



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, baked, canned, plain or vegetarian	0.50	1 cup
	Peanuts, all types, dry-roasted, without salt	1.00	1 oz
Beverages	Water, tap, municipal	56.00	1 cup (8 fl oz)
	Ice cubes	5.00	1/2 cup
	Orange Juice, Tropicana- 100% pure, plus calcium	16.00	fluid ounce(s)
	Vegetable juice - V8	12.00	fluid ounce(s)
	Apple juice - Mott's	4.00	ounce(s)
Breads and baked goods	Rolls, dinner, whole-wheat	1.50	1 medium (2-1/2" dia)
	English muffins, mixed-grain (includes granola)	1.00	1 muffin
	English muffins, mixed-grain, toasted (includes granola)	0.50	1 muffin
	Muffins, blueberry, commercially prepared (Includes mini-muffins)	2.00	1 muffin (2-3/4" dia x 2")
	Bread, wheat, toasted	2.00	1 oz
	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.50	1 serving
	Bread, raisin, toasted, enriched	2.00	1 slice
	Cookies, vanilla wafers, lower fat	4.00	1 small
	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	3.00	1 waffle, round (4" dia) (include frozen)
	Pita - wheat	2.00	each
Bun - hamburger	1.00	each	
Carb. Snack Foods (Healthy)	Graham Crackers	3.00	each
	Apple - medium with peel	1.50	each
Cereals	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1.00	1 cup (1 NLEA serving)
	Oatmeal - instant pkt.,apples/spice, Quaker	2.00	pack
Dairy	Cheese, low fat, cheddar or colby	2.00	1 cubic inch
	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	1.00	1 cup
	Egg, whole, cooked, hard-boiled	0.50	1 cup, chopped
	Cheese, mozzarella, low moisture, part-skim	0.25	1 cup, shredded
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Egg, whole, cooked, omelet	1.00	1 large
	Milk - 1%	2.50	cup
	Milk - skim, no fat	12.50	cup
	Yogurt - Dannon, Extra Smooth, all flavors	12.00	ounce(s)
Cream Cheese, Light, Phili brand	1.00	ounce(s)	
Desserts	Sherbet, orange	1.00	0.5 cup (4 fl oz)
	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
Dressings	Italian - creamy, reduced cal., KRAFT	2.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	2.00	1 tablespoon

	Margarine, soft, soybean, no salt	10.00	1 teaspoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	3.00	2 tablespoon
	Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	1.00	2 tablespoon
	Olive oil - pure	0.50	tablespoon
Fibrous Carbohydrates (Healthy)			
	Corn - sweet ear, boiled, drained	1.00	each
	Celery - raw stalk trimmed	3.00	each
Finfish and Shellfish			
	Fish, tuna salad	0.50	1 cup
	Fish, fish sticks, frozen, prepared	4.00	1 stick (4" x 1" x 1/2")
Fruits & Fruit Juices			
	Grapefruit, raw, pink and red, all areas	2.00	0.5 fruit (3-3/4" dia)
	Blueberries, raw	1.00	1 cup
	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.50	1 cup
	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.50	1 cup
	Peaches, canned, juice pack, solids and liquids	0.50	1 cup
	Applesauce, canned, unsweetened, with added ascorbic acid	0.50	1 cup
	Melons, cantaloupe, raw	0.50	1 cup, balls
	Watermelon, raw	0.50	1 cup, balls
	Pineapple, canned, juice pack, solids and liquids	0.50	1 cup, crushed, sliced, or chunks
	Melons, honeydew, raw	0.50	1 cup, diced (approx 20 pieces per cup)
	Strawberries, raw	0.50	1 cup, halves
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Orange - medium	1.00	each
	Cherries, sweet, medium	12.00	each
	Banana - med 8"	2.50	each
	Grapes - American	15.00	each
	Pear -medium w/peel	1.00	each
Jams/ Spreads/Sauces/ Syrups			
	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
	Spaghetti sauce - Ragu, 'Thick & Hearty'	0.50	cup
	Peanut butter - creamy. Peter Pan	2.00	tablespoon
	Syrup - Aunt Jemima, Lite	2.00	tablespoon
	Salsa - Chunky medium, Pace	3.00	tablespoon
	BBQ - Thick n' Spicy, KRAFT	1.00	tablespoon
	Peanut Butter	1.00	tablespoon
	Jelly - all flavors, Simply Fruit, Smuckers	3.00	tea spoon
Meals, Entrees and Sidedishes			
	Lean Turkey Meatballs- HoneySuckle White	4.00	each
Miscellaneous			
	Tortilla - flour, soft, 7" diam.	1.00	each
Noodles & Pastas			
	Spaghetti - wheat, cooked, DiGiorno	0.50	cup
Performance Carbohydrates			
	Bread whole wheat -slice	7.00	each
Protein Snack Foods (Healthy)			
	Cottage Cheese - 1% fat	1.50	cup
Proteins (Healthy)			
	Turkey Breast / White Meat	9.00	ounce(s)

	Chicken Breast / White Meat	10.00	ounce(s)
	Kraft American Cheese 2% Milk	4.00	slice
Red Meats - Standard	Beef, ground, extra lean, baked, medium	1.00	3 oz
	Beef, ground, extra lean, broiled, medium	1.00	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	0.50	1 cup
	Rice, brown, medium-grain, cooked	0.50	1 cup
Sausages and Lunch Meats	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	3.00	1 slice
Seasonings	Mustard, prepared, yellow	3.00	1 teaspoon or 1 packet
Snacks & Treats	Popcorn - Lite, microwaved, Orville Red. Gourmet	6.00	cup
	Pretzels - Rold Gold, Tiny Tim	22.00	each
Soups and Gravies	Gravy, beef, canned, ready-to-serve	0.25	1 cup
	Soup, black bean, canned, prepared with equal volume water	0.25	1 cup
	Sauce, salsa, ready-to-serve	3.00	1 tablespoon
	Sauce, fish, ready-to-serve	1.00	1 tablespoon
	Tomato soup - prepared w/skim milk, Campbell's	0.75	cup
Starchy Carbohydrates (Healthy)	Tortilla - corn, soft, 7" diam.	2.00	each
Vegetables	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	1.00	0.5 cup
	Beans, snap, yellow, canned, no salt added, drained solids	2.00	0.5 cup
	Mushrooms, white, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
	Tomatoes, red, ripe, raw, year round average	6.00	1 cherry
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.50	1 cup
	Potato puffs, frozen, oven-heated	0.50	1 cup
	Potatoes, mashed, home-prepared, whole milk added	1.00	1 cup
	Cauliflower, frozen, cooked, boiled, drained, without salt	0.50	1 cup (1" pieces)
	Broccoli, flower clusters, raw	0.50	1 cup flowerets
	Carrots, baby, raw	15.00	1 large
	Lettuce, green leaf, raw	2.00	1 leaf
	Tomatoes, red, ripe, raw, year round average	3.00	1 slice, medium (1/4" thick)
	Catsup	0.50	1 tablespoon
	tomato, diced	1.00	1/2 cup
	Peppers, sweet, yellow, raw	0.50	10 strips
	Green salad w/ raw vegetables	3.00	cup
	Cucumber - raw, slices	1.00	cup