



PRODIETS

Female Meal Plans

Category	Food	Qty	Measure
Bars	Nutri Grain, Cereal Bar, Strawberry	2.00	each
Beans, Lentils	Beans, pinto, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	1.50	1 oz
	Walnuts, dried	2.00	ounce(s)
Beverages	Water, bottled, POLAND SPRING	28.00	1 cup (8 fl oz)
	Water, tap, municipal	28.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	12.00	fluid ounce(s)
	Vegetable juice - V8, no salt	16.00	fluid ounce(s)
	Apple juice - Mott's	8.00	ounce(s)
Breads and baked goods	Bagels, cinnamon-raisin, toasted	1.00	1 bagel (3" dia)
	Muffin - banana, fat free, Healthy Valley	1.00	each
	Pita - wheat	3.00	each
Carb. Snack Foods (Healthy)	Rice - white cook steamed	0.50	cup
	Graham Crackers	6.00	each
	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	1.00	each
	Potato - white medium	4.00	ounce(s)
Cereals	Oatmeal - instant pkt., apples/spice, Quaker	2.00	pack
Dairy	Egg, whole, cooked, hard-boiled	3.00	1 large
	Milk - 1%	2.25	cup
	Milk - skim, no fat	5.00	cup
	Yogurt - Yoplait, Light, all flavors	12.00	ounce(s)
	Cream Cheese, Light, Phili brand	3.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	4.50	tablespoon
Fast Food	Wendy's Jr. Hamburger	1.00	each
	Wendy's Small Chili	1.00	each
	Subway 6" Turkey breast (w/ lettuce, tomatoes, onions, peppers, pickles, olives, mustard)	1.00	each
	BK Barbecue Sauce	1.00	each
	BK Side Salad w/ lite lt. Drsg	1.00	each
	BK Chicken Whopper Jr. NO mayo	1.00	each
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon
Fibrous Carbohydrates (Healthy)	Corn - sweet ear, boiled, drained	1.00	each
	Celery - raw stalk trimmed	4.00	each

	Celery - raw, stalk trimmed	4.00	cup
	Salad - lrg. garden w/tomato & onion	1.00	large
	Salad - med. garden w/tomato, onion	2.00	medium
Finfish and Shellfish	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	0.50	1 cup
	Peaches, canned, juice pack, solids and liquids	1.00	1 cup
	Strawberries, raw	0.25	1 cup, halves
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Strawberries	0.50	cup
	Orange - medium	0.50	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	1.00	each
	Grapes - American	25.00	each
	Pear -medium w/peel	0.50	each
Jams/ Spreads/Sauces/ Syrups	Marinara sauce - Progresso 'Authentic'	0.50	cup
	Peanut butter - creamy, Peter Pan	1.50	tablespoon
	Salsa - Chunky medium, Pace	7.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Peanut Butter	2.00	tablespoon
Meals, Entrees and Sidedishes	Lean Turkey Meatballs- HoneySuckle White	3.00	each
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
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	2.00	cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	0.50	cup
	Cod - Atlantic, broiled	3.00	ounce(s)
	Turkey Breast / White Meat	3.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Seasonings	Mustard, prepared, yellow	2.00	1 teaspoon or 1 packet
Snacks & Treats	Snacks, granola bars, hard, plain	1.00	1 bar
	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.00	cup
	Pretzels - Rold Gold, Tiny Tim	8.00	each
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.00	1 cup
	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1.00	1 cup
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	1.00	each
Vegetables	Lettuce, green leaf, raw	0.25	0.5 cup, shredded
	Asparagus frozen, cooked, boiled, drained, without salt	0.50	1 cup

Peperigos, frozen, cooked, drained, without salt	0.50	1 cup
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 cup
Onions, raw	0.25	1 cup, chopped
Lettuce, iceberg (includes crisphead types), raw	0.25	1 cup, shredded or chopped
Carrots, baby, raw	6.00	1 large
Lettuce, green leaf, raw	2.00	1 leaf
Spinach, raw	1.00	1 leaf
Catsup	1.00	1 packet
Tomatoes, red, ripe, raw, year round average	2.00	1 slice, medium (1/4" thick)
Catsup	1.00	1 tablespoon
zucchini, boiled, drained	1.00	1/2 cup
tomato, diced	2.00	1/2 cup
Onion - chopped	1.00	tablespoon