



Female Meal Plans

Category	Food	Qty	Measure
Baby Foods	Babyfood, pretzels	1.00	1 oz
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.2 block
	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.25	1 cup
	Refried beans, canned, traditional style (includes USDA commodity)	0.50	1 cup
	Soybeans, mature seeds, dry roasted	0.50	1 cup
	Soymilk, original and vanilla, unfortified	2.00	1 cup
	Peanut butter, smooth style, with salt	1.00	2 tablespoon
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	15.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	30.00	fluid ounce(s)
	Vegetable juice - V8, no salt	30.00	fluid ounce(s)
Breads and baked goods	English muffins, wheat, toasted	0.50	1 muffin
	English muffins, whole-wheat	0.50	1 muffin
	English muffins, whole-wheat, toasted	1.00	1 muffin
	Bread, pumpernickel, toasted	2.00	1 oz
	Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)
	Pita - wheat	1.00	each
	Bagel - Honey Wheat, Earth Grains	1.00	each
Carb. Snack Foods (Healthy)	Apple - medium with peel	1.00	each
	Grapes - American	17.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut	1.00	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	1.50	1 oz
	Oatmeal - instant pkt.,apples/spice, Quaker	1.00	pack
Dairy	Egg, whole, cooked, hard-boiled	2.00	1 large
	Cheese, mozzarella, part skim milk	1.50	1 oz
	Milk - skim, no fat	5.50	cup
	Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
	Parmesan, grated, KRAFT	0.33	ounce(s)
	Cream Cheese, Light, Phili brand	2.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Desserts	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	4.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	0.25	1 tablespoon
	Oil, olive, salad or cooking	1.00	1 teaspoon
	Margarine-like spread, (40% fat), corn	1.50	1 teaspoon
	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	1.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon

	Salsa dressing, raw + lemon juice + ranch dressing	0.50	2 tablespoon
	Olive oil - pure	0.58	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	0.50	cup
	Tortilla 99% fat free, whole wheat, flour	1.00	each
	Celery - raw stalk trimmed	7.00	each
Finfish and Shellfish	Fish, tuna salad	1.00	1 cup
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	0.50	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	0.75	1 cup, halves
	Strawberries, raw	1.25	1 cup, halves
	Peaches, raw	0.75	1 cup, slices
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Raisins, seedless	0.25	50 raisins
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	0.50	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	1.00	each
	Grapes - American	17.00	each
Jams/ Spreads/Sauces/ Syrups	CONTADINA Deluxe Marinara Sauce, ready-to-serve	0.25	0.5 cup
	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.25	cup
	Syrup - Aunt Jemima, Lite	2.00	tablespoon
	Salsa - Chunky medium, Pace	2.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
Meals, Entrees and Sidedishes	Morningstar Farms Tomato Basil and Pizza Burger	2.00	each
Miscellaneous	Waffle - EGGO, frozen, Homestyle	2.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	0.75	cup
Nuts & Seeds	Nuts, almonds, dry roasted, without salt added	0.50	1 oz (22 whole kernels)
	Seeds, flaxseed	3.00	1 tablespoon
Performance Carbohydrates	Bread whole wheat -slice	2.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.25	cup
Proteins (Healthy)	Halibut - broiled	3.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
	Kraft American Cheese 2% Milk	3.00	slice
Recipes	MAIN51 - Lentil Stew	0.50	each
	MAIN44 - Oriental Beef & Broccoli	1.00	each
Rice, grains, flour	Rice, brown, long-grain, cooked	0.75	1 cup
Seasonings	Spices, garlic powder	0.33	1 tablespoon

Snacks & Treats	Snacks, popcorn, air-popped, white popcorn	2.00	1 cup
Soups and Gravies	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.00	1 cup
Vegetables	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.00	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Asparagus, frozen, cooked, boiled, drained, without salt	0.50	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Broccoli, flower clusters, raw	0.50	1 cup flowerets
	Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
	Carrots, baby, raw	14.00	1 large
	Spinach, raw	3.00	1 leaf
	Onions, raw	1.00	1 slice, medium (1/8" thick)
	Bok Choy, boiled, drained	1.00	1/2 cup
	tomato, diced	1.00	1/2 cup
	Green salad w/ raw vegetables	5.00	cup
	Spinach - boiled, drained	0.50	cup
	Tomato - sm. w/peel, 2.5" diam.	2.00	small