



Female Meal Plans

Category	Food	Qty	Measure
Breads and baked goods	Tortilla, LaTortilla Factory Low Carb/Low Fat Original	3.00	each
	crackers, Keebler Organic Toasteds Harvest Wheat	18.00	each
	bread, low carb, Rudi's Organic Bakery, Right Choice	5.00	slice
Carb. Snack Foods (Healthy)	Grapes - American	20.00	each
Cereals	Cereal, Cascadian Farms Organic Purely O's	2.00	cup
	hot cereal, Arrowhead Mills, Organic Instant Oatmeal	3.00	pack
Dairy	Cottage Cheese, Horizon Organic Low Fat	3.50	1/2 cup
	Cheese, Organic Valley Mild Shredded Cheddar	3.00	1/4 cup
	Cheese, Organic Valley Shredded Mozzarella	2.00	1/4 cup
	Milk, Stoneyfield Organic Fat-free Milk	7.00	cup
	Cheese, monterey jack, Organic Valley	3.00	ounce(s)
	Yogurt, Stoneyfield Organic low fat yogurt, peach	36.00	ounce(s)
	Mild Cheddar Cheese Slices, Organic Valley	3.00	slice
Dressings	salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	15.00	tablespoon
Fats & Oils	Mayo, organic, light	3.00	tablespoon
Finfish and Shellfish	Shrimp, Organic, boiled or steamed	2.00	ounce(s)
	Fish, organic salmon, wild, cooked, dry heat	9.00	ounce(s)
Fruits & Fruit Juices	Blueberries, raw	1.00	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Strawberries, raw	1.00	1 cup, halves
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	15.00	each
	Peach - medium, approx 4 oz.	3.00	medium
Jams/ Spreads/Sauces/ Syrups	Prego Organic Tomato & Basil Italian Sauce	1.00	1/2 cup
	Soy sauce, Organic, Lite	4.00	tablespoon
	BBQ sauce, organic	3.00	tablespoon
	Salsa, Amy's Organic Black bean & Corn Salsa	5.00	tablespoon
Meals, Entrees and Sidedishes	French Fries, Cascadian Farms Organic Frozen French Fries	4.00	ounce(s)
Misc. Meats	Eggs, Organic Valley large brown egg, hard boiled	2.00	large
Nuts & Seeds	nuts, organic almonds	20.00	each

Pork Products	Pork, organic, tenderloin, separable lean only, cooked, roasted	5.00	ounce(s)
Poultry	Chicken breast, organic	17.00	ounce(s)
	Turkey Breast slices, Organic Prairie	9.00	ounce(s)
Proteins (Healthy)	peanut butter, organic, Smuckers	3.00	tablespoon
Red Meats - Standard	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	5.00	ounce(s)
Sausages and Lunch Meats	Roast Beef, Organic Prairie Roast Beef Slices	7.00	ounce(s)
Snacks & Treats	rice cake, Lundberg Organic Rice Cake, caramel corn	2.00	each
Soups and Gravies	soup, Amy's Oganic Vegetable Barley Soup	2.00	cup
Vegetables	Cascadian Farms Organic Broccoli Cuts	2.00	2/3 cup
	Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1.00	3/4 cup
	Cascadian Farms Organic Garden Blend Frozen Vegetables	3.00	3/4 cup
	Cascadian Farms Organic cut green beans, frozen	3.00	3/4 cup
	Celery, Organic stalk, trimmed	13.00	each
	Salad- med w/ organic vegetables	2.00	each
	baby carrots, organic	22.00	medium
	Tomato, sliced, organic	6.00	slice
	Salad, small w/ organic vegetables	5.00	small