



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	2.00	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Tempeh	0.25	1 cup
	Edamame (green soybeans)	1.50	1/2 cup
Beverages	Soy milk, Light, w/ calcium	7.00	cup
Breads and baked goods	English muffins, whole-wheat, toasted	1.50	1 muffin
	Bread, pita, whole-wheat	2.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	7.00	1 toast
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	3.00	each
	Banana - med 8"	1.00	each
	Grapes - American	50.00	each
Cereals	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
	Kashi GoLEAN Cereal	3.00	cup
Dairy	Yogurt, fruit variety, nonfat	2.00	1 container (6 oz)
	Egg, whole, cooked, hard-boiled	1.00	1 large
	Cheese, low fat, cheddar or colby	1.00	1 slice (1 oz)
	Soy Yogurt, Fruited, low fat	30.00	ounce(s)
	Soy Cheese	4.00	slice
Fats & Oils	Salad dressing, italian dressing, fat-free	7.00	1 tablespoon
	Olive oil - pure	1.17	tablespoon
	Soy Nut Butter	2.00	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.00	cup
	Corn - sweet ear, boiled, drained	1.00	each
	Green beans - string boiled & drained	4.00	ounce(s)
Finfish and Shellfish	Fish, salmon, Atlantic, wild, cooked, dry heat	1.25	3 oz
Fruits & Fruit Juices	Strawberries, raw	3.00	1 bar (1 oz)
	Raspberries, raw	1.50	1 cup
	Melons, cantaloupe, raw	3.00	1 cup, diced
	Peaches, raw	3.00	1 cup, slices
	Blueberries, raw	1.00	1 cup, unthawed
	Raisins, seedless	1.25	50 raisins
	Orange - medium	2.00	each
Jams/ Spreads/Sauces/	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon

Spreads, Sauces, Syrups	Soy Sauce - Tamari/low salt	2.00	tablespoon
	Relish - pickle	0.50	tablespoon
	Mayonnaise - low fat	2.50	tablespoon
Meals, Entrees and Sidedishes	Soy Burger	2.00	each
	Soy Chicken Nuggets	5.00	each
	Soy Chicken Patty	1.00	each
Nuts & Seeds	Nuts, almonds	22.00	1 almond
	Roasted Soy Nuts, unsalted	2.00	ounce(s)
Performance Carbohydrates	Apple - medium with peel	3.00	each
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	0.75	cup
	Tuna Solid White -Water Sm. can	6.00	ounce(s)
Proteins (Healthy)	Egg Whites - scrambled/boiled	4.00	each
	Shrimp - boiled or steamed	3.00	ounce(s)
	Chicken Breast / White Meat	7.00	ounce(s)
Rice, grains, flour	Rice, brown, long-grain, cooked	1.00	1 cup
	Spaghetti, whole-wheat, cooked	1.00	1 cup
Snacks & Treats	Snacks, popcorn, air-popped	5.00	1 cup
Soups and Gravies	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.00	1 cup
	Sauce, barbecue, low sodium	0.25	1 cup
	Sauce, teriyaki, ready-to-serve	1.00	1 tablespoon
	Sauce, salsa, ready-to-serve	3.00	2 tablespoon
Toppings	Cinnamon	1.00	tea spoon
Vegetables	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	1.25	0.5 cup pieces
	Waterchestnuts, chinese, (matai), raw	1.00	0.5 cup slices
	Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
	Spinach, raw	2.00	1 can (11.5 oz), prepared
	Broccoli, flower clusters, raw	1.00	1 cup flowerets
	Sweet potato, cooked, baked in skin, flesh, without salt	2.00	1 small
	tomato, diced	4.00	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	6.00	cup
	Pepper - sweet bell, all colors, chopped,	0.50	cup
	Cucumber - raw, slices	0.50	cup
	Carrots - baby, raw	12.00	medium
	Onion - chopped	2.00	tablespoon