, ripe, raw, June thru October average | 4.00 | 1 slice, medium (1/4" thick) |
| | tomato, diced | 4.00 | 1/2 cup |
| | zucchini, boiled, drained | 2.00 | 1/2 cup |
| | Green salad w/ raw vegetables | 14.00 | cup |
| | Pepper - sweet bell, all colors, chopped, | 1.00 | cup |
| | Cucumber - raw, slices | 2.00 | cup |
| | Onion - chopped | 5.00 | tablespoon |