



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Hummus	3.00	tablespoon
Beverages	Silk Plain Soy Milk	1.66	cup
Breads and baked goods	English muffins, wheat	1.00	1 muffin
Carb. Snack Foods (Healthy)	Apple	1.00	each
Cereals	Bran flakes	0.50	cup
Dairy	Hard boiled egg	1.00	each
	Skim milk	24.00	fluid ounce(s)
	Mozzarella cheese, part skim	2.50	ounce(s)
	Grated parmesan cheese	2.00	tablespoon
Dressings	Balsamic Vinegar	2.00	tablespoon
	Italian dressing, reduced fat	4.50	tablespoon
Fats & Oils	Sliced avocado	0.13	cup
	Olive oil	3.50	tablespoon
Fibrous Carbohydrates (Healthy)	Dry steel cut oats	0.33	cup
	Brown rice, cooked	0.25	cup
	Whole wheat pasta, cooked	0.25	cup
	Whole wheat spaghetti, cooked	0.25	cup
	100% whole wheat wrap, 6"	2.00	each
	100% whole wheat sandwich thin	1.50	each
	Whole wheat English muffin	1.50	each
	Wheat bread	1.00	slice
	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	slice
Fruits & Fruit Juices	Strawberries	2.99	cup
	Fresh blueberries	0.75	cup
	Fresh cantaloupe	1.50	cup
	Frozen unsweetened blueberries	0.58	cup
	Sliced fresh peaches	0.25	cup
	Grapefruit - pink or red 4" diam.	0.50	each
	Pear	0.50	each
Jams/ Spreads/Sauces/ Syrups	Peanut Butter	1.00	tablespoon
	Almond Butter	0.50	tablespoon
	Low fat mayonnaise	1.00	tablespoon
	Smooth peanut butter	0.33	tablespoon

	Trans fat-free buttery spread	7.00	tea spoon
	All fruit jelly	0.25	tea spoon
Miscellaneous	Teriyaki sauce, ready to serve, low sodium	1.00	tablespoon
Noodles & Pastas	Quinoa, cooked	0.63	1 cup
Nuts & Seeds	Pistachio nuts	48.00	each
	Chopped walnuts	2.50	tablespoon
	Sunflower seeds	1.00	tablespoon
Pork Products	Pork, loin, lean, uncooked	8.00	ounce(s)
Poultry	Turkey bacon, cooked	1.00	1 oz cooked, yield
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.16	cup
	String cheese, part skim mozzarella	1.00	each
Proteins (Healthy)	Cooked egg white	1.00	each
	Almonds, unsalted	33.00	each
	Vegetable burger	1.00	each
	Egg white	11.00	large
	Salmon - broiled	4.00	ounce(s)
	Water packed white tuna	9.00	ounce(s)
	Boneless chicken breast	19.00	ounce(s)
	Turkey breast	14.00	ounce(s)
	Salmon	6.00	ounce(s)
	Greek yogurt, plain, non fat	20.00	ounce(s)
	Tilapia	5.00	ounce(s)
	2% milkfat cheddar cheese	7.50	ounce(s)
	Canadian bacon, extra lean	3.00	ounce(s)
	Lean ground beef	5.00	ounce(s)
Seasonings	Mustard, prepared, yellow	1.00	1 teaspoon or 1 packet
	Garlic powder	0.25	tablespoon
	Fresh basil	1.00	tablespoon
	White vinegar	2.00	tablespoon
	Ground black pepper	0.13	tea spoon
	Italian seasoning medley	0.25	tea spoon
	Mustard	2.00	tea spoon
	Dried rosemary	0.50	tea spoon
	Ground dried sage	0.13	tea spoon
	Paprika	0.25	tea spoon
Starchy Carbohydrates (Healthy)	Spaghetti squash, cooked	0.99	cup
Vegetables	Edamame, frozen, prepared	0.66	1 cup
	Mixed greens	5.00	cup
	Green beans, steamed or boiled	2.00	cup
	Cauliflower	0.50	cup
	Grated carrots	0.63	cup
	Chopped tomato	2.50	cup
	Summer squash, cooked	1.00	cup
	White mushrooms, sliced	0.75	cup
	Broccoli	2.00	cup

Celery	0.25	cup
Red pepper	1.00	cup
Fresh spinach	12.50	cup
Fresh mushrooms	1.00	cup
Fresh white mushrooms	0.25	cup
Lettuce leaf	6.00	each
Baby carrots	12.00	each
Tomato slice	6.00	each
Canned artichoke	1.00	ounce(s)
Chopped onion	7.00	tablespoon
Tomato sauce	2.00	tablespoon