



## Male Meal Plans

Category	Food	Qty	Measure
Beans, Lentils	Beans, white, mature seeds, cooked, boiled, without salt	1.00	1 cup
	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.33	1 cup
	Lentils, mature seeds, cooked, boiled, without salt	0.50	1 cup
	Hummus, commercial	1.00	1 cup
	Veggie burgers or soyburgers, unprepared	2.00	1 patty
Beverages	Lemon juice -	0.50	tablespoon
Breads and baked goods	Rolls, dinner, whole-wheat	1.00	1 medium (2-1/2" dia)
	Bread, pita, whole-wheat	4.00	1 pita, large (6-1/2" dia)
	Bread, whole-wheat, commercially prepared, toasted	2.00	1 slice
	Crackers, melba toast, wheat	7.00	1 toast
Carb. Snack Foods (Healthy)	Banana - med 8"	2.00	each
	Grapes - American	50.00	each
Cereals	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	3.00	1 cup, cooked
	Kashi GoLEAN Cereal	3.00	cup
Dairy	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	7.00	1 container (8 oz)
	Cheese, feta	0.50	1 cup, crumbled
	Cheese, feta	1.00	1 oz
	Cheese, goat, soft type	3.00	1 oz
	Cheese, parmesan, grated	3.00	1 tablespoon
	Milk - skim, no fat	7.00	cup
Fats & Oils	Salad dressing, home recipe, vinegar and oil	1.00	1 tablespoon
	Salad dressing, italian dressing, reduced calorie	5.00	1 tablespoon
	Olive oil - pure	4.50	tablespoon
	Smart Balance LIGHT (Non-Dairy)	1.33	tablespoon
Fibrous Carbohydrates (Healthy)	Asparagus/ Fresh - Boiled	1.00	cup
Finfish and Shellfish	Fish, halibut, Atlantic and Pacific, cooked, dry heat	1.00	3 oz
	Fish, salmon, Atlantic, wild, cooked, dry heat	1.00	3 oz
Fruits & Fruit Juices	Grapefruit, raw, pink and red and white, all areas	2.00	0.5 large (approx 4-1/2" dia)
	Blueberries, raw	4.50	1 cup
	Raspberries, raw	2.00	1 cup
	Avocados, raw, all commercial varieties	1.00	1 cup, sliced
	Strawberries, raw	5.00	1 cup, whole
	Kiwifruit, green, raw	3.00	1 fruit without skin, medium

	Olives, ripe, canned (small-extra large)	8.00	1 large
	Raisins, seedless	2.00	50 raisins
	Orange - medium	1.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>	Peanut Butter	5.50	tablespoon
<b>Nuts &amp; Seeds</b>	Nuts, almonds	40.00	1 almond
	Nuts, walnuts, english	2.00	1 cup, in shell, edible yield (7 nuts)
	Seeds, sunflower seed kernels, dry roasted, without salt	1.00	1 oz
	Seeds, flaxseed	4.50	1 tablespoon
<b>Performance Carbohydrates</b>	Apple - medium with peel	3.50	each
<b>Proteins (Healthy)</b>	Shrimp - boiled or steamed	7.00	ounce(s)
	Chicken Breast / White Meat	4.00	ounce(s)
	Tuna, Bumble Bee, White Albacore in water	5.00	ounce(s)
<b>Rice, grains, flour</b>	Rice, brown, long-grain, cooked	1.00	1 cup
	Spaghetti, whole-wheat, cooked	2.25	1 cup
	Couscous, cooked	1.25	1 cup, cooked
<b>Seasonings</b>	Garlic powder	1.33	tablespoon
<b>Soups and Gravies</b>	Soup, minestrone, canned, prepared with equal volume water	1.50	1 cup (8 fl oz)
<b>Toppings</b>	Cinnamon	1.50	tea spoon
<b>Vegetables</b>	Cauliflower, cooked, boiled, drained, without salt	1.00	0.5 cup (1" pieces)
	Mushrooms, white, raw	6.00	0.5 cup pieces
	Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.00	1 can (11.5 oz), prepared
	Spinach, raw	4.00	1 can (11.5 oz), prepared
	Tomatoes, sun-dried	0.50	1 cup
	Eggplant, cooked, boiled, drained, without salt	1.00	1 cup (1" cubes)
	Spinach, raw	4.00	1 leaf
	Sweet potato, cooked, baked in skin, flesh, without salt	1.00	1 small
	tomato, diced	5.75	1/2 cup
	zucchini, boiled, drained	2.00	1/2 cup
	Green salad w/ raw vegetables	2.00	cup
	Pepper - sweet bell, all colors, chopped,	1.25	cup
	Cucumber - raw, slices	0.50	cup
	Onion - chopped	2.00	tablespoon