



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Refried beans, canned, traditional style (includes USDA commodity)	0.75	1 cup
<b>Beverages</b>	Silk Soy Milk- Plain	8.00	cup
	Orange Juice, Tropicana- 100% pure, plus calcium	40.00	fluid ounce(s)
<b>Breads and baked goods</b>	Bagels, oat bran	2.00	1 bagel (4" dia)
	English muffins, whole-wheat, toasted	3.00	1 muffin
	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	5.00	1 toast
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	8.00	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	2.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	1.75	1 cup
<b>Dairy</b>	Egg, whole, cooked, hard-boiled	2.00	1 large
	Yoplait, Light Yogurt	30.00	ounce(s)
	Soy Cheese	4.00	ounce(s)
<b>Dressings</b>	Oil & vinegar - Wish-Bone, Lite Classic	15.00	tablespoon
<b>Fats &amp; Oils</b>	Olive oil - pure	0.50	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Celery - raw stalk trimmed	3.00	each
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	7.00	small
<b>Finfish and Shellfish</b>	Fish, salmon, Atlantic, wild, cooked, dry heat	3.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Strawberries, raw	3.00	1 cup, halves
	Kiwifruit, green, raw	2.00	1 fruit without skin, large
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Plum - fresh, 2.25" diam	4.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	12.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa - Chunky medium, Pace	20.00	tablespoon

	Relish - pickle	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	4.00	tablespoon
	Mayonnaise - low fat	4.00	tablespoon
	SMART BALANCE Buttery Spread	6.00	tea spoon
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	31.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.50	1 oz
<b>Performance Carbohydrates</b>	Apple - medium with peel	2.00	each
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.50	3 oz
<b>Protein Snack Foods (Healthy)</b>	Tuna Solid White -Water Sm. can	8.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Beaters - Fleischmann's	1.00	cup
	Turkey Breast / White Meat	9.00	ounce(s)
	Chicken Breast / White Meat	9.00	ounce(s)
	Peanut Butter, Jif Reduced Fat	5.00	tablespoon
<b>Red Meats - Standard</b>	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.50	3 oz
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	0.50	1 cup, diced
<b>Seasonings</b>	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
<b>Snacks &amp; Treats</b>	Snacks, tortilla chips, light (baked with less oil)	2.00	10 chips
	Popcorn - Lite, microwaved, Orvill Red. Gourmet	8.00	cup
	Pretzels - Rold Gold, Tiny Tim	30.00	each
<b>Soups and Gravies</b>	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	2.00	1 cup
	Sauce, teriyaki, ready-to-serve	1.00	1 tablespoon
<b>Starchy Carbohydrates (Healthy)</b>	Tortilla - corn, soft, 7" diam.	2.00	each
	Potato/White - Baked	11.00	ounce(s)
<b>Toppings</b>	Sugar - brown	0.50	tea spoon
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	4.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.00	1 cup
	Spinach, cooked, boiled, drained, without salt	1.50	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	1.75	1 cup
	Beans, snap, yellow, cooked, boiled, drained, without salt	2.00	1 cup
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Peppers, sweet, red, raw	0.50	1 cup, chopped
	Spinach, raw	5.00	1 leaf
	zucchini, frozen, boiled, drained	1.00	1/2 cup
	tomato, diced	3.00	1/2 cup

Carrots, baby

24.00

medium

Carrots - baby, raw

24.00

medium