



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.25	1 cup
	Soymilk, original and vanilla, unfortified	2.50	1 cup
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	16.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	54.00	fluid ounce(s)
	Vegetable juice - V8, no salt	24.00	fluid ounce(s)
Breads and baked goods	English muffins, whole-wheat, toasted	2.00	1 muffin
	NABISCO, NABISCO GRAHAMS Crackers	1.00	1 serving
	Pita - wheat	1.50	each
	Bagel - Honey Wheat, Earth Grains	1.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	2.00	each
	Apple - medium with peel	1.00	each
Cereals	Cereals ready-to-eat, wheat germ, toasted, plain	1.00	1 oz
	Oatmeal - instant pkt.,raisin/cin. Quaker	2.00	pack
Dairy	Cheese, mozzarella, part skim milk	0.50	1 oz
	Milk - skim, no fat	6.00	cup
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
Desserts	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	6.00	tablespoon
	Italian - reduced cal. KRAFT Zesty	4.00	tablespoon
Fats & Oils	Margarine-like spread, (40% fat), soybean	2.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
Fibrous Carbohydrates (Healthy)	General Mills, Multi Grain Cheerios, dry	2.00	1/2 cup
	Tortilla 99% fat free, whole wheat, flour	2.00	each
	Celery - raw stalk trimmed	6.00	each
Finfish and Shellfish	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	0.5 fillet
	Fish, salmon, pink, cooked, dry heat	1.00	0.5 fillet
	Fish, tuna salad	1.00	1 cup
Fruits & Fruit Juices	Blueberries, raw	0.25	1 cup
	Prunes, dehydrated (low-moisture), stewed	0.75	1 cup
	Raspberries, raw	0.25	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves

	Strawberries, raw	0.75	1 cup, halves
	Peaches, raw	0.50	1 cup, slices
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Raisins, seedless	1.00	1 small box (1.5 oz)
	Orange - medium	2.00	each
	Apple - medium with peel	1.00	each
	Cantaloupe - muskmelon	0.25	each
	Banana - med 8"	2.00	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
	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Peanut butter - creamy, Peter Pan	1.00	tablespoon
	Syrup - Aunt Jemima, Lite	1.00	tablespoon
	Salsa - Chunky medium, Pace	3.00	tablespoon
Meals, Entrees and Sidedishes	Morningstar Farms Tomato Basil and Pizza Burger	1.00	each
Misc. Meats	Flank - fat trimmed off, braised	3.00	ounce(s)
Miscellaneous	Waffle - EGGO, frozen, Homestyle	1.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.25	cup
Nuts & Seeds	Nuts, almonds, dry roasted, without salt added	0.50	1 oz (22 whole kernels)
	Seeds, flaxseed	2.00	1 tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.25	cup
	Tuna Solid White -Water Sm. can	3.00	ounce(s)
Proteins (Healthy)	Egg Beaters - Fleischmann's	1.50	cup
	Turkey Breast / White Meat	3.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
	Pasta, corn, cooked	0.25	1 cup
Seasonings	Spices, cinnamon, ground	0.25	1 tablespoon
Snacks & Treats	Snacks, popcorn, air-popped, white popcorn	3.00	1 cup
Soups and Gravies	Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned	1.00	0.25 cup
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	0.25	cup
	Potato/White - Baked	3.00	ounce(s)
Vegetables	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.00	0.5 cup pieces
	Waterchestnuts, chinese, canned, solids and liquids	0.25	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	2.50	0.5 cup, chopped
	Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup

Sweet potato, cooked, baked in skin, flesh, without salt	0.25	1 cup
Eggplant, cooked, boiled, drained, without salt	0.75	1 cup (1" cubes)
Broccoli, flower clusters, raw	0.50	1 cup flowerets
Onions, spring or scallions (includes tops and bulb), raw	0.75	1 cup, chopped
Carrots, frozen, cooked, boiled, drained, without salt	0.50	1 cup, sliced
Squash, summer, all varieties, cooked, boiled, drained, without salt	0.25	1 cup, sliced
Carrots, baby, raw	16.00	1 large
Spinach, raw	2.00	1 leaf
Onions, spring or scallions (includes tops and bulb), raw	1.00	1 tablespoon chopped
zucchini, boiled, drained	0.25	1/2 cup
zucchini, frozen, boiled, drained	1.00	1/2 cup
tomato, diced	1.50	1/2 cup
Green salad w/ raw vegetables	13.00	cup
Spinach - boiled, drained	0.50	cup
Pepper - sweet bell, all colors, chopped,	1.25	cup
Tomato - sm. w/peel, 2.5" diam.	0.50	small