

Sample Meal Plan

Bone Health 1900 Calorie days

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Meal Planner: 1900 Calories Bone Health

Meal Planner report created exclusively for Your Goals

Day #1

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nu	44.94	3.85	1.82	201.30
0.5	each	Grapefruit - pink or red 4" diam.	11.90	0.60	0.10	46.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
Totals for Breakfast			276.74	28.85	2.32	443.30
Snack 1						
0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	6.94	4.07	1.50	53.48
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
Totals for Snack 1			20.44	11.57	1.50	143.48
Lunch						
1.0	1 oz	Cheese, mozzarella, part skim milk	0.78	6.79	4.46	71.12
1.0	0.5 cup	CONTADINA Deluxe Marinara Sauce, ready-to-serve	8.69	1.53	3.53	72.50
1.0	1 muffin	English muffins, whole-wheat, toasted	26.90	5.86	1.40	134.81
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
2.0	0.5 cup pieces	Mushrooms, raw	2.27	2.18	0.24	15.40
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Lunch			45.79	18.08	11.72	338.20
Snack 2						
0.5	1 oz	Babyfood, pretzels	11.51	1.51	0.28	55.58
0.5	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	2.70	3.09	7.40	83.58
1.0	1 miniature box (.5 oz)	Raisins, seedless	11.09	0.43	0.06	41.86
Totals for Snack 2			25.29	5.03	7.74	181.02
Dinner						
1.0	cup	Asparagus/ Fresh - Boiled	7.60	4.60	0.60	44.00
2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	5.10	2.28	0.56	28.52
1.5	3 oz	Fish, salmon, pink, cooked, dry heat	0.00	32.59	5.64	189.98
0.3	table spoon	Olive oil - pure	0.00	0.00	4.62	42.90
1.0	1 cup	Rice, brown, long-grain, cooked	44.77	5.03	1.76	216.45
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			58.18	44.50	13.17	524.22
Snack 3						
3.0	1 cup	Snacks, popcorn, air-popped, white popcorn	18.70	2.88	1.01	91.68
0.3	1 cup	Soybeans, mature seeds, dry roasted	14.07	17.02	9.30	193.93
Totals for Snack 3			32.77	19.90	10.30	285.61
Totals for Day #1			459.20	127.94	46.75	1,915.83

Day #2

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.0	1 oz	Bread, pumpernickel, toasted	14.62	2.66	0.95	77.00
1.0	1 large	Egg, whole, cooked, hard-boiled	0.56	6.29	5.31	77.50
1.0	1 teaspoon	Margarine-like spread, (approximately 40% fat), unspecified oils	0.02	0.03	1.94	17.25
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
Totals for Breakfast			261.80	34.58	9.20	472.75
Snack 1						
0.5	1 cup	Blueberries, raw	10.51	0.54	0.24	41.33
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
Totals for Snack 1			16.71	28.54	2.54	205.33
Lunch						
1.0	each	Apple - medium with peel	21.00	0.30	0.50	81.00
0.8	1 cup	Fish, tuna salad	14.47	24.66	14.24	287.51
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
Totals for Lunch			62.28	29.55	15.68	494.81
Snack 2						
0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	27.69	1.50	0.23	106.25
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			28.40	1.50	0.23	108.62
Dinner						
0.5	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	20.18	7.67	0.44	112.40
1.0	1/2 cup	Bok Choy, boiled, drained	1.51	1.33	0.14	10.00
1.0	0.5 cup, chopped	Broccoli, cooked, boiled, drained, without salt	5.60	1.86	0.32	27.30
1.0	1 teaspoon	Oil, olive, salad or cooking	0.00	0.00	4.00	35.36
0.3	ounce(s)	Parmesan, grated, KRAFT	0.25	3.00	2.25	32.50
0.8	cup	Spaghetti - whole wheat, cooked, Health Valley	30.00	6.75	0.75	127.50
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
1.5	0.2 block	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	4.05	10.97	6.09	105.11
1.0	1/2 cup	tomato, diced	4.18	0.77	0.30	19.00
Totals for Dinner			66.48	32.34	14.28	471.53
Snack 3						
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	5.95	0.12	0.09	25.20
Totals for Snack 3			21.43	11.65	9.27	204.29
Totals for Day #2			457.09	138.16	51.19	1,957.33

