



Male Meal Plans

| Category | Food | Qty | Measure |
|--|---|-------|--------------------------------|
| Beans, Lentils | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 0.50 | 1 cup |
| | Soy sauce made from soy and wheat (shoyu), low sodium | 2.00 | 1 tablespoon |
| | Walnuts, dried | 0.75 | ounce(s) |
| Beverages | Vegetable juice - V8, no salt | 12.00 | fluid ounce(s) |
| Breads and baked goods | English muffins, whole-wheat, toasted | 2.00 | 1 muffin |
| | Muffins, oat bran | 2.00 | 1 muffin (2-1/2" dia x 2-1/4") |
| | Bread, pita, whole-wheat | 3.00 | 1 pita, large (6-1/2" dia) |
| | Bread, whole-wheat, commercially prepared, toasted | 4.00 | 1 slice |
| | Crackers, melba toast, wheat | 11.00 | 1 toast |
| Carb. Snack Foods (Healthy) | Graham Crackers | 4.00 | each |
| | Rice cake - apple cinnamon, Quaker | 8.00 | each |
| | Banana - med 8" | 3.00 | each |
| | Grapes - American | 60.00 | each |
| Cereals | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 3.00 | 1 cup, cooked |
| | Kashi GoLEAN Cereal | 1.50 | cup |
| Dairy | Yogurt, fruit variety, nonfat | 6.00 | 1 container (6 oz) |
| | Cheese, cottage, lowfat, 1% milkfat, no sodium added | 1.50 | 1 cup |
| | 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 | 1.00 | 1 slice (1 oz) |
| | Cheese, swiss, low fat | 3.00 | 1 slice (1 oz) |
| | Milk - skim, no fat | 7.00 | cup |
| | Parmesean Cheese, Low Sodium | 3.00 | tablespoon |
| Fast Food | Pizza, cheese and veggies | 3.00 | slice |
| Fats & Oils | Salad dressing, italian dressing, reduced calorie | 4.00 | 1 tablespoon |
| | Salad dressing, french dressing, reduced calorie | 2.00 | 1 tablespoon |
| | Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing | 1.00 | 2 tablespoon |
| | Olive oil - pure | 1.00 | tablespoon |
| | Smart Balance LIGHT (Non-Dairy) | 5.00 | tablespoon |
| Fibrous Carbohydrates (Healthy) | Asparagus/ Fresh - Boiled | 1.00 | cup |
| Finfish and Shellfish | Fish, salmon, Atlantic, wild, cooked, dry heat | 1.50 | 3 oz |
| Fruits & Fruit Juices | Blueberries, raw | 1.25 | 1 cup |
| | Watermelon, raw | 6.00 | 1 cup, diced |

| | | | |
|---|--|-------|--------------------------------------|
| | Watermelon, raw | 3.00 | 1 cup, sliced |
| | Strawberries, raw | 5.00 | 1 cup, halves |
| | Peaches, raw | 2.50 | 1 cup, slices |
| | Raisins, seedless | 1.00 | 50 raisins |
| | Grapefruit - pink or red 4" diam. | 2.00 | each |
| | Pear -medium w/peel | 1.00 | each |
| Jams/ Spreads/Sauces/ Syrups | Relish - pickle | 0.50 | tablespoon |
| | Mayonnaise - low fat | 3.00 | tablespoon |
| | Peanut Butter | 4.00 | tablespoon |
| Nuts & Seeds | Nuts, almonds | 46.00 | 1 almond |
| Performance Carbohydrates | Apple - medium with peel | 2.00 | each |
| Poultry | Turkey Meatballs | 3.00 | each |
| Protein Snack Foods (Healthy) | Tuna Solid White -Water Sm. can | 8.00 | ounce(s) |
| Proteins (Healthy) | Egg Whites - scrambled/boiled | 3.00 | each |
| | Shrimp - boiled or steamed | 5.00 | ounce(s) |
| | Turkey Breast / White Meat | 8.00 | ounce(s) |
| | Chicken Breast / White Meat | 11.00 | ounce(s) |
| Red Meats - Standard | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 1.00 | 1 serving (3 oz) |
| Rice, grains, flour | Rice, brown, long-grain, cooked | 2.00 | 1 cup |
| | Spaghetti, whole-wheat, cooked | 2.00 | 1 cup |
| Seasonings | Garlic powder | 0.33 | tablespoon |
| Snacks & Treats | Snacks, popcorn, air-popped | 22.00 | 1 cup |
| | Pretzels - Rold Gold, Tiny Tim | 20.00 | each |
| Soups and Gravies | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve | 1.00 | 1 cup |
| | Soup, vegetarian vegetable, canned, prepared with equal volume water | 2.00 | 1 cup |
| | Sauce, barbecue | 0.25 | 1 cup (8 fl oz) |
| | Sauce, pasta, spaghetti/marinara, ready-to-serve | 1.00 | 1 serving |
| | Sauce, salsa, ready-to-serve | 1.00 | 2 tablespoon |
| Toppings | Cinnamon | 1.00 | tea spoon |
| Vegetables | Coleslaw, home-prepared | 2.00 | 0.5 cup |
| | Waterchestnuts, chinese, canned, solids and liquids | 1.00 | 0.5 cup slices |
| | Broccoli, cooked, boiled, drained, without salt | 2.00 | 0.5 cup, chopped |
| | Spinach, raw | 6.00 | 1 cup |
| | Broccoli, flower clusters, raw | 1.00 | 1 cup flowerets |
| | Peppers, sweet, red, raw | 1.50 | 1 cup, chopped |
| | Carrots, raw | 1.00 | 1 cup, strips or slices |
| | Lettuce, cos or romaine, raw | 2.00 | 1 inner leaf |
| | Sweet potato, cooked, baked in skin, flesh, without salt | 1.00 | 1 large |
| | Spinach, raw | 3.00 | 1 leaf |
| | Tomatoes, red, ripe, raw, year round average | 1.00 | 1 slice, thick/large (1/2" thick) |
| | Tomatoes, red, ripe, raw, year round average | 4.00 | 1 slice, thin/small |

| | | |
|---|-------|-------------------------|
| Onions, spring or scallions (includes tops and bulb), raw | 1.00 | 1 tablespoon chopped |
| zucchini, frozen, boiled, drained | 2.00 | 1/2 cup |
| tomato, diced | 2.25 | 1/2 cup |
| Green salad w/ raw vegetables | 5.00 | cup |
| Cucumber - raw, slices | 1.50 | cup |
| Carrots - baby, raw | 32.00 | medium |