



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Hummus, home prepared	0.50	1 cup
Breads and baked goods	Mission Corn Tortilla- 6 in	4.00	each
	GF Blueberry Muffin- Kinnikinnick	2.00	each
Carb. Snack Foods (Healthy)	Rice cake - apple cinnamon, Quaker	6.00	each
	Banana - med 8"	1.00	each
	Potato - white medium	7.00	ounce(s)
Cereals	Cereals, CREAM OF RICE, cooked with water, without salt	2.00	0.75 cup
	Cereal, Nature's Path Gluten-free Organic Corn Flakes	2.00	3/4 cup
Dairy	Egg, whole, cooked, hard-boiled	1.00	1 large
	Egg, whole, cooked, scrambled	1.00	1 large
	Milk - skim, no fat	7.00	cup
	Cheddar, mild shredded, KRAFT Lite Naturals	3.00	ounce(s)
	Yoplait Light Yogurt (no granola or graham crx)	24.00	ounce(s)
	Kraft, cheese, mozzarella natural shredded part-skim	1.00	ounce(s)
Dressings	Salad dressing, Wishbone Light Thousand Island	3.00	tablespoon
	Salad dressing, Wishbone Light Italian	8.00	tablespoon
	Hellman's Light Mayo	4.00	tablespoon
Fats & Oils	Olive oil - pure	0.50	tablespoon
Fibrous Carbohydrates (Healthy)	Salad - med. garden w/tomato, onion	1.00	medium
	Green beans - string boiled & drained	4.00	ounce(s)
	Salad - sm. garden w/tomato, onion	6.00	small
Finfish and Shellfish	Fish, swordfish, cooked, dry heat	1.25	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.75	1 cup
	Melons, cantaloupe, raw	2.00	1 cup, diced
	Strawberries, raw	1.00	1 cup, halves
	Raisins, seedless	1.00	1 miniature box (.5 oz)
	Strawberries	1.00	cup
	Grapefruit - pink or red 4" diam.	1.00	each
	Grapes - American	20.00	each
	Peach - medium, approx 4 oz.	2.00	medium
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	16.00	tablespoon
	Relish - pickle	1.00	tablespoon

	SMART BALANCE Buttery Spread	5.50	tea spoon
Noodles & Pastas	Lundberg Organic Brown Rice Pasta	3.00	ounce(s)
Nuts & Seeds	Nuts, almonds	10.00	1 almond
Performance Carbohydrates	Apple - medium with peel	2.00	each
Pork Products	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.50	3 oz
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
Proteins (Healthy)	Shrimp - boiled or steamed	4.00	ounce(s)
	Chicken Breast / White Meat	10.00	ounce(s)
	Turkey, Honeysuckle, FF oven prepared Turkey Breast	7.00	ounce(s)
	Tuna, Bumble Bee, White Albacore in water	6.00	ounce(s)
	Peanut Butter, Jif Reduced Fat	2.50	tablespoon
Red Meats - Standard	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1.00	3 oz
Snacks & Treats	Popcorn - Lite, microwaved, Orvill Red. Gourmet	8.00	cup
	Tostitos Bite Size Gold Tortilla Chips	2.50	ounce(s)
Soups and Gravies	soup, Campbell's Select Savory Lentil	2.00	cup
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	1.50	cup
	Food for Life-Wheat & GF Whole Grain Brown Rice Bread	2.00	slice
Vegetables	Asparagus, frozen, cooked, boiled, drained, without salt	2.00	1 cup
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.50	1 cup
	Sweet potato, cooked, baked in skin, flesh, without salt	0.50	1 cup
	Cauliflower, frozen, cooked, boiled, drained, without salt	0.50	1 cup (1" pieces)
	Spinach, raw	6.00	1 leaf
	Carrots, baby, raw	26.00	1 medium
	zucchini, frozen, boiled, drained	3.00	1/2 cup
	tomato, diced	5.00	1/2 cup
	Cucumber - raw, slices	1.00	cup
	Onion - chopped	4.00	tablespoon