



## Male Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	3.00	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.75	1 cup
	Tempeh	0.25	1 cup
	Edamame (green soybeans)	3.00	1/2 cup
<b>Beverages</b>	Soy milk, Light, w/ calcium	9.00	cup
<b>Breads and baked goods</b>	English muffins, whole-wheat, toasted	2.00	1 muffin
	Bread, pita, whole-wheat	4.00	1 pita, large (6-1/2" dia)
	Crackers, melba toast, wheat	10.00	1 toast
<b>Carb. Snack Foods (Healthy)</b>	Rice cake - apple cinnamon, Quaker	5.00	each
	Banana - med 8"	2.00	each
	Grapes - American	50.00	each
<b>Cereals</b>	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2.00	1 cup, cooked
	Kashi GoLEAN Cereal	4.50	cup
<b>Dairy</b>	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
<b>Fats &amp; Oils</b>	Salad dressing, italian dressing, fat-free	10.00	1 tablespoon
	Olive oil - pure	1.08	tablespoon
	Soy Nut Butter	2.00	tablespoon
<b>Fibrous Carbohydrates (Healthy)</b>	Asparagus/ Fresh - Boiled	1.00	cup
	Corn - sweet ear, boiled, drained	1.00	each
	Green beans - string boiled & drained	4.00	ounce(s)
<b>Finfish and Shellfish</b>	Fish, salmon, Atlantic, wild, cooked, dry heat	1.50	3 oz
<b>Fruits &amp; Fruit Juices</b>	Strawberries, raw	4.50	1 bar (1 oz)
	Raspberries, raw	2.50	1 cup
	Melons, cantaloupe, raw	5.00	1 cup, diced
	Peaches, raw	3.50	1 cup, slices
	Blueberries, raw	1.50	1 cup, unthawed
	Raisins, seedless	2.50	50 raisins
	Orange - medium	2.00	each
<b>Jams/ Spreads/Sauces/</b>	Soy sauce - Kikkoman 'Lite'	2.00	tablespoon

<b>Spreads, Sauces, Syrups</b>	Soy Sauce - Tamari	2.00	tablespoon
	Relish - pickle	1.00	tablespoon
	Mayonnaise - low fat	3.00	tablespoon
<b>Meals, Entrees and Sidedishes</b>	Soy Burger	2.00	each
	Soy Chicken Nuggets	5.00	each
	Soy Chicken Patty	1.00	each
<b>Nuts &amp; Seeds</b>	Nuts, almonds	22.00	1 almond
	Roasted Soy Nuts, unsalted	2.50	ounce(s)
<b>Performance Carbohydrates</b>	Apple - medium with peel	3.00	each
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	1.50	cup
	Tuna Solid White -Water Sm. can	8.00	ounce(s)
<b>Proteins (Healthy)</b>	Egg Whites - scrambled/boiled	8.00	each
	Shrimp - boiled or steamed	5.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.75	1 cup
	Spaghetti, whole-wheat, cooked	1.50	1 cup
<b>Snacks &amp; Treats</b>	Snacks, popcorn, air-popped	6.00	1 cup
<b>Soups and Gravies</b>	Soup, vegetarian vegetable, canned, prepared with equal volume water	2.50	1 cup
	Sauce, barbecue, low sodium	0.33	1 cup
	Sauce, teriyaki, ready-to-serve	1.00	1 tablespoon
	Sauce, salsa, ready-to-serve	3.00	2 tablespoon
<b>Toppings</b>	Cinnamon	1.00	tea spoon
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	3.00	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	9.00	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