



## Female Meal Plans

Category	Food	Qty	Measure
<b>Beans, Lentils</b>	SILK Plain, soymilk	0.33	1 cup
	Black beans	0.25	cup
	Black beans, canned, drained	3.00	tablespoon
<b>Beverages</b>	Water	224.00	fluid ounce(s)
	Green or black tea	104.00	fluid ounce(s)
<b>Breads and baked goods</b>	Van's Whole Grain Waffles	2.00	each
	Bread, Ezekiel Sprouted Grain, Low Sodium	1.00	slice
<b>Carb. Snack Foods (Healthy)</b>	Apple - medium with peel	3.00	each
<b>Cereals</b>	Kashi GoLEAN Cereal	1.83	cup
	Bran flakes	0.33	cup
<b>Dairy</b>	Milk - skim, no fat	1.00	cup
	Skim milk	24.00	fluid ounce(s)
	Grated parmesan cheese	0.75	tablespoon
<b>Dressings</b>	Balsamic Vinegar	6.50	tablespoon
<b>Fats &amp; Oils</b>	Sliced avocado	0.64	cup
	Olive oil	4.75	tea spoon
<b>Fibrous Carbohydrates (Healthy)</b>	Cooked lentils	0.50	cup
	Dry steel cut oats	0.75	cup
	Brown rice, cooked	2.50	cup
	Whole wheat spaghetti, cooked	1.00	cup
	Sweet potato, baked in peel, large	0.75	each
	100% whole wheat wrap, 6"	1.00	each
	Ezekiel 4:9 bread, sprouted 100% whole wheat	5.00	slice
<b>Fruits &amp; Fruit Juices</b>	Watermelon, raw	4.00	1 cup, diced
	Tangerines, (mandarin oranges), raw	0.25	1 small (2-1/4" dia)
	Strawberries	2.50	cup
	Fresh raspberries	1.58	cup
	Fresh blueberries	1.75	cup
	Fresh cantaloupe	3.33	cup
	Sliced fresh peaches	2.50	cup
	Orange - medium	2.00	each
	Grapefruit - pink or red 4" diam.	0.75	each
	Grapefruit	1.25	each
	Pear	2.00	each
Raisins	1.75	tablespoon	

<b>Jams/ Spreads/Sauces/ Syrups</b>	Salsa	0.25	cup
	Almond Butter	0.25	tablespoon
	Low fat mayonnaise	0.50	tablespoon
	Trans fat-free buttery spread	1.50	tea spoon
	All fruit jelly	2.00	tea spoon
<b>Misc. Meats</b>	Boca Vegan Veggie Burgers	0.50	each
<b>Miscellaneous</b>	Ice cube	1.00	each
	Chia seed	1.00	tea spoon
<b>Noodles &amp; Pastas</b>	Quinoa, cooked	1.75	1 cup
<b>Nuts &amp; Seeds</b>	Seeds, flaxseed	3.75	1 teaspoon, ground
	Pistachio nuts	96.00	each
	Slivered almonds	2.50	tablespoon
	Chopped walnuts	3.25	tablespoon
<b>Protein Snack Foods (Healthy)</b>	Cottage Cheese - 1% fat	0.25	cup
	Pumpkin seeds, roasted, unsalted	2.25	tablespoon
<b>Proteins (Healthy)</b>	Beans	0.25	cup
	Edamame, shelled	0.13	cup
	Almonds, unsalted	6.00	each
	Egg white	5.00	large
	Trout - all species, dry heat cooked	3.00	ounce(s)
	Chicken Breast / White Meat	3.00	ounce(s)
	Water packed white tuna	2.75	ounce(s)
	Boneless chicken breast	9.50	ounce(s)
	Turkey breast	6.00	ounce(s)
	Salmon	7.50	ounce(s)
	Canned salmon	5.00	ounce(s)
	Greek yogurt, plain, non fat	6.50	ounce(s)
	Tilapia	4.25	ounce(s)
Firm tofu	2.50	ounce(s)	
<b>Seasonings</b>	Asian five spice	0.25	tea spoon
<b>Soups and Gravies</b>	Vegetable broth, low sodium	0.50	cup
<b>Starchy Carbohydrates (Healthy)</b>	Brown Rice - cooked	0.50	cup
<b>Toppings</b>	Cinnamon	1.00	tea spoon
	Sugar - brown	0.50	tea spoon
<b>Vegetables</b>	Arugula, raw	1.50	0.5 cup
	Ginger root, raw	0.13	1 teaspoon
	Mixed greens	5.50	cup
	Green beans, steamed or boiled	0.50	cup
	Kale	1.00	cup
	Cauliflower	0.25	cup
	Chopped onion	1.00	cup
	Roasted beets	0.75	cup
	Carrots	0.50	cup

Mixed vegetables (non starchy)	0.25	cup
Edamame, in pods, prepared from frozen	0.66	cup
Grated carrots	1.08	cup
Chopped tomato	1.50	cup
Broccoli	4.25	cup
Red pepper	0.50	cup
Fresh spinach	5.75	cup
Fresh mushrooms	1.25	cup
Bell pepper	0.25	each
Tomato	0.50	each
Garlic clove	0.75	each
Onion - chopped	0.50	tablespoon
Chopped onion	1.00	tablespoon