



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Pinto bean - boiled	0.50	cup
Beverages	Tea, instant, unsweetened, lemon-flavored, powder, prepared	14.00	1 cup (8 fl oz)
	Coffee - w/caffeine	42.00	ounce(s)
Carb. Snack Foods (Healthy)	Rice cake - plain, Quaker	5.00	each
Cereals	Rice Chex	1.00	cup
	Oatmeal - instant pkt., Plus Fiber, Quaker	2.00	pack
	Oatmeal - instant pkt., raisin/cin. Quaker	1.00	pack
Dairy	Cheese - Healthy Choice fat free shredded	1.00	cup
	Milk - skim, no fat	4.00	cup
	Yogurt - Dannon, Fruit on the Bottom, all flav.	6.00	ounce(s)
Desserts	Snacks, fruit leather, bars	2.00	1 bar
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	2.00	tablespoon
	Italian - fat free, KRAFT Free	2.00	tablespoon
	French - no fat, KRAFT Free	0.50	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	6.00	large
	Salad - med. garden w/tomato, onion	1.00	medium
	Salad - sm. garden w/tomato, onion	1.00	small
	Broccoli	4.00	spear
Fruits & Fruit Juices	Grapes, american type (slip skin), raw	1.00	1 cup
	Pears, raw	1.00	1 cup, slices
	Blueberries, raw	2.00	1 cup, unthawed
	Pears, asian, raw	1.00	1 fruit 2-1/4" high x 2-1/2" dia
	Raisins, seedless	1.00	1 small box (1.5 oz)
	Grapefruit - pink or red 4" diam.	1.00	each
	Banana - med 8"	2.00	each
Jams/ Spreads/Sauces/ Syrups	Mayonnaise - KRAFT Free, fat free	4.00	tablespoon
	Salsa - Chunky medium, Pace	7.00	tablespoon
Miscellaneous	buckwheat ramen	1.00	bag
	lifestrea wheat free waffles	1.00	each
	cliff bar-choc-chip peanut	2.00	each
	luna bar	5.00	each
	Natural Touch Vegan Burger	1.00	each
	whole grain spelt pasta	2.00	ounce(s)

	100% spelt bread- french meadow	2.00	slice
Performance Carbohydrates	Apple - medium with peel	3.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.00	cup
	Tuna Solid White -Water Sm. can	2.80	ounce(s)
Proteins (Healthy)	Tuna Solid White in water	0.50	cup
	Egg Whites - scrambled/boiled	3.00	each
	Swordfish - cooked dry heat	4.00	ounce(s)
	Shrimp - boiled or steamed	4.00	ounce(s)
	Flounder - broiled	12.00	ounce(s)
	Chicken Breast / White Meat	15.00	ounce(s)
Rice, grains, flour	Quinoa, uncooked	0.75	1 cup
Sausages and Lunch Meats	Turkey breast, sliced, oven roasted, luncheon meat	4.00	1 slice (3-1/2" square; 8 per 6 oz package)
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.00	cup
Soups and Gravies	Soup, lentil with ham, canned, ready-to-serve	1.00	1 cup (8 fl oz)
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
	Potato/White - Baked	15.00	ounce(s)
Supplements/Vitamins	Generic Multi Vitamin	7.00	tablet
Vegetables	Cauliflower, cooked, boiled, drained, without salt	4.00	0.5 cup (1" pieces)
	Beets, cooked, boiled, drained	2.00	0.5 cup slices
	Mustard greens, raw	2.00	1 cup, chopped
	Squash, winter, acorn, raw	0.50	1 cup, cubes
	Mushrooms, white, raw	1.00	1 cup, pieces or slices
	Lettuce, butterhead (includes boston and bibb types), raw	2.00	1 cup, shredded or chopped
	Radishes, raw	0.50	1 cup, slices
	Endive, raw	1.50	1 head
	Artichoke heart - boiled, drained	6.00	ounce(s)