



# PRODIETS

## Female Meal Plans

| Category                             | Food  | Qty   | Measure       |
|--------------------------------------|---|-------|---------------|
| <b>Beans, Lentils</b>                | refried beans, Amy's Organic Traditional Refried Beans          | 2.00  | 1/2 cup       |
| <b>Breads and baked goods</b>        | Tortilla, Rudi's Organic Bakery, whole spelt                    | 5.00  | each          |
|                                      | crackers, Keebler Organic Toasteds Harvest Wheat                | 14.00 | each          |
|                                      | bread, Light Rye, Rudi's Organic Bakery                         | 2.00  | slice         |
| <b>Carb. Snack Foods (Healthy)</b>   | Banana - med 8"   | 1.50  | each          |
|                                      | Grapes - American   | 15.00 | each          |
| <b>Cereals</b>                       | Cereal, Kashi Organic Promise, Strawberry Fields                | 3.00  | cup           |
|                                      | Hot Cereal Instant, Nature's Path Organic Apple & Cinnamon      | 2.00  | pack          |
| <b>Dairy</b>                         | Cottage Cheese, Horizon Organic Low Fat                         | 3.00  | 1/2 cup       |
|                                      | Cheese, Organic Valley Mild Shredded Cheddar                    | 3.00  | 1/4 cup       |
|                                      | Cheese, Organic Valley Shredded Mozzarella                      | 1.00  | 1/4 cup       |
|                                      | Milk, Stoneyfield Organic Fat-free Milk                         | 7.00  | cup           |
|                                      | Cheese, monterey jack, Organic Valley                           | 2.00  | ounce(s)      |
|                                      | Yogurt, Stoneyfield Organic low fat yogurt, peach               | 36.00 | ounce(s)      |
|                                      | Mild Cheddar Cheese Slices, Organic Valley                      | 2.00  | slice         |
| <b>Dressings</b>                     | salad dressing, Newman's Own Organic Light Balsamic Vinaigrette | 5.00  | tablespoon    |
| <b>Finfish and Shellfish</b>         | Fish, organic salmon, wild, cooked, dry heat                    | 6.00  | ounce(s)      |
| <b>Fruits &amp; Fruit Juices</b>     | Blueberries, raw  | 1.00  | 1 cup         |
|                                      | Strawberries, raw   | 0.50  | 1 cup, halves |
|                                      | Orange - medium   | 1.00  | each          |
|                                      | Grapefruit - pink or red 4" diam.                               | 1.00  | each          |
|                                      | Grapes - American   | 15.00 | each          |
|                                      | Peach - medium, approx 4 oz.                                    | 2.00  | medium        |
| <b>Jams/ Spreads/Sauces/ Syrups</b>  | Prego Organic Tomato & Basil Italian Sauce                      | 1.00  | 1/2 cup       |
|                                      | BBQ sauce, organic  | 3.00  | tablespoon    |
|                                      | Salsa, Amy's Organic Black bean & Corn Salsa                    | 6.00  | tablespoon    |
| <b>Meals, Entrees and Sidedishes</b> | French Fries, Cascadian Farms Organic Frozen French Fries       | 4.00  | ounce(s)      |
| <b>Misc. Meats</b>                   | Eggs, Organic Valley large brown egg, hard boiled               | 2.00  | large         |
| <b>Performance Carbohydrates</b>     | Apple - medium with peel  | 2.00  | each          |
| <b>Pork Products</b>                 | Pork, organic, tenderloin, separable lean only, cooked, roasted | 4.00  | ounce(s)      |

|                                 |   |       |                        |
|---------------------------------|---|-------|------------------------|
| <b>Poultry</b>                  | Chicken breast, organic   | 7.00  | ounce(s)               |
|                                 | Turkey Breast slices, Organic Prairie                               | 6.00  | ounce(s)               |
|                                 |   |       |                        |
| <b>Proteins (Healthy)</b>       | peanut butter, organic, Smuckers                                    | 3.00  | tablespoon             |
|                                 |   |       |                        |
| <b>Sausages and Lunch Meats</b> | Roast Beef, Organic Prairie Roast Beef Slices                       | 6.00  | ounce(s)               |
|                                 |   |       |                        |
| <b>Seasonings</b>               | Mustard, prepared, yellow   | 3.00  | 1 teaspoon or 1 packet |
|                                 |   |       |                        |
| <b>Snacks &amp; Treats</b>      | rice cake, Lundberg Organic Rice Cake, caramel corn                 | 4.00  | each                   |
|                                 | Kettle, Organic Tortilla chips, Brown rice and black bean w/ garlic | 1.00  | ounce(s)               |
|                                 | Organic Tortilla chips, Kettle, Brown rice and black bean w/ garlic | 0.50  | ounce(s)               |
|                                 |   |       |                        |
| <b>Soups and Gravies</b>        | Chili, Amy's Organic Medium Chili                                   | 1.00  | cup                    |
|                                 | soup, Amy's Organic Minestrone Soup                                 | 1.00  | cup                    |
|                                 | soup, Amy's Organic Vegetable Barley Soup                           | 1.50  | cup                    |
|                                 |   |       |                        |
| <b>Vegetables</b>               | Cascadian Farms Organic Broccoli Cuts                               | 2.00  | 2/3 cup                |
|                                 | Cascadian Farms Organic Garden Blend Frozen Vegetables              | 2.00  | 3/4 cup                |
|                                 | Cascadian Farms Organic cut green beans, frozen                     | 2.00  | 3/4 cup                |
|                                 | Sweetpotato, organic, cooked, baked in skin, no salt                | 1.00  | cup                    |
|                                 | Celery, Organic stalk, trimmed                                      | 7.00  | each                   |
|                                 | Vegetable Juice, Campbell's Organic Tomato Juice                    | 24.00 | fluid ounce(s)         |
|                                 | baby carrots, organic   | 14.00 | medium                 |
|                                 | Tomato, sliced, organic   | 6.00  | slice                  |
|                                 | Salad, small w/ organic vegetables                                  | 5.00  | small                  |