



Female Meal Plans

| Category | Food | Qty | Measure |
|--|---|-------|---|
| Beans, Lentils | Beans, black, mature seeds, cooked, boiled, without salt | 0.25 | 1 cup |
| | Beans, baked, canned, no salt added | 0.25 | 1 cup |
| | Peanut butter, smooth style, without salt | 0.75 | 2 tablespoon |
| Breads and baked goods | Cookies, graham crackers, plain or honey (includes cinnamon) | 12.00 | 1 cracker (2-1/2" square) |
| | Crackers, whole-wheat, low salt | 2.00 | 1 cracker, square |
| | Rolls, dinner, whole-wheat | 1.50 | 1 medium (2-1/2" dia) |
| | Bread, whole-wheat, commercially prepared | 6.00 | 1 oz |
| | Bread, pita, whole-wheat | 1.50 | 1 pita, large (6-1/2" dia) |
| | Rolls, hamburger or hotdog, mixed-grain | 1.00 | 1 roll |
| | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat | 2.00 | 1 waffle, round (4" dia) (include frozen) |
| Carb. Snack Foods (Healthy) | Rice cake - apple cinnamon, Quaker | 2.00 | each |
| | Apple - medium with peel | 2.00 | each |
| | Banana - med 8" | 1.50 | each |
| | Grapes - American | 33.00 | each |
| Cereals | Cereals ready-to-eat, POST Raisin Bran Cereal | 2.50 | 1 cup (1 NLEA serving) |
| | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 1.50 | 1 cup, cooked |
| Dairy | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 3.00 | 0.5 container (4 oz) |
| | Cheese, cottage, lowfat, 1% milkfat, no sodium added | 1.00 | 1 cup |
| | Egg, whole, cooked, hard-boiled | 2.00 | 1 large |
| | Cheese, low fat, cheddar or colby | 2.50 | 1 oz |
| | Cheese, mozzarella, low moisture, part-skim | 0.50 | 1 slice (1 oz) |
| | Cheese, swiss, low fat | 2.00 | 1 slice (1 oz) |
| | Cream, sour, reduced fat, cultured | 1.00 | 1 tablespoon |
| | Cheese, cream, low fat | 1.50 | 1 tablespoon |
| | Milk - skim, no fat | 17.25 | cup |
| Desserts | Ice creams, vanilla | 2.00 | 0.5 cup |
| | Puddings, chocolate, ready-to-eat | 2.00 | 1 snack size (4 oz) |
| | Syrups, table blends, pancake | 2.00 | 1 tablespoon |
| Fats & Oils | Salad dressing, home recipe, vinegar and oil | 3.00 | 1 tablespoon |
| | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 1.00 | 2 tablespoon |
| | Olive Oil, Extra Virgin | 2.50 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Celery - raw stalk trimmed | 7.00 | each |
| | Salad - med. garden w/tomato, onion | 1.00 | medium |
| | Salad - sm. garden w/tomato, onion | 3.00 | small |
| Finfish and | | | |

| | | | |
|--|--|-------|------------------------------|
| Shellfish | Fish, tuna salad | 0.50 | 1 cup |
| Fruits & Fruit Juices | Blueberries, raw | 0.75 | 1 cup |
| | Melons, cantaloupe, raw | 1.75 | 1 cup, diced |
| | Strawberries, raw | 1.00 | 1 cup, halves |
| | Avocados, raw, all commercial varieties | 0.50 | 1 cup, sliced |
| | Orange - medium | 2.00 | each |
| | Pear -medium w/peel | 1.00 | each |
| | Peach - medium, approx 4 oz. | 1.00 | medium |
| Jams/ Spreads/Sauces/ Syrups | Soy sauce - Kikkoman 'Lite' | 2.00 | tablespoon |
| | Mayonnaise - low fat | 2.25 | tablespoon |
| | Jelly - all flavors, Simply Fruit, Smuckers | 1.00 | tea spoon |
| | SMART BALANCE Buttery Spread | 6.00 | tea spoon |
| Meals, Entrees and Sidedishes | Soy Chicken Nuggets | 3.00 | each |
| Nuts & Seeds | Nuts, almonds | 15.00 | 1 almond |
| | Seeds, sunflower seed kernels, dry roasted, without salt | 0.75 | 1 oz |
| | Nuts, walnuts, english | 0.50 | 1 oz (14 halves) |
| | Nuts, almond butter, plain, without salt added | 1.50 | 1 tablespoon |
| Poultry | Turkey Meatballs | 2.00 | each |
| Proteins (Healthy) | Turkey, ground, extra lean | 3.00 | ounce(s) |
| | Turkey Breast / White Meat | 4.00 | ounce(s) |
| | Chicken Breast / White Meat | 8.00 | ounce(s) |
| Red Meats - Standard | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked | 1.00 | 1 serving (3 oz) |
| Rice, grains, flour | Rice, brown, long-grain, cooked | 0.50 | 1 cup |
| | Spaghetti, whole-wheat, cooked | 1.00 | 1 cup |
| | Macaroni, whole-wheat, cooked | 1.00 | 1 cup elbow shaped |
| Snacks & Treats | Snacks, popcorn, air-popped | 8.00 | 1 cup |
| | Pretzels - Featherweight, low salt | 27.00 | each |
| Soups and Gravies | Sauce, pasta, spaghetti/marinara, ready-to-serve | 1.00 | 0.5 cup |
| | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium | 0.25 | 1 cup |
| | Sauce, salsa, ready-to-serve | 2.00 | 2 tablespoon |
| Starchy Carbohydrates (Healthy) | Tortilla - corn, soft, 7" diam. | 3.00 | each |
| Toppings | Cinnamon | 1.00 | tea spoon |
| Vegetables | Mushrooms, white, cooked, boiled, drained, without salt | 1.00 | 0.5 cup pieces |
| | Waterchestnuts, chinese, canned, solids and liquids | 1.00 | 0.5 cup slices |
| | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 0.50 | 1 can (11.5 oz), prepared |
| | Tomatoes, red, ripe, raw, year round average | 12.00 | 1 cherry |
| | Asparagus, frozen, cooked, boiled, drained, without salt | 1.50 | 1 cup |
| | Beans, snap, green, cooked, boiled, drained, without salt | 1.00 | 1 cup |
| | Peas, green, cooked, boiled, drained, without salt | 1.00 | 1 cup |
| | Peppers, sweet, red, raw | 0.50 | 1 cup, chopped |

| | | |
|---|-------|---------------------|
| Peppers, sweet, green, raw | 1.00 | 1 cup, sliced |
| Lettuce, cos or romaine, raw | 7.50 | 1 inner leaf |
| Tomatoes, red, ripe, raw, year round average | 4.00 | 1 slice, thin/small |
| tomato, diced | 3.00 | 1/2 cup |
| Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 1.00 | 10 strips |
| Cucumber - raw, slices | 2.00 | cup |
| Corn - sweet,ear, boiled & drained | 1.00 | each |
| Carrots - baby, raw | 22.00 | medium |