



## Male Meal Plans

Category	Food	Qty	Measure
<b>Breads and baked goods</b>	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	4.00	each
	crackers, Keebler Organic Toasteds Harvest Wheat	34.00	each
	bread, low carb, Rudi's Organic Bakery, Right Choice	6.00	slice
<b>Carb. Snack Foods (Healthy)</b>	Grapes - American	20.00	each
<b>Cereals</b>	Cereal, Cascadian Farms Organic Purely O's	2.50	cup
	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	3.00	pack
<b>Dairy</b>	Cottage Cheese, Horizon Organic Low Fat	7.00	1/2 cup
	Cheese, Organic Valley Mild Shredded Cheddar	4.00	1/4 cup
	Cheese, Organic Valley Shredded Mozzarella	3.00	1/4 cup
	Milk, Stoneyfield Organic Fat-free Milk	7.00	cup
	Cheese, monterey jack, Organic Valley	5.50	ounce(s)
	Yogurt, Stoneyfield Organic low fat yogurt, peach	36.00	ounce(s)
	Mild Cheddar Cheese Slices, Organic Valley	4.00	slice
<b>Dressings</b>	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	15.00	tablespoon
<b>Fats &amp; Oils</b>	Mayo, organic, light	4.00	tablespoon
<b>Finfish and Shellfish</b>	Shrimp, Organic, boiled or steamed	3.00	ounce(s)
	Fish, organic salmon, wild, cooked, dry heat	12.00	ounce(s)
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.50	1 cup
	Melons, cantaloupe, raw	3.00	1 cup, diced
	Strawberries, raw	2.00	1 cup, halves
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	20.00	each
	Peach - medium, approx 4 oz.	3.00	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Prego Organic Tomato & Basil Italian Sauce	1.00	1/2 cup
	Soy sauce, Organic, Lite	4.00	tablespoon
	BBQ sauce, organic	4.00	tablespoon
	Salsa, Amy's Organic Black bean & Corn Salsa	7.00	tablespoon
<b>Meals, Entrees and Sidedishes</b>	French Fries, Cascadian Farms Organic Frozen French Fries	6.00	ounce(s)
<b>Misc. Meats</b>	Eggs, Organic Valley large brown egg, hard boiled	3.00	large
<b>Nuts &amp; Seeds</b>	nuts, organic almonds	32.00	each

<b>Pork Products</b>	Pork, organic, tenderloin, separable lean only, cooked, roasted	6.00	ounce(s)
<b>Poultry</b>	Chicken breast, organic	21.00	ounce(s)
	Turkey Breast slices, Organic Prairie	11.00	ounce(s)
<b>Proteins (Healthy)</b>	peanut butter, organic, Smuckers	4.00	tablespoon
<b>Red Meats - Standard</b>	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	6.00	ounce(s)
<b>Sausages and Lunch Meats</b>	Roast Beef, Organic Prairie Roast Beef Slices	11.00	ounce(s)
<b>Snacks &amp; Treats</b>	rice cake, Lundberg Organic Rice Cake, caramel corn	4.00	each
<b>Soups and Gravies</b>	soup, Amy's Oganic Vegetable Barley Soup	3.00	cup
<b>Vegetables</b>	Cascadian Farms Organic Broccoli Cuts	2.00	2/3 cup
	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	2.00	3/4 cup
	Cascadian Farms Organic Garden Blend Frozen Vegetables	4.00	3/4 cup
	Cascadian Farms Organic cut green beans, frozen	6.00	3/4 cup
	Celery, Organic stalk, trimmed	17.00	each
	Salad- med w/ organic vegetables	2.00	each
	baby carrots, organic	34.00	medium
	Tomato, sliced, organic	6.00	slice
	Salad, small w/ organic vegetables	5.00	small