



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Hummus, home prepared	0.25	1 cup
	Soy sauce made from soy and wheat (shoyu), low sodium	2.00	1 tablespoon
	Peanut butter, smooth style, without salt	0.75	2 tablespoon
Beverages	tea, green	7.00	bag
	Vegetable juice - V8, no salt	22.00	fluid ounce(s)
	Grape juice - Welch's	16.00	ounce(s)
Breads and baked goods	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	2.50	1 slice
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	3.00	each
	Apple - medium with peel	0.50	each
	Grapes - American	42.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	2.50	0.5 cup (1 NLEA serving)
	cereal, oats, steel cut, cooked	2.00	cup
Dairy	Cheese, cottage, lowfat, 1% milkfat, no sodium added	1.00	1 cup
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, parmesan, grated	1.00	1 tablespoon
	Milk - skim, no fat	4.00	cup
	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	2.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	12.00	ounce(s)
	Yogurt - Yoplait, fat free, all flavors	5.00	ounce(s)
	Soy Milk, fat-free w/ calcium	25.00	ounce(s)
Yogurt, Greek, non-fat, plain	8.00	ounce(s)	
Fats & Oils	Salad dressing, home recipe, vinegar and oil	2.50	1 tablespoon
	Olive Oil, Extra Virgin	3.00	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	2.00	each
Finfish and Shellfish	Fish, trout, rainbow, wild, cooked, dry heat	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	2.50	3 oz
Fruits & Fruit Juices	Strawberries, raw	2.00	1 bar (1 oz)
	Strawberries, raw	0.50	1 cake, 2-layer (8" dia)
	Raspberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	1.00	1 cup, diced

	Melons, cantaloupe, raw	1.00	1 cup, sliced
	Melons, honeydew, raw	1.00	1 cup, diced (approx 20 pieces per cup)
	Peaches, raw	0.50	1 cup, slices
	Blueberries, raw	2.50	1 cup, unthawed
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Raisins, seedless	0.50	50 raisins
	Avocado - pureed	0.25	cup
	Orange - medium	1.00	each
	Banana - med 8"	2.00	each
	Pear -medium w/peel	1.50	each
Jams/ Spreads/Sauces/ Syrups	Mayonnaise - KRAFT Free, fat free	1.00	tablespoon
	Salsa - Chunky medium, Pace	6.00	tablespoon
	Relish - pickle	0.50	tablespoon
Miscellaneous	GARDENBURGER, Veggie Medley	6.00	ounce(s)
Nuts & Seeds	Nuts, almonds	5.00	1 almond
	Nuts, walnuts, english	1.25	1 cup, in shell, edible yield (7 nuts)
	Seeds, sunflower seed kernels, toasted, without salt	0.25	1 oz
	Nuts, almond butter, plain, without salt added	1.00	1 tablespoon
	Seeds, flaxseed	3.50	1 tablespoon, ground
	Nuts, pine nuts, dried	2.00	10 nuts
Performance Carbohydrates	Orange - medium	1.00	each
Proteins (Healthy)	Egg Whites - scrambled/boiled	6.00	each
	Turkey Breast / White Meat	7.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.50	1 cup
	Spaghetti, whole-wheat, cooked	1.00	1 cup
Snacks & Treats	Snacks, popcorn, air-popped	2.00	1 cup
	Melba Toast, Wheat, Unsalted	7.00	each
Soups and Gravies	Sauce, salsa, ready-to-serve	1.00	2 tablespoon
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	1.75	cup
Toppings	Cinnamon	1.00	tea spoon
Vegetables	Broccoli, frozen, spears, cooked, boiled, drained, without salt	1.00	0.5 cup
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.00	0.5 cup
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Broccoli, raw	2.00	0.5 cup, chopped or diced
	Spinach, raw	1.75	1 can (11.5 oz), prepared
	Tomatoes, sun-dried	0.75	1 cup
	Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
	Cauliflower, frozen, cooked, boiled, drained, without salt	0.50	1 cup (1" pieces)
	Peppers, sweet, red, raw	1.00	1 cup, chopped
	Peppers, sweet, green, raw	1.00	1 cup, chopped or

Tomatoes, red, ripe, raw, year round average	0.50	1 cup, sliced
Mushrooms, white, raw	0.50	1 cup, pieces or slices
Peppers, sweet, red, raw	0.50	1 cup, sliced
Tomatoes, red, ripe, raw, year round average	8.00	1 slice, medium (1/4" thick)
Green salad w/ raw vegetables	9.00	cup
Peas - green, frozen, boiled	0.50	cup
Zucchini, Frozen, Boiled, Drained	2.00	cup
Carrots - baby, raw	18.00	medium
Onion - chopped	1.00	tablespoon