



Female Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.50	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.50	1 cup
	Soybeans, mature seeds, dry roasted	0.40	1 cup
	Soymilk, original and vanilla, unfortified	2.75	1 cup
	Hummus, commercial	0.50	1 cup
	Beans, pinto, mature seeds, cooked, boiled, with salt	1.00	1 cup
	Walnuts, dried	1.00	ounce(s)
Beverages	Tea, black, brewed, prepared with tap water, decaffeinated	21.00	1 cup (8 fl oz)
	Orange Juice, Tropicana- 100% pure, plus calcium	44.00	fluid ounce(s)
	Vegetable juice - V8	16.00	fluid ounce(s)
Breads and baked goods	Bagels, oat bran	1.00	1 bagel (3" dia)
	Pita - wheat	2.00	each
Carb. Snack Foods (Healthy)	Wheat thins	30.00	biscuit
Cereals	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	1.25	1 cup (1 NLEA serving)
	Cereals ready-to-eat, wheat germ, toasted, plain	1.75	1 oz
	oats, instant, fortified, with bran and raisins, prepared with water	1.00	1 packet, prepared
Dairy	Milk - skim, no fat	6.00	cup
	Yogurt - Yoplait, Light, all flavors	24.00	ounce(s)
	Parmesan, grated, KRAFT	0.25	ounce(s)
	Cream Cheese, Light, Phili brand	1.00	ounce(s)
	Cheddar, mild shredded, KRAFT Lite Naturals	2.00	ounce(s)
Dressings	Oil & vinegar - Wish-Bone, Lite Classic	3.00	tablespoon
Fats & Oils	Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
	Olive oil - pure	1.33	tablespoon
Fibrous Carbohydrates (Healthy)	Tortilla 99% fat free, whole wheat, flour	3.00	each
	Green beans - string boiled & drained	4.00	ounce(s)
Finfish and Shellfish	Fish, tuna salad	0.50	1 cup
	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	3 oz
	Fish, tuna, light, canned in water, without salt, drained solids	1.00	3 oz
	Fish, salmon, pink, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Blueberries, raw	1.50	1 cup
	Guavas, common, raw	1.00	1 cup

	Raspberries, raw	0.50	1 cup
	Watermelon, raw	1.00	1 cup, balls
	Kiwifruit, green, raw	2.00	1 fruit without skin, medium
	Strawberries	2.25	cup
	Orange - medium	1.00	each
	Grapefruit - pink or red 4" diam.	1.00	each
	Cantaloupe - muskmelon	0.50	each
	Banana - med 8"	1.50	each
	Peach - medium, approx 4 oz.	2.00	medium
Jams/ Spreads/Sauces/ Syrups	Salsa - Chunky medium, Pace	5.00	tablespoon
	Relish - pickle	0.50	tablespoon
	BBQ - Thick n' Spicy, KRAFT	2.00	tablespoon
Miscellaneous	Vegetarian burger - frozen, Green Giant, Harvest	2.00	each
Noodles & Pastas	Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds	Nuts, almonds, dry roasted, without salt added	0.25	1 oz (22 whole kernels)
	Seeds, flaxseed	3.00	1 tablespoon
Performance Carbohydrates	Oatmeal - quick, measure uncooked	1.00	cup
Protein Snack Foods (Healthy)	Cottage Cheese - 1% fat	1.50	cup
Proteins (Healthy)	Egg Beaters - Fleischmann's	0.50	cup
	Chicken Breast / White Meat	6.00	ounce(s)
Seasonings	Spices, garlic powder	0.50	1 teaspoon
Soups and Gravies	Sauce, teriyaki, ready-to-serve	2.00	1 tablespoon
	Sauce, salsa, ready-to-serve	2.00	1 tablespoon
	Split pea soup - prepared, Rokeach	1.00	cup
Starchy Carbohydrates (Healthy)	Brown Rice - cooked	0.50	cup
Vegetables	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
	Waterchestnuts, chinese, canned, solids and liquids	0.50	0.5 cup slices
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 cup
	Brussels sprouts, frozen, cooked, boiled, drained, without salt	1.00	1 cup
	Spinach, raw	1.25	1 cup
	Eggplant, cooked, boiled, drained, without salt	0.50	1 cup (1" cubes)
	Cauliflower, frozen, cooked, boiled, drained, without salt	0.50	1 cup (1" pieces)
	Onions, raw	0.25	1 cup, chopped
	Squash, winter, all varieties, cooked, baked, without salt	1.00	1 cup, cubes
	Carrots, frozen, cooked, boiled, drained, without salt	0.50	1 cup, sliced
	Carrots, baby, raw	24.00	1 large
	Spinach, raw	1.00	1 leaf
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 medium (2" dia, 5" long, raw)
	Potatoes, baked, flesh and skin, without salt	0.50	1 medium (2-1/4" to 3-1/4" dia.)
	zucchini, frozen, boiled, drained	1.00	1/2 cup

tomato, diced	3.50	1/2 cup
Green salad w/ raw vegetables	3.00	cup
Pepper - sweet bell, all colors, chopped,	0.50	cup
Tomato - sm. w/peel, 2.5" diam.	1.00	small