



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	OLD EL PASO Fat Free Refried Beans	1.00	1/2 cup
	HEALTH VALLEY Fat Free Honey Baked Beans	0.50	cup
Beverages	Silk Plain Soy Milk	1.75	cup
	Vegetable juice - V8, no salt	20.00	fluid ounce(s)
	Silk Vanilla Soy Milk	36.00	ounce(s)
	Orange juice - 100% pure , Tropicana	38.00	ounce(s)
Breads and baked goods	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	Muffins, oat bran	2.00	1 muffin (2-1/2" dia x 2-1/4")
	Pita - wheat	2.00	each
	Bagel - Plain, Lenders Bake Shop	2.50	each
	Bread /Rye 7 grain	2.00	each
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	2.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	1.00	0.5 cup (1 NLEA serving)
	Oatmeal - instant pkt.,Plus Fiber, Quaker	1.00	pack
Dairy	Egg substitute, liquid	0.50	1 cup
	Milk - skim, no fat	5.00	cup
	ALPINE LACE Reduced Fat Reduced Sodium Cheddar	1.00	ounce(s)
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Yogurt - Yoplait, fat free, all flavors	6.00	ounce(s)
	Cream Cheese, fat free,Healthy Choice	4.00	ounce(s)
	Parmesean Cheese, Low Sodium	2.00	tablespoon
Desserts	Puddings, tapioca, ready-to-eat	4.00	1 can (5 oz)
Dressings	Oil & Vinegar Salad Dressing	6.00	tea spoon
Fats & Oils	Olive Oil (sesame,soy bean, sunflower)	1.00	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - lrg. garden w/tomato & onion	4.00	large
Finfish and Shellfish	Fish, cod, Atlantic, cooked, dry heat	2.00	1 fillet
	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
Fruits & Fruit Juices	Strawberries, raw	1.00	1 bar (1 oz)
	Strawberries, raw	1.00	1 cake, 2-layer (8" dia)

	Grapes, american type (slip skin), raw	1.00	1 cup
	Melons, honeydew, raw	2.00	1 cup, balls
	Melons, cantaloupe, raw	1.00	1 cup, diced
	Blueberries, raw	2.50	1 cup, unthawed
	Kiwifruit, green, raw	1.00	1 fruit without skin, medium
	Bananas, raw	1.00	1 medium (7" to 7-7/8" long)
	Raisins, seedless	1.00	1 small box (1.5 oz)
	Orange - medium	2.00	each
	Banana - med 8"	3.00	each
Jams/ Spreads/Sauces/ Syrups	KIKKOMAN Lite Teriyaki Marinade & Sauce	2.00	tablespoon
	Mayonnaise - KRAFT Free, fat free	5.00	tablespoon
	Salsa - Chunky medium, Pace	8.00	tablespoon
	Relish - pickle	0.25	tablespoon
	SMART BALANCE Buttery Spread	9.00	tea spoon
Meals, Entrees and Sidedishes	HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree	1.00	1 package yields
Misc. Meats	MORNINGSTAR FARMS Deli Franks	1.00	each
Miscellaneous	Tortilla - flour, soft, 7" diam.	4.00	each
	GARDENBURGER, Veggie Medley	5.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.50	cup
Nuts & Seeds	SOLNUTS Soybeans	0.50	ounce(s)
	BLUE DIAMOND Almonds, Chopped	2.00	tablespoon
Performance Carbohydrates	Apple - medium with peel	0.50	each
Pork Products	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	1.00	3 oz
Poultry	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	1.00	1 unit (yield from 1 lb ready-to-cook turkey)
Protein Snack Foods (Healthy)	LUCERNE No Salt added 1% Fat Cottage Cheese	2.00	1/2 cup
	Tuna Solid White -Water Sm. can	2.80	ounce(s)
Proteins (Healthy)	Egg whole w/ yolk	1.00	each
	Egg Whites - scrambled/boiled	4.00	each
	Chicken Breast / White Meat	9.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.25	1 cup
Sausages and Lunch Meats	HEALTHY CHOICE Bulk Deli Turkey Breast	6.00	ounce(s)
Snacks & Treats	Melba Toast, Wheat, Unsalted	6.00	each
Starchy Carbohydrates (Healthy)	Yam -baked or boiled	1.50	cup
	Oatmeal -Quick, measured uncooked	1.00	cup
Vegetables	Broccoli frozen spears cooked boiled drained without salt	1.00	0.5 cup

Vegetables	Preparation	Price	Quantity
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.00	0.5 cup
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Spinach, raw	1.75	1 can (11.5 oz), prepared
	Tomatoes, sun-dried	1.00	1 cup
	Eggplant, cooked, boiled, drained, without salt	1.00	1 cup (1" cubes)
	Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
	Tomatoes, red, ripe, raw, year round average	0.50	1 cup, chopped or sliced
	Mushrooms, white, raw	1.00	1 cup, pieces or slices
	Tomatoes, red, ripe, raw, year round average	8.00	1 slice, medium (1/4" thick)
	Peas - green, frozen, boiled	0.50	cup
	Zucchini, Frozen, Boiled, Drained	2.00	cup
	Celery - raw stalk, trimmed	4.00	each
	Carrots - baby, raw	9.00	medium
	HUNT'S Tomato Ketchup No Salt Added	1.00	tablespoon