



Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Soymilk, original and vanilla, unfortified	3.50	1 cup
	Black beans	1.50	cup
	Hummus	7.50	tablespoon
Beverages	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	1.00	1 cup (8 fl oz)
Breads and baked goods	Pita - wheat	2.00	each
	Bun - hamburger	1.00	each
	Wheat melba toast	3.00	each
	Whole wheat panko bread crumbs	2.00	tablespoon
Carb. Snack Foods (Healthy)	Apple	1.00	each
Cereals	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	2.00	1 cup (1 NLEA serving)
Dairy	Cheese, low fat, cheddar or colby	1.25	1 cup, diced
	Cheese, low fat, cheddar or colby	1.00	1 cup, shredded
	Hard boiled egg	1.00	each
	Skim milk	26.00	fluid ounce(s)
	Mozzarella cheese, part skim	6.25	ounce(s)
Dressings	Balsamic Vinegar	10.00	tablespoon
	Italian dressing, reduced fat	4.00	tablespoon
Fats & Oils	Sliced avocado	0.33	cup
	Olive oil	5.00	tea spoon
Fibrous Carbohydrates (Healthy)	Brown rice, cooked	2.75	cup
	Whole wheat spaghetti, cooked	1.25	cup
	Whole wheat wrap	3.00	each
	100% whole wheat wrap, 6"	6.00	each
	Whole grain waffle	3.00	each
	Whole wheat hamburger bun	1.00	each
	Wheat bread	2.00	slice
Fruits & Fruit Juices	Strawberries	2.50	cup
	Grapes	2.50	cup
	Frozen unsweetened strawberries	1.00	cup
	Fresh blueberries	0.75	cup
	Fresh cantaloupe	1.50	cup
	Frozen unsweetened blueberries	1.50	cup
	Orange - medium	2.00	each
	Grapefruit	1.00	each
	Small banana	1.50	each

	Pear	1.00	each
	Raisins	5.50	tablespoon
Jams/ Spreads/Sauces/ Syrups	Salsa	0.38	cup
	Peanut Butter	1.50	tablespoon
	Almond Butter	1.16	tablespoon
	Jelly - any flavor, All Fruit, Polaner	1.00	tea spoon
	Soy sauce, low sodium	2.00	tea spoon
	Trans fat-free buttery spread	5.00	tea spoon
Miscellaneous	Tofu burger - frozen. 2.5 oz, Natural Touch	2.00	each
	guacamole	1.00	ounce(s)
Noodles & Pastas	Quinoa, cooked	4.25	1 cup
Nuts & Seeds	Slivered almonds	2.00	tablespoon
	Chopped walnuts	10.25	tablespoon
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.75	cup
	Soy nuts, salted	1.25	cup
	String cheese, part skim mozzarella	1.00	each
Proteins (Healthy)	Gardein, beefless tips	1.75	3/4 cup
	Beans	0.25	cup
	Edamame, shelled	1.00	cup
	Meatless ground	1.75	cup
	Egg whole w/ yolk	1.00	each
	Egg Whites - scrambled/boiled	11.00	each
	Vegetarian sausage link	5.00	each
	Almonds, unsalted	60.00	each
	Egg with yolk	2.00	each
	Vegetable burger	2.00	each
	Egg white	13.00	large
	Greek yogurt, plain, non fat	35.00	ounce(s)
	2% milkfat cheddar cheese	15.50	ounce(s)
	Firm tofu	8.00	ounce(s)
	Peanut butter	3.00	tea spoon
Rice, grains, flour	Spaghetti, whole-wheat, cooked	1.00	1 cup
Seasonings	White vinegar	1.00	tablespoon
Starchy Carbohydrates (Healthy)	Baked potato, small	1.00	each
Vegetables	Coleslaw, home-prepared	1.00	0.5 cup
	Cucumber - raw, slices	0.50	cup
	Mixed greens	10.50	cup
	Kale	0.50	cup
	Tomato sauce	2.25	cup
	Carrots	2.00	cup
	Mixed vegetables (non starchy)	3.00	cup
	Edamame, in pods, prepared from frozen	0.66	cup
	Grated carrots	0.50	cup
	Chopped tomato	1.63	cup

Broccoli	2.00	cup
Fresh spinach	8.50	cup
Fresh mushrooms	1.00	cup
Bell pepper	1.00	each
Garlic clove	1.00	each
Fresh eggplant	1.00	each
Tomato slice	6.00	each
Onion - chopped	2.00	tablespoon