



## Male Meal Plans

| Category                               | Food  | Qty   | Measure                    |
|--|---|-------|----------------------------|
| <b>Beans, Lentils</b>                  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt               | 0.75  | 1 cup                      |
|  | Soybeans, mature cooked, boiled, without salt   | 1.75  | 1 cup                      |
|  | Hummus, commercial  | 0.50  | 1 cup                      |
|  | Peanuts, all types, dry-roasted, without salt   | 15.00 | 1 peanut                   |
|  | Walnuts, dried  | 0.75  | ounce(s)                   |
| <b>Beverages</b>                       | Ice cubes   | 2.00  | 1/2 cup                    |
| <b>Breads and baked goods</b>          | Crackers, whole-wheat   | 10.00 | 1 cracker                  |
|  | English muffins, whole-wheat, toasted   | 3.50  | 1 muffin                   |
|  | Bread, pita, whole-wheat  | 1.50  | 1 pita, large (6-1/2" dia) |
|  | Tortilla, LaTortilla Factory Low Carb/Low Fat Original  | 2.00  | each                       |
| <b>Cereals</b>                         | Cereals ready-to-eat, POST Bran Flakes  | 3.00  | 0.75 cup (1 NLEA serving)  |
|  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 3.00  | 1 cup, cooked              |
| <b>Dairy</b>                           | Egg, whole, cooked, hard-boiled   | 0.50  | 1 cup, chopped             |
|  | Cheese, low fat, cheddar or colby   | 0.50  | 1 cup, shredded            |
|  | Egg, whole, cooked, hard-boiled   | 1.00  | 1 large                    |
|  | Cheese, low fat, cheddar or colby   | 3.00  | 1 slice (1 oz)             |
|  | Milk - skim, no fat   | 7.00  | cup                        |
|  | Yogurt, no fat, sugar-free, plain   | 46.00 | ounce(s)                   |
|  | Parmesean Cheese, Low Sodium  | 1.00  | tablespoon                 |
| <b>Fats &amp; Oils</b>                 | Salad dressing, home recipe, vinegar and oil  | 3.00  | 1 tablespoon               |
|  | Salad dressing, italian dressing, reduced calorie   | 8.00  | 1 tablespoon               |
|  | Olive oil - pure  | 3.00  | tablespoon                 |
| <b>Fibrous Carbohydrates (Healthy)</b> | Asparagus/ Fresh - Boiled   | 1.00  | cup                        |
| <b>Finfish and Shellfish</b>           | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 2.00  | 3 oz                       |
|  | Fish, salmon, Atlantic, wild, cooked, dry heat  | 2.00  | 3 oz                       |
| <b>Fruits &amp; Fruit Juices</b>       | Cherries, sweet, raw  | 32.00 | 1 cherry                   |
|  | Blueberries, raw  | 3.00  | 1 cup                      |
|  | Strawberries, raw   | 3.00  | 1 cup, halves              |
|  | Avocados, raw, all commercial varieties   | 1.33  | 1 cup, sliced              |
|  | Peaches, raw  | 4.00  | 1 cup, slices              |
|  | Orange - medium   | 2.00  | each                       |
|  | Grapefruit - pink or red 4" diam.   | 3.00  | each                       |
|  | Cherries, sweet, medium   | 10.00 | each                       |
|  | Pear -medium w/peel   | 2.00  | each                       |

|   |   |       |                     |
|---|---|-------|---------------------|
| <b>Jams/<br/>Spreads/Sauces/<br/>Syrups</b> | Relish - pickle   | 1.50  | tablespoon          |
|   | Mayonnaise - low fat  | 3.00  | tablespoon          |
|   | Peanut Butter   | 5.50  | tablespoon          |
| <b>Meals, Entrees and<br/>Sidedishes</b>    | Soy Burger  | 1.00  | each                |
| <b>Nuts &amp; Seeds</b>                     | Nuts, almonds   | 29.00 | 1 almond            |
|   | Seeds, sunflower seed kernels, dry roasted, without salt                            | 1.00  | 1 oz                |
| <b>Performance<br/>Carbohydrates</b>        | Apple - medium with peel  | 3.00  | each                |
| <b>Pork Products</b>                        | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted                 | 1.50  | 3 oz                |
| <b>Protein Snack<br/>Foods (Healthy)</b>    | Cottage Cheese - 1% fat   | 3.50  | cup                 |
|   | Tuna Solid White -Water Sm. can   | 7.00  | ounce(s)            |
| <b>Proteins (Healthy)</b>                   | Egg Whites - scrambled/boiled   | 7.00  | each                |
|   | Turkey Breast / White Meat  | 10.00 | ounce(s)            |
|   | Chicken Breast / White Meat   | 14.00 | ounce(s)            |
| <b>Red Meats -<br/>Standard</b>             | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 2.00  | 3 oz                |
| <b>Rice, grains, flour</b>                  | Rice, brown, long-grain, cooked   | 1.25  | 1 cup               |
|   | Spaghetti, whole-wheat, cooked  | 2.00  | 1 cup               |
| <b>Seasonings</b>                           | Garlic powder   | 1.00  | tablespoon          |
| <b>Snacks &amp; Treats</b>                  | Snacks, popcorn, air-popped   | 7.00  | 1 cup               |
| <b>Soups and Gravies</b>                    | Sauce, salsa, ready-to-serve  | 0.50  | 0.5 cup             |
|   | Soup, vegetarian vegetable, canned, prepared with equal volume water                | 1.00  | 1 cup               |
|   | Soup, tomato, canned, condensed, reduced sodium                                     | 3.00  | 1 cup               |
|   | Sauce, barbecue, low sodium   | 0.25  | 1 cup               |
| <b>Vegetables</b>                           | Cauliflower, cooked, boiled, drained, without salt                                  | 2.00  | 0.5 cup (1" pieces) |
|   | Mushrooms, white, raw   | 5.50  | 0.5 cup pieces      |
|   | Broccoli, cooked, boiled, drained, without salt                                     | 4.00  | 0.5 cup, chopped    |
|   | Tomatoes, red, ripe, raw, year round average  | 32.00 | 1 cherry            |
|   | Asparagus, frozen, cooked, boiled, drained, without salt                            | 1.00  | 1 cup               |
|   | Spinach, raw  | 7.00  | 1 cup               |
|   | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt          | 1.00  | 1 cup               |
|   | Eggplant, cooked, boiled, drained, without salt                                     | 1.00  | 1 cup (1" cubes)    |
|   | Onions, spring or scallions (includes tops and bulb), raw                           | 0.25  | 1 cup, chopped      |
|   | Peppers, sweet, red, raw  | 1.00  | 1 cup, chopped      |
|   | Lettuce, cos or romaine, raw  | 8.00  | 1 inner leaf        |
|   | Lettuce, green leaf, raw  | 4.00  | 1 leaf              |
|   | Spinach, raw  | 2.00  | 1 leaf              |
|   | tomato, diced   | 4.00  | 1/2 cup             |
|   | Green salad w/ raw vegetables   | 2.00  | cup                 |
|   | Pepper - sweet bell, all colors, chopped,   | 1.25  | cup                 |
|   | Cucumber - raw, slices  | 1.50  | cup                 |
|   | Zucchini, Frozen, Boiled, Drained   | 1.50  | cup                 |

