



Male Meal Plans

| Category | Food | Qty | Measure |
|---------------------------------|---|-------|------------------------|
| Beans, Lentils | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 1.00 | 0.2 block |
| | Beans, kidney, all types, mature seeds, cooked, boiled, without salt | 0.50 | 1 cup |
| | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 0.25 | 1 cup |
| | Soymilk, original and vanilla, unfortified | 3.00 | 1 cup |
| Beverages | Tea, black, brewed, prepared with tap water, decaffeinated | 23.00 | 1 cup (8 fl oz) |
| | Orange Juice, Tropicana- 100% pure, plus calcium | 48.00 | fluid ounce(s) |
| | Vegetable juice - V8, no salt | 24.00 | fluid ounce(s) |
| Breads and baked goods | Crackers, melba toast, wheat | 3.00 | 0.5 oz |
| | English muffins, whole-wheat | 1.00 | 1 muffin |
| | English muffins, whole-wheat, toasted | 2.00 | 1 muffin |
| | Pita - wheat | 2.00 | each |
| Carb. Snack Foods (Healthy) | Rice cake - apple cinnamon, Quaker | 4.00 | each |
| | Apple - medium with peel | 1.00 | each |
| Cereals | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 1.50 | 1 cup (1 NLEA serving) |
| | Cereals ready-to-eat, wheat germ, toasted, plain | 3.00 | 1 oz |
| | Oatmeal - instant pkt.,plain Quaker Extra | 2.00 | pack |
| Dairy | Cheese, mozzarella, part skim milk | 1.00 | 1 oz |
| | Milk - skim, no fat | 7.00 | cup |
| | Yogurt - Yoplait, Light, all flavors | 36.00 | ounce(s) |
| | Parmesan, grated, KRAFT | 0.50 | ounce(s) |
| | Cheddar, mild shredded, KRAFT Lite Naturals | 2.50 | ounce(s) |
| Desserts | Jams and preserves | 1.00 | 1 tablespoon |
| Dressings | Oil & vinegar - Wish-Bone, Lite Classic | 11.00 | tablespoon |
| Fats & Oils | Salad dressing, KRAFT Mayo Light Mayonnaise | 1.50 | 1 tablespoon |
| | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 1.00 | 2 tablespoon |
| | Olive oil - pure | 1.00 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Tortilla 99% fat free, whole wheat, flour | 2.00 | each |
| | Celery - raw stalk trimmed | 3.00 | each |
| Finfish and Shellfish | Fish, salmon, pink, cooked, dry heat | 1.00 | 0.5 fillet |
| | Fish, tuna salad | 0.75 | 1 cup |
| Fruits & Fruit Juices | Blueberries, raw | 0.50 | 1 cup |
| | Watermelon, raw | 1.50 | 1 cup, balls |

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| | Apricots, dried, sulfured, stewed, without added sugar | 0.50 | 1 cup, halves |
| | Strawberries, raw | 1.00 | 1 cup, halves |
| | Peaches, raw | 3.00 | 1 cup, slices |
| | Kiwifruit, green, raw | 2.00 | 1 fruit without skin, medium |
| | Raisins, seedless | 0.25 | 50 raisins |
| | Plum - fresh, 2.25" diam | 1.00 | each |
| | Orange - medium | 1.00 | each |
| | Nectarine - medium, 2.5" diam. | 2.00 | each |
| | Grapefruit - pink or red 4" diam. | 1.00 | each |
| | Cherries, sweet, medium | 20.00 | each |
| | Cantaloupe - muskmelon | 1.00 | each |
| | Banana - med 8" | 1.50 | each |
| | Grapes - American | 15.00 | each |
| | Pear -medium w/peel | 1.00 | each |
| | | | |
| Jams/ Spreads/Sauces/ Syrups | Spaghetti sauce - no salt, Prego | 0.50 | cup |
| | Syrup - Aunt Jemima, Lite | 1.00 | tablespoon |
| | Salsa - Chunky medium, Pace | 4.00 | tablespoon |
| | Relish - pickle | 0.50 | tablespoon |
| | | | |
| Miscellaneous | Vegetarian burger - frozen, Green Giant, Harvest | 2.00 | each |
| | Waffle - EGGO, frozen, Homestyle | 2.00 | each |
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| Noodles & Pastas | Spaghetti - whole wheat, cooked, Health Valley | 1.50 | cup |
| | | | |
| Nuts & Seeds | Seeds, sunflower seed kernels, dry roasted, without salt | 0.50 | 1 oz |
| | Nuts, walnuts, english | 1.00 | 1 oz (14 halves) |
| | Nuts, almonds, dry roasted, without salt added | 1.00 | 1 oz (22 whole kernels) |
| | Seeds, flaxseed | 1.50 | 1 tablespoon |
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| Protein Snack Foods (Healthy) | Cottage Cheese - 1% fat | 2.50 | cup |
| | Tuna Solid White -Water Sm. can | 3.00 | ounce(s) |
| | | | |
| Proteins (Healthy) | Egg Beaters - Fleischmann's | 1.25 | cup |
| | Swordfish - cooked dry heat | 4.00 | ounce(s) |
| | Halibut - broiled | 4.00 | ounce(s) |
| | Chicken Breast / White Meat | 8.00 | ounce(s) |
| | Kraft American Cheese 2% Milk | 2.00 | slice |
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| Recipes | MAIN75 - Eggplant Parmesan | 1.00 | each |
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| Rice, grains, flour | Rice, brown, long-grain, cooked | 0.75 | 1 cup |
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| Seasonings | Spices, garlic powder | 1.00 | 1 tablespoon |
| | Spices, garlic powder | 1.00 | 1 teaspoon |
| | | | |
| Snacks & Treats | Snacks, popcorn, air-popped, white popcorn | 4.00 | 1 cup |
| | | | |
| Starchy Carbohydrates (Healthy) | Potato/White - Baked | 4.00 | ounce(s) |
| | | | |
| Vegetables | Asparagus, cooked, boiled, drained | 1.00 | 0.5 cup |
| | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 1.00 | 0.5 cup |
| | Brussels sprouts, cooked, boiled, drained, without salt | 1.00 | 0.5 cup |

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| Cauliflower, cooked, boiled, drained, without salt | 3.00 | 0.5 cup (1" pieces) |
| Corn, sweet, yellow, cooked, boiled, drained, without salt | 1.00 | 0.5 cup cut |
| Mushrooms, white, raw | 1.00 | 0.5 cup pieces |
| Beets, cooked, boiled, drained | 1.00 | 0.5 cup slices |
| Broccoli, cooked, boiled, drained, without salt | 4.00 | 0.5 cup, chopped |
| Alfalfa seeds, sprouted, raw | 0.25 | 1 cup |
| Sweet potato, cooked, baked in skin, flesh, without salt | 1.00 | 1 cup |
| Broccoli, flower clusters, raw | 1.00 | 1 cup flowerets |
| Carrots, baby, raw | 28.00 | 1 large |
| Spinach, raw | 7.00 | 1 leaf |
| Onions, spring or scallions (includes tops and bulb), raw | 2.00 | 1 tablespoon chopped |
| Bok Choy, boiled, drained | 1.00 | 1/2 cup |
| tomato, diced | 2.00 | 1/2 cup |
| Green salad w/ raw vegetables | 14.00 | cup |
| Spinach - boiled, drained | 1.00 | cup |
| Tomato - sm. w/peel, 2.5" diam. | 0.50 | small |