



# PRODIETS

## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Walnuts, dried	12.00	ounce(s)
<b>Beverages</b>	Tea, black, brewed, prepared with tap water, decaffeinated	18.00	1 cup (8 fl oz)
	Tea, herb, other than chamomile, brewed	2.00	1 cup (8 fl oz)
	Tea, herb, chamomile, brewed	6.00	1 cup (8 fl oz)
	Ice cubes	2.00	1/2 cup
	water, arrowhead	2.00	fluid ounce(s)
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - plain, unsalted, Quaker	18.00	each
	Grapes - American	60.00	each
<b>Cereals</b>	Cereals ready-to-eat, corn flakes, low sodium	2.00	1 cup
<b>Custom Recipes</b>	Cleansing Beverage, 8oz water, 1 tbsp apple cider vinegar, 1 tbsp Metamucil, 1 tsp coconut oil	4.00	each
<b>Dressings</b>	Balsamic Vinegar	6.00	tablespoon
<b>Fats &amp; Oils</b>	Olive oil - pure	14.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Wasa Crackers, light rye	8.00	each
<b>Fruits &amp; Fruit Juices</b>	Cranberries, dried, sweetened	6.00	0.333 cup
	Apricots, dehydrated (low-moisture), sulfured, stewed	6.00	1 cup
	Blackberries, raw	10.00	1 cup
	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	2.00	1 cup
	Prunes, dehydrated (low-moisture), stewed	4.00	1 cup
	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	2.00	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, balls
	Strawberries, raw	10.00	1 cup, halves
	Mangos, raw	2.00	1 cup, sliced
	Peaches, raw	2.00	1 cup, slices
	Blueberries, raw	2.00	1 cup, unthawed
	Raisins, seedless	2.00	1 miniature box (.5 oz)
	Strawberries	4.00	cup
	Grapes, Concord	6.00	cup
	Plum - fresh, 2.25" diam	2.00	each
	Grapefruit - pink or red 4" diam.	2.00	each
	Banana - med 8"	2.00	each
	Papaya - medium, raw, 3.5" diam.	2.00	medium
	Pineapple - frsh, slice approx 3.5"	2.00	slice
<b>Jams/ Spreads/Sauces/ Syrups</b>	Almond Butter	6.00	tablespoon

Nuts & Seeds	Nuts, almonds	242.00	1 almond
	Seeds, sunflower seed kernels, dry roasted, without salt	2.00	1 oz
	Seeds, flaxseed	14.00	1 tablespoon
	Seeds, flaxseed	2.00	1 tablespoon, whole
	Cashews - roasted, lightly salted Planters	10.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	14.00	each
Protein Snack Foods (Healthy)	Egg - boiled white only	44.00	each
Proteins (Healthy)	Egg whole w/ yolk	6.00	each
	Egg Whites - scrambled/boiled	36.00	each
Vegetables	Beets, raw	22.00	1 beet (2" dia)
	Spinach, raw	2.00	1 bunch
	Lettuce, green leaf, raw	2.00	1 cup, shredded
	Lettuce, red leaf, raw	24.00	1 cup, shredded
	Lettuce, cos or romaine, raw	8.00	1 inner leaf
	Green salad w/ raw vegetables	6.00	cup