



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.33	1 cup
	Black beans	1.58	cup
	Hummus	4.00	tablespoon
<b>Beverages</b>	Water	24.00	fluid ounce(s)
<b>Breads and baked goods</b>	Van's Whole Grain Waffles	4.00	each
<b>Cereals</b>	Bran Flakes - cereal	1.25	cup
<b>Dairy</b>	Milk - 1%	8.75	cup
	Cottage cheese	0.50	cup
	Grated parmesan cheese	1.00	tablespoon
<b>Dressings</b>	Balsamic Vinegar	5.00	tablespoon
	Italian dressing, reduced fat	5.00	tablespoon
<b>Fats &amp; Oils</b>	Sliced avocado	0.13	cup
	Olive oil	5.00	tea spoon
<b>Fibrous Carbohydrates (Healthy)</b>	Farro, uncooked	2.00	1/2 cup
	Cooked lentils	1.15	cup
	Dry steel cut oats	1.75	cup
	Brown rice, cooked	6.25	cup
	Whole wheat pasta, cooked	1.75	cup
	Whole wheat spaghetti, cooked	2.00	cup
	Whole wheat wrap	6.00	each
	Wheat bagel	0.50	each
	100% whole wheat wrap, 6"	3.00	each
	Whole wheat English muffin	1.00	each
	Wheat bread	2.00	slice
	Ezekiel 4:9 bread, sprouted 100% whole wheat	2.00	slice
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	0.13	1 cup
	Mangos, raw	1.00	1 cup pieces
	Melons, honeydew, raw	1.00	1 cup, diced (approx 20 pieces per cup)
	Strawberries	1.00	cup
	Grapes	2.25	cup
	Fresh raspberries	1.00	cup
	Unsweetened frozen cherries	0.50	cup
	Fresh blueberries	1.00	cup
	Fresh cantaloupe	1.00	cup
	Frozen unsweetened blueberries	1.00	cup
	Sliced fresh peaches	1.50	cup
	Orange - medium	1.00	each

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	Grapefruit	0.50	each
	Small banana	5.50	each
	Raisins	4.00	tablespoon
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa	0.13	cup
	Salsa - Chunky medium, Pace	2.00	tablespoon
	Almond Butter	2.25	tablespoon
	Trans fat-free buttery spread	5.00	tea spoon
<b>Miscellaneous</b>	guacamole	0.75	ounce(s)
<b>Noodles &amp; Pastas</b>	Quinoa, cooked	4.83	1 cup
<b>Nuts &amp; Seeds</b>	Slivered almonds	0.75	tablespoon
	Chopped walnuts	0.50	tablespoon
	Sunflower seeds	1.00	tablespoon
<b>Performance Carbohydrates</b>	Oatmeal - quick, measure uncooked	1.16	cup
	Orange - medium	2.00	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.83	cup
	Kind Bar, Peanut Butter Dark Chocolate + Protein	1.00	each
	Pumpkin seeds, roasted, unsalted	0.50	tablespoon
<b>Proteins (Healthy)</b>	Beans	1.00	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	1.00	each
	Almonds, unsalted	16.00	each
	Egg white	13.00	large
	Chicken Breast / White Meat	31.00	ounce(s)
	Water packed white tuna	6.00	ounce(s)
	Turkey breast	15.00	ounce(s)
	Extra lean beef	14.00	ounce(s)
	Canned salmon	5.00	ounce(s)
	Greek yogurt, plain, non fat	12.00	ounce(s)
	Tilapia	8.00	ounce(s)
	Lean ground turkey, raw	8.00	ounce(s)
	2% milkfat cheddar cheese	2.50	ounce(s)
	Canadian bacon, extra lean	2.00	ounce(s)
	Shrimp	9.00	ounce(s)
	Protein powder	3.00	scoop
	Peanut butter	4.00	tea spoon
<b>Starchy Carbohydrates (Healthy)</b>	Baked potato, large	2.00	each
<b>Toppings</b>	Honey	1.25	tablespoon
<b>Vegetables</b>	Onions, raw	0.50	1 small
	Mixed greens	4.00	cup
	Green beans, steamed or boiled	2.00	cup
	Tomato sauce	0.50	cup
	Roasted beets	2.00	cup
	Carrots	2.00	cup

Mixed vegetables (non starchy)	1.66	cup
Grated carrots	0.50	cup
Chopped tomato	4.25	cup
Artichokes	0.33	cup
Mixed green salad	2.00	cup
Cucumber	0.50	cup
Broccoli	9.25	cup
Fresh spinach	6.00	cup
Fresh mushrooms	3.00	cup
Salad	1.00	each
Asparagus spears	44.00	each
Tomato slice	4.00	each
Chopped onion	3.00	tablespoon