



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.25	1 cup
	Lima beans, large, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Hummus	4.00	tablespoon
Beverages	Silk Plain Soy Milk	3.00	cup
Breads and baked goods	Bread, pita, whole-wheat	1.00	1 pita, large (6-1/2" dia)
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.50	each
	Apple	3.50	each
Dairy	Cheese, low fat, cheddar or colby	1.00	1 oz
	Cheese, parmesan, grated	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	0.25	cup
	Milk - skim, no fat	1.00	cup
	Hard boiled egg	2.00	each
	KRAFT 2% Cheddar Cheese, Reduced Fat	1.00	ounce(s)
Dressings	Balsamic Vinegar	3.00	tablespoon
	Italian dressing, reduced fat	4.00	tablespoon
Fats & Oils	Sliced avocado	1.03	cup
	Olive oil	3.70	tablespoon
	Olive oil	1.50	tea spoon
Fibrous Carbohydrates (Healthy)	Cooked lentils	2.83	cup
	Whole wheat pasta, cooked	0.25	cup
	Sweet potato, baked in peel, large	1.50	each
	Ezekiel 4:9 bread, sprouted 100% whole wheat	4.00	slice
Fruits & Fruit Juices	Peaches, canned, water pack, solids and liquids	0.25	1 cup, halves or slices
	Tangerines, (mandarin oranges), raw	1.00	1 medium (2-3/8" dia)
	Strawberries	0.50	cup
	Fresh raspberries	0.75	cup
	Unsweetened frozen cherries	0.50	cup
	Fresh blueberries	0.50	cup
	Frozen unsweetened blueberries	0.25	cup
	Sliced fresh peaches	0.13	cup
	Orange - medium	1.00	each
	Grapefruit	2.00	each
	Small banana	0.25	each
Jams/ Spreads/Sauces/ Syrups	Salsa	0.13	cup

	Mayonnaise - low fat	1.00	tablespoon
	Soy sauce, Organic, Lite	1.00	tablespoon
	Almond Butter	0.50	tablespoon
	Low fat mayonnaise	1.00	tablespoon
	Soy sauce, low sodium	1.00	tea spoon
	Trans fat-free buttery spread	1.00	tea spoon
	SMART BALANCE Buttery Spread	1.25	tea spoon
Miscellaneous	Genisoy Soy nuts	0.50	1/4 cup
Noodles & Pastas	Quinoa, cooked	4.00	1 cup
Nuts & Seeds	Nuts, almonds	6.00	1 almond
	Slivered almonds	1.50	tablespoon
	Chopped walnuts	1.00	tablespoon
Poultry	Turkey bacon	3.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.71	cup
	String cheese, part skim mozzarella	1.00	each
	Tuna Solid White -Water Sm. can	1.00	ounce(s)
	Pumpkin seeds, roasted, unsalted	2.00	tablespoon
Proteins (Healthy)	Almonds, unsalted	5.00	each
	Vegetarian sausage patty	2.00	each
	Egg white	4.00	large
	Turkey, ground, extra lean	6.00	ounce(s)
	Salmon - broiled	2.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	2.00	ounce(s)
	Chicken Breast / White Meat	8.00	ounce(s)
	Beef, organic, extra lean	4.00	ounce(s)
	Boneless chicken breast	6.00	ounce(s)
	Turkey breast	1.00	ounce(s)
	Salmon	2.00	ounce(s)
	Greek yogurt, plain, non fat	7.50	ounce(s)
	Tilapia	6.00	ounce(s)
	2% milkfat cheddar cheese	2.50	ounce(s)
	Canadian bacon, extra lean	3.00	ounce(s)
	Shrimp	7.00	ounce(s)
	Peanut butter	2.33	tea spoon
Seasonings	White vinegar	1.00	tablespoon
Starchy Carbohydrates (Healthy)	Spaghetti squash, cooked	1.00	cup
Vegetables	Onions, raw	0.13	1 cup, chopped
	Celery, raw	1.00	1 stalk, small (5" long)
	Green salad w/ raw vegetables	3.00	cup
	Cucumber - raw, slices	0.50	cup
	Mixed greens	4.00	cup
	Green beans, steamed or boiled	2.50	cup
	Kale	0.75	cup
	Carrots	0.50	cup
	Mixed vegetables (non starchy)	0.25	cup

Mixed vegetables (frozen variety)	0.25	cup
Grated carrots	0.71	cup
Chopped tomato	1.91	cup
Summer squash, cooked	1.00	cup
White mushrooms, sliced	0.75	cup
Zucchini	0.25	cup
Zucchini, Frozen, Boiled, Drained	0.50	cup
Broccoli	5.45	cup
Red pepper	2.00	cup
Fresh spinach	10.00	cup
Fresh mushrooms	1.00	cup
Fresh white mushrooms	0.50	cup
Bell pepper	0.50	each
Lettuce leaf	2.00	each
Tomato	0.50	each
Asparagus spears	8.00	each
Tomato slice	7.00	each
Carrots - baby, raw	10.00	medium
Onion - chopped	3.00	tablespoon
Chopped onion	1.00	tablespoon