



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Beans, black, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Beans, baked, canned, no salt added	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	5.00	1 peanut
	Peanut butter, smooth style, without salt	2.50	2 tablespoon
<b>Breads and baked goods</b>	Cookies, graham crackers, plain or honey (includes cinnamon)	8.00	1 cracker (2-1/2" square)
	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	English muffins, mixed-grain, toasted (includes granola)	2.00	1 muffin
	Bread, whole-wheat, commercially prepared	4.00	1 oz
	Bread, pita, whole-wheat	1.50	1 pita, large (6-1/2" dia)
	Rolls, hamburger or hotdog, mixed-grain	1.00	1 roll
	Bread, raisin, toasted, enriched	3.00	1 slice
	Cookies, vanilla wafers, lower fat	22.00	1 small
Pancakes, frozen, whole grain	2.00	each	
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	1.50	each
	Apple - medium with peel	2.00	each
	Banana - med 8"	1.00	each
	Grapes - American	10.00	each
<b>Cereals</b>	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	2.00	1 cup
	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
<b>Dairy</b>	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	3.00	0.5 container (4 oz)
	Cheese, cottage, lowfat, 1% milkfat, no sodium added	2.00	1 cup
	Egg, whole, cooked, hard-boiled	1.00	1 cup, chopped
	Egg, whole, cooked, hard-boiled	2.00	1 large
	Egg, whole, cooked, omelet	2.00	1 large
	Cheese, low fat, cheddar or colby	3.50	1 oz
	Cheese, mozzarella, low moisture, part-skim	1.00	1 slice (1 oz)
	Cheese, swiss, low fat	1.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	2.00	1 tablespoon
Milk - skim, no fat	18.00	cup	
<b>Desserts</b>	Sherbet, orange	1.50	0.5 cup (4 fl oz)
	Puddings, chocolate, ready-to-eat	2.00	1 snack size (4 oz)
	Syrups, table blends, pancake	2.00	1 tablespoon
<b>Fats &amp; Oils</b>	Salad dressing, home recipe, vinegar and oil	4.00	1 tablespoon
	Mayonnaise, low sodium, low calorie or diet	2.50	1 tablespoon
	Olive Oil, Extra Virgin	1.50	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Corn - sweet ear, boiled, drained	1.00	each

	Celery - raw stalk trimmed	3.00	each
<b>Finfish and Shellfish</b>	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
<b>Fruits &amp; Fruit Juices</b>	Blueberries, raw	1.50	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Watermelon, raw	2.50	1 cup, diced
	Strawberries, raw	0.50	1 cup, halves
	Avocados, raw, all commercial varieties	1.00	1 cup, sliced
	Raisins, seedless	0.50	50 raisins
	Orange - medium	1.00	each
	Cherries, sweet, medium	8.00	each
	Banana - med 8"	1.00	each
	Pear -medium w/peel	0.50	each
	Peach - medium, approx 4 oz.	1.50	medium
<b>Jams/ Spreads/Sauces/ Syrups</b>	Relish - pickle	1.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	1.00	tea spoon
	SMART BALANCE Buttery Spread	7.00	tea spoon
<b>Meals, Entrees and Sidedishes</b>	Soy Chicken Nuggets	5.00	each
<b>Noodles &amp; Pastas</b>	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
<b>Nuts &amp; Seeds</b>	Nuts, almonds	5.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	0.75	1 oz
	Nuts, walnuts, english	0.75	1 oz (14 halves)
<b>Pork Products</b>	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1.75	3 oz
<b>Poultry</b>	Turkey Meatballs	3.00	each
<b>Proteins (Healthy)</b>	Turkey, ground, extra lean	3.00	ounce(s)
	Turkey Breast / White Meat	8.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
<b>Red Meats - Standard</b>	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	1.00	1 serving (3 oz)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.50	1 cup
	Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	3.00	1 cup
<b>Soups and Gravies</b>	Sauce, salsa, ready-to-serve	0.50	0.5 cup
	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1.00	1 cup
	Sauce, salsa, ready-to-serve	1.50	2 tablespoon
<b>Starchy Carbohydrates (Healthy)</b>	Tortilla - corn, soft, 7" diam.	2.00	each
<b>Toppings</b>	Cinnamon	1.00	tea spoon
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)

Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Tomatoes, red, ripe, raw, year round average	12.00	1 cherry
Asparagus, frozen, cooked, boiled, drained, without salt	1.00	1 cup
Beans, snap, green, cooked, boiled, drained, without salt	1.50	1 cup
Peppers, sweet, green, raw	2.00	1 cup, sliced
Lettuce, green leaf, raw	8.00	1 leaf
Tomatoes, red, ripe, raw, year round average	1.00	1 slice, medium (1/4" thick)
tomato, diced	2.00	1/2 cup
Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1.00	10 strips
Green salad w/ raw vegetables	4.00	cup
Cucumber - raw, slices	2.00	cup
Carrots - baby, raw	14.00	medium