



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	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	1.00	1/2 cup
	Walnuts, dried	1.66	ounce(s)
Beverages	water, arrowhead	224.00	fluid ounce(s)
Breads and baked goods	Bread, pumpernickel, toasted	2.00	1 slice (5" x 4" x 3/8")
Carb. Snack Foods (Healthy)	Rice cake - plain, unsalted, Quaker	2.00	each
	Rice cake - plain, Quaker	2.00	each
	Apple - medium with peel	1.00	each
	Banana - med 8"	1.00	each
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	3.00	0.5 cup (1 NLEA serving)
	Cereals, CREAM OF RICE, cooked with water, without salt	5.00	0.75 cup
	Cereals ready-to-eat, POST Bran Flakes	6.00	0.75 cup (1 NLEA serving)
	Cereal, oats, old fashioned, dry	2.00	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	1.00	1 oz
	Cheese, swiss, low fat	2.00	1 slice (1 oz)
	Cream, sour, reduced fat, cultured	1.00	1 tablespoon
	Cheese, cream, low fat	1.00	1 tablespoon
	Non-fat yogurt-artificially sweetened	3.50	cup
	Milk - skim, no fat	5.25	cup
	Soy Milk, fat-free w/ calcium	12.00	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	5.50	1 tablespoon
	Olive oil - pure	10.00	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Celery - raw stalk trimmed	8.00	each
	Wasa Crackers, light rye	8.00	each
	Salad - lrg. garden w/tomato & onion	4.00	large
	Broccoli	32.00	spear
Fruits & Fruit Juices	Blackberries, raw	3.00	1 cup

	Blueberries, raw	4.82	1 cup
	Raspberries, raw	3.66	1 cup
	Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
	Strawberries, raw	3.00	1 cup, halves
	Avocados, raw, all commercial varieties	0.25	1 cup, sliced
	Strawberries, raw	2.00	1 cup, sliced
	Peaches, raw	1.50	1 cup, slices
	Strawberries	4.16	cup
	Plum - fresh, 2.25" diam	3.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Cherries, sweet, medium	22.00	each
	Banana - med 8"	2.00	each
	Grapes - American	121.00	each
	Pear -medium w/peel	2.00	each
	Pineapple - frsh, slice approx 3.5"	2.00	slice
Jams/ Spreads/Sauces/ Syrups	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon
	Almond Butter	8.00	tablespoon
Misc. Meats	Pork - broiled, chopped, trimmed,center loin	3.00	ounce(s)
	Sirloin Top - fat trimmed off	3.00	ounce(s)
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds	300.00	1 almond
	Nuts, walnuts, english	0.75	1 cup, in shell, edible yield (7 nuts)
	Nuts, almond butter, plain, without salt added	1.00	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon
	Cashews - roasted, lightly salted Planters	1.00	ounce(s)
Performance Carbohydrates	Lentil - boiled	3.00	cup
	Brown rice - cooked	3.00	cup
	Apple - medium with peel	12.00	each
Poultry	Chicken breast, organic	78.00	ounce(s)
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
	Tuna Solid White -Water Sm. can	2.00	ounce(s)
Proteins (Healthy)	Milk, Almond	9.00	cup
	Egg Whites - scrambled/boiled	7.00	each
	Turkey, ground, extra lean	3.00	ounce(s)
	Salmon - broiled	3.00	ounce(s)
	Halibut - broiled	3.00	ounce(s)
	Turkey Breast / White Meat	5.00	ounce(s)
	Chicken Breast / White Meat	6.00	ounce(s)
	Beef, organic, extra lean	14.00	ounce(s)
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1.25	3 oz
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
Sausages and Lunch Meats	Ham, sliced, packaged (96% fat free, water added)	4.00	1 slice (6-1/4" x 4" x 1/16")

Seasonings	Spices, allspice, ground	2.00	1 tablespoon
	Vinegar, distilled	2.00	1 tablespoon
	Mustard, prepared, yellow	4.00	1 teaspoon or 1 packet
	Garlic powder	10.15	tablespoon
Soups and Gravies	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1.25	1 cup (8 fl oz)
Vegetables	Asparagus, cooked, boiled, drained	3.00	0.5 cup
	Cauliflower, cooked, boiled, drained, without salt	2.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	2.00	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	18.00	1 bunch
	Spinach, cooked, boiled, drained, without salt	2.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.00	1 cup
	Tomato sauce, canned, no salt added	0.25	1 cup
	Broccoli, flower clusters, raw	2.00	1 cup flowerets
	Onions, raw	1.00	1 cup, chopped
	Lettuce, cos or romaine, raw	2.00	1 inner leaf
	Lettuce, green leaf, raw	2.00	1 leaf
	Spinach, raw	3.00	1 leaf
	Tomatoes, red, ripe, raw, June thru October average	2.00	1 slice, medium (1/4" thick)
	Parsley, fresh	2.00	1 tablespoon
	tomato, diced	3.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	8.00	cup
	Split peas - boiled	1.00	cup
	Pepper - sweet bell, all colors, chopped,	4.00	cup
	Peas - green, canned, Green Giant	1.00	cup
	Cucumber - raw, slices	1.50	cup
	Cauliflower - boiled, drained	6.00	ounce(s)
	Tomato - sm. w/peel, 2.5" diam.	2.00	small
	Onion - chopped	16.00	tablespoon