



## Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1.00	1 cup
	Hummus, home prepared	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	40.00	1 peanut
	refried beans, Amy's Organic Traditional Refried Beans	1.50	1/2 cup
	Walnuts, dried	4.00	ounce(s)
Beverages	water, arrowhead	224.00	fluid ounce(s)
Breads and baked goods	Bread, pumpernickel, toasted	4.00	1 slice (5" x 4" x 3/8")
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	10.00	each
	Rice cake - plain, Quaker	6.00	each
	Apple - medium with peel	1.00	each
	Banana - med 8"	2.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	5.00	0.5 cup (1 NLEA serving)
	Cereals, CREAM OF RICE, cooked with water, without salt	6.00	0.75 cup
	Cereals ready-to-eat, POST Bran Flakes	10.00	0.75 cup (1 NLEA serving)
	Cereal, oats, old fashioned, dry	4.00	1/2 cup
Dairy	Cheese, low fat, cheddar or colby	0.75	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	2.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	2.00	1 tablespoon
	Cheese, cream, low fat	2.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	5.00	cup
	Milk - skim, no fat	6.00	cup
	Soy Milk, fat-free w/ calcium	6.00	ounce(s)
Dressings	Balsamic Vinegar	6.00	tablespoon
Fats & Oils	Oil, peanut, salad or cooking	1.00	1 tablespoon
	Salad dressing, home recipe, vinegar and oil	7.50	1 tablespoon
	Olive oil - pure	13.50	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	10.00	each
	Wasa Crackers, light rye	16.00	each
	Salad - lrg. garden w/tomato & onion	4.00	large
	Broccoli	20.00	spear
Fruits & Fruit Juices	Blackberries, raw	4.00	1 cup

	Blueberries, raw	11.50	1 cup
	Raspberries, raw	6.00	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.75	1 cup, halves
	Strawberries, raw	2.50	1 cup, halves
	Avocados, raw, all commercial varieties	0.50	1 cup, sliced
	Strawberries, raw	2.00	1 cup, sliced
	Peaches, raw	2.50	1 cup, slices
	Strawberries	8.00	cup
	Plum - fresh, 2.25" diam	4.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Cherries, sweet, medium	30.00	each
	Banana - med 8"	2.00	each
	Grapes - American	107.00	each
	Pear -medium w/peel	0.50	each
	Pineapple - frsh, slice approx 3.5"	6.00	slice
<b>Jams/ Spreads/Sauces/ Syrups</b>	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	BBQ - Hickory, Health Choice	2.00	tablespoon
	Almond Butter	10.00	tablespoon
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	325.00	1 almond
	Nuts, walnuts, english	1.00	1 cup, in shell, edible yield (7 nuts)
	Nuts, almond butter, plain, without salt added	2.00	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	2.00	ounce(s)
<b>Performance Carbohydrates</b>	Lentil - boiled	5.00	cup
	Brown rice - cooked	6.00	cup
	Apple - medium with peel	14.00	each
	Yam - baked w/o skin	4.00	ounce(s)
<b>Poultry</b>	Chicken breast, organic	78.00	ounce(s)
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	2.50	cup
	Tuna Solid White -Water Sm. can	3.00	ounce(s)
<b>Proteins (Healthy)</b>	Milk, Almond	10.00	cup
	Egg Whites - scrambled/boiled	10.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	9.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	6.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
	Beef, organic, extra lean	12.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.50	1 cup
<b>Sausages and Lunch Meats</b>	Ham, sliced, packaged (96% fat free, water added)	6.00	1 slice (6-1/4" x 4" x 1/16")
<b>Seasonings</b>	Spices, allspice, ground	4.00	1 tablespoon
	Vinegar, distilled	4.00	1 tablespoon
	Mustard, prepared, yellow	4.00	1 teaspoon or 1

	meatballs, prepared, frozen	10.00	packet
	Garlic powder	10.15	tablespoon
<b>Soups and Gravies</b>	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2.00	1 cup (8 fl oz)
<b>Vegetables</b>	Asparagus, cooked, boiled, drained	4.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	3.00	0.5 cup pieces
	Yam, cooked, boiled, drained, or baked, without salt	3.00	0.5 cup, cubes
	Lettuce, green leaf, raw	2.00	0.5 cup, shredded
	Spinach, raw	24.00	1 bunch
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.50	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Broccoli, flower clusters, raw	2.50	1 cup flowerets
	Onions, raw	2.00	1 cup, chopped
	Lettuce, cos or romaine, raw	2.00	1 inner leaf
	Lettuce, green leaf, raw	4.00	1 leaf
	Spinach, raw	3.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	4.00	1 slice, medium (1/4" thick)
	Parsley, fresh	2.00	1 tablespoon
	tomato, diced	4.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	8.00	cup
	Split peas - boiled	2.00	cup
	Pepper - sweet bell, all colors, chopped,	5.00	cup
	Peas - green, canned, Green Giant	2.00	cup
	Cucumber - raw, slices	2.00	cup
	Cauliflower - boiled, drained	8.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small
	Onion - chopped	29.00	tablespoon