



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.50	1 cup
	Black beans	0.50	cup
	Hummus	3.00	tablespoon
<b>Beverages</b>	Water	72.00	fluid ounce(s)
<b>Breads and baked goods</b>	Wheat melba toast	4.00	each
	Van's Whole Grain Waffles	1.00	each
<b>Carb. Snack Foods (Healthy)</b>	Banana - med 8"	1.00	each
	Apple	2.00	each
<b>Dairy</b>	Milk - 1%	10.83	cup
	Cottage cheese	1.50	cup
	Grated parmesan cheese	1.00	tablespoon
<b>Dressings</b>	Balsamic Vinegar	6.00	tablespoon
	Italian dressing, reduced fat	7.00	tablespoon
<b>Fats &amp; Oils</b>	Sliced avocado	0.38	cup
	Olive oil	6.75	tea spoon
<b>Fibrous Carbohydrates (Healthy)</b>	Dry steel cut oats	1.00	cup
	Brown rice, cooked	1.50	cup
	Whole wheat pasta, cooked	0.75	cup
	Whole wheat spaghetti, cooked	1.00	cup
	Whole wheat wrap	2.00	each
	Sweet potato, baked in peel, large	0.50	each
	100% whole wheat wrap, 6"	7.00	each
	Whole wheat English muffin	2.00	each
Wheat bread	4.00	slice	
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.00	1 cup
	Strawberries	3.33	cup
	Grapes	2.83	cup
	Fresh raspberries	2.25	cup
	Frozen unsweetened strawberries	0.50	cup
	Frozen unsweetened blueberries	0.75	cup
	Sliced fresh peaches	1.50	cup
	Grapefruit	1.00	each
Small banana	2.00	each	
<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa	0.39	cup

	Mayonnaise - low fat	1.50	tablespoon
	Almond Butter	1.00	tablespoon
	Trans fat-free buttery spread	2.00	tea spoon
<b>Noodles &amp; Pastas</b>	Quinoa, cooked	3.50	1 cup
<b>Nuts &amp; Seeds</b>	Seeds, chia seeds, dried	0.25	1 oz
	Pistachio nuts	24.00	each
	Slivered almonds	0.50	tablespoon
	Chopped walnuts	0.50	tablespoon
<b>Performance Carbohydrates</b>	Oatmeal - quick, measure uncooked	1.25	cup
	Orange - medium	1.00	each
<b>Poultry</b>	Turkey bacon	1.00	ounce(s)
<b>Protein Snack Foods (Healthy)</b>	Kind Bar, Peanut Butter Dark Chocolate + Protein	1.00	each
	Pumpkin seeds, roasted, unsalted	0.50	tablespoon
<b>Proteins (Healthy)</b>	Tuna Solid White in water	0.25	cup
	Beans	0.50	cup
	Egg whole w/ yolk	2.00	each
	Egg Whites - scrambled/boiled	3.00	each
	Egg white	13.00	large
	Chicken Breast / White Meat	41.00	ounce(s)
	Water packed white tuna	6.00	ounce(s)
	Turkey breast	22.00	ounce(s)
	Extra lean beef	17.00	ounce(s)
	Canned salmon	6.00	ounce(s)
	Greek yogurt, plain, non fat	16.00	ounce(s)
	Tilapia	19.00	ounce(s)
	Lean ground turkey, raw	9.00	ounce(s)
	2% milkfat cheddar cheese	6.00	ounce(s)
	Canadian bacon, extra lean	5.00	ounce(s)
	Protein powder	10.00	scoop
	Peanut butter	2.00	tea spoon
<b>Rice, grains, flour</b>	Oats	0.25	1 cup
<b>Seasonings</b>	Mustard	3.00	tea spoon
<b>Starchy Carbohydrates (Healthy)</b>	Red potatoes	2.00	cup
	Baked potato, large	0.50	each
<b>Toppings</b>	Honey	1.00	tablespoon
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	2.00	0.5 cup
	Onions, raw	0.50	1 small
	Mixed greens	6.50	cup
	Green beans, steamed or boiled	1.50	cup
	Tomato sauce	0.50	cup
	Carrots	2.16	cup
	Mixed vegetables (non starchy)	2.33	cup
	Chopped tomato	3.13	cup
	Artichokes	0.33	cup

Mixed green salad	4.00	cup
Broccoli	6.50	cup
Fresh spinach	6.00	cup
Fresh mushrooms	1.00	cup
Lettuce leaf	4.00	each
Asparagus spears	26.00	each
Tomato slice	4.00	each
Baby carrots	6.00	each
Chopped onion	3.00	tablespoon