



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
	Soybeans, mature seeds, dry roasted	0.25	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Walnuts, dried	0.50	ounce(s)
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	15.00	1 cup (8 fl oz)
	Water, tap, municipal	44.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	16.00	fluid ounce(s)
	Vegetable juice - V8, no salt	18.00	fluid ounce(s)
	Tea - prepared w/tap water	8.00	fluid ounce(s)
Breads and baked goods	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	English muffins, wheat, toasted	1.00	1 muffin
	English muffins, whole-wheat	0.50	1 muffin
	Muffins, corn, commercially prepared	1.00	1 muffin (2-1/2" dia x 2-1/4")
	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	1.00	1 serving
	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.00	1 serving
	Cookies, vanilla wafers, lower fat	4.00	1 small
	Crackers, melba toast, wheat	9.00	1 toast
	Muffin - blueberry, Sara Lee, Free n' Lite	0.50	each
Carb. Snack Foods (Healthy)	Bagel - Honey Wheat, Earth Grains	0.50	each
	Graham Crackers	6.00	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1.00	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	0.75	1 oz
	oats, instant, fortified, with bran and raisins, prepared with water	2.00	1 packet, prepared
Dairy	Cheese, low fat, cheddar or colby	3.00	1 cubic inch
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, mozzarella, part skim milk	0.50	1 oz
	Milk - skim, no fat	7.00	cup
	Yogurt - Yoplait, Light, all flavors	16.00	ounce(s)
	Cream Cheese, Light, Phila brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.50	ounce(s)
Desserts	Sherbet, orange	2.00	0.5 cup (4 fl oz)
	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.00	2 tablespoon
Dressings	Oil & Vinegar - Wish-Bone, vinaigrette Lite	1.00	tablespoon
Fats & Oils	Margarine, soft, soybean, no salt	3.75	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	2.50	2 tablespoon
Fibrous			

Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	0.50	cup
	Celery - raw stalk trimmed	1.00	each
Finfish and Shellfish	Fish, tuna salad	1.00	1 cup
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Grapefruit, raw, pink and red, all areas	1.50	0.5 fruit (3-3/4" dia)
	Blueberries, raw	0.50	1 cup
	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.50	1 cup
	Peaches, canned, juice pack, solids and liquids	0.25	1 cup
	Raspberries, raw	0.50	1 cup
	Melons, cantaloupe, raw	0.50	1 cup, balls
	Pineapple, canned, juice pack, solids and liquids	0.25	1 cup, crushed, sliced, or chunks
	Apricots, canned, juice pack, with skin, solids and liquids	0.50	1 cup, halves
	Strawberries, raw	0.50	1 cup, halves
	Plums, dried (prunes), stewed, without added sugar	0.25	1 cup, pitted
	Cherries, sweet, medium	10.00	each
	Banana - med 8"	0.50	each
	Grapes - American	10.00	each
Jams/ Spreads/Sauces/ Syrups	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Soy sauce - Kikkoman 'Lite'	1.00	tablespoon
	Peanut butter - creamy, Peter Pan	0.50	tablespoon
	Syrup - Aunt Jemima, ButterLite	0.50	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.50	tablespoon
	Peanut Butter	1.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	0.50	tea spoon
Meals, Entrees and Sidedishes	STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree	1.00	1 package yields
	STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal	1.00	1 package yields
Misc. Meats	Sirloin Top - fat trimmed off	2.00	ounce(s)
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
	Tortilla - flour, soft, 7" diam.	1.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	Seeds, flaxseed	2.00	1 tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.00	cup
Proteins (Healthy)	Egg Whites - scrambled/boiled	1.00	each
	Trout - all species, dry heat cooked	3.00	ounce(s)
	Turkey Breast / White Meat	2.00	ounce(s)
	Chicken Breast / White Meat	9.00	ounce(s)
Recipes	MAIN51 - Lentil Stew	1.00	each
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
Snacks & Treats	Popcorn - Lite, microwaved, Orville Red, Gourmet	6.00	cup

Meats & Poultry	1.00	cup
Soups and Gravies	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	1.00 1 cup
Vegetables	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00 0.5 cup
	Mushrooms, white, cooked, boiled, drained, without salt	2.00 0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	0.50 0.5 cup slices
	Yam, cooked, boiled, drained, or baked, without salt	1.00 0.5 cup, cubes
	Cabbage, cooked, boiled, drained, without salt	1.00 0.5 cup, shredded
	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.25 1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50 1 cup
	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.25 1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50 1 cup
	Potatoes, mashed, home-prepared, whole milk added	0.50 1 cup
	Eggplant, cooked, boiled, drained, without salt	0.50 1 cup (1" cubes)
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00 1 cup (1" pieces)
	Carrots, frozen, cooked, boiled, drained, without salt	0.50 1 cup, sliced
	Beets, harvard, canned, solids and liquids	0.25 1 cup, slices
	Carrots, baby, raw	6.00 1 large
	Spinach, raw	1.00 1 leaf
	zucchini, boiled, drained	1.00 1/2 cup
	tomato, diced	0.50 1/2 cup
	Green salad w/ raw vegetables	3.50 cup
	Cucumber - raw, slices	0.50 cup
	Onion - chopped	3.00 tablespoon