Day #3

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
1.0	1 cup, halves	Strawberries, raw	11.67	1.02	0.46	48.64
1.0	table spoon	Syrup - Aunt Jemima, Lite	6.55	0.01	0.05	27.00
3.0	each	Waffle - EGGO, frozen, Homestyle	48.00	9.00	15.00	360.00
Totals for Breakfast			274.22	26.02	15.51	545.64
Snack 1						
4.0	each	Celery - raw stalk trimmed	8.00	2.00	0.00	40.00
1.0	ounce(s)	Cream Cheese, Light, Phili brand	2.00	3.00	5.00	60.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
Totals for Snack 1			18.00	6.00	5.00	136.00
Lunch						
2.0	each	Bread whole wheat -slice	26.20	5.60	2.40	140.00
2.0	slice	Kraft American Cheese 2% Milk	2.00	8.00	6.00	100.00
0.5	1 teaspoon	Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)	0.01	0.01	0.97	8.63
1.5	1 cup	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	30.46	11.69	2.25	188.76
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
Totals for Lunch			62.23	25.80	11.82	452.76
Snack 2						
1.0	each	Bagel - Honey Wheat, Earth Grains	45.00	9.00	0.00	240.00
0.5	2 tablespoon	Peanut butter, smooth style, with salt	2.95	4.00	8.36	95.84
Totals for Snack 2			47.95	13.00	8.36	335.84
Dinner						
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	each	MAIN44 - Oriental Beef & Broccoli	14.00	24.00	5.00	191.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			25.60	27.45	7.19	257.37
Snack 3						
0.5	each	Cantaloupe - muskmelon	22.30	2.30	0.80	93.00
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
Totals for Snack 3			33.67	11.49	5.90	213.05
Totals for Day #3			461.66	109.76	53.78	1,940.66

Day #4

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	each	Banana - med 8"	26.70	1.20	0.60	105.00
1.0	1 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nu	44.94	3.85	1.82	201.30
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
Totals for Breakfast			291.54	29.45	2.82	502.30
Snack 1						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
0.5	1 cup slices	Peaches, raw	8.11	0.77	0.21	33.15
Totals for Snack 1			14.31	28.77	2.51	197.15
Lunch						
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
1.0	each	Morningstar Farms Tomato Basil and Pizza Burger	7.00	11.00	6.00	130.00
1.0	1 slice, medium (1/8" thick)	Onions, raw	1.42	0.13	0.01	5.88
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
Totals for Lunch			45.12	16.48	7.11	304.18
Snack 2						
0.5	1 oz	Babyfood, pretzels	11.51	1.51	0.28	55.58
0.5	1 oz (22 whole kernels)	Nuts, almonds, dry roasted, without salt added	2.70	3.09	7.40	83.58
1.0	1 miniature box (.5 oz)	Raisins, seedless	11.09	0.43	0.06	41.86
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			26.00	5.03	7.74	183.39
Dinner						
1.0	1 oz	Cheese, mozzarella, part skim milk	0.78	6.79	4.46	71.12
4.0	ounce(s)	Chicken Breast / White Meat	0.00	26.00	1.60	124.00
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	20.00	4.50	0.50	85.00
0.5	cup	Spaghetti sauce - mushroom, Ragu, 'Homestyle'	15.00	2.00	2.00	110.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			47.37	42.74	10.75	456.49
Snack 3						
2.0	1 cup	Snacks, popcorn, air-popped, white popcorn	12.46	1.92	0.67	61.12
0.3	1 cup	Soybeans, mature seeds, dry roasted	14.07	17.02	9.30	193.93
Totals for Snack 3			26.53	18.94	9.97	255.05
Totals for Day #4			450.87	141.42	40.89	1,898.56

Day #5

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	6.94	4.07	1.50	53.48
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	pack	Oatmeal - instant pkt.,apples/spice, Quaker	26.70	4.30	1.90	133.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
0.3	50 raisins	Raisins, seedless	5.15	0.20	0.03	19.44
Totals for Breakfast			258.69	32.97	3.83	401.92
Snack 1						
0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	27.69	1.50	0.23	106.25
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 1			28.40	1.50	0.23	108.62
Lunch						
1.0	1 cup flowerets	Broccoli, flower clusters, raw	3.72	2.12	0.25	19.88
8.0	1 large	Carrots, baby, raw	9.89	0.77	0.16	42.00
1.0	1 muffin	English muffins, wheat, toasted	25.32	4.89	1.09	126.36
0.8	1 cup	Fish, tuna salad	14.47	24.66	14.24	287.51
2.0	slice	Kraft American Cheese 2% Milk	2.00	8.00	6.00	100.00
1.0	each	Orange - medium	17.40	1.10	0.30	69.00
0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.58	0.18	3.42	38.40
Totals for Lunch			74.38	41.71	25.45	683.15
Snack 2						
1.0	1 cup	Blueberries, raw	21.01	1.07	0.48	82.65
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
Totals for Snack 2			34.51	8.57	0.48	172.65
Dinner						
2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	5.10	2.28	0.56	28.52
5.0	ounce(s)	Halibut - broiled	0.00	37.50	5.00	200.00
1.0	cup	Spinach - boiled, drained	6.80	5.40	0.40	42.00
0.5	1 cup	Sweetpotato, cooked, baked in skin, without salt	20.71	2.01	0.15	90.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			33.32	47.19	6.11	362.89
Snack 3						
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	5.95	0.12	0.09	25.20
Totals for Snack 3			21.43	11.65	9.27	204.29
Totals for Day #5			450.72	143.60	45.36	1,933.52

Day #6

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
1.0	1 cup, halves	Strawberries, raw	11.67	1.02	0.46	48.64
1.0	table spoon	Syrup - Aunt Jemima, Lite	6.55	0.01	0.05	27.00
3.0	each	Waffle - EGGO, frozen, Homestyle	48.00	9.00	15.00	360.00
Totals for Breakfast			286.12	34.42	15.91	631.64
Snack 1						
1.0	cup	Cottage Cheese - 1% fat	6.20	28.00	2.30	164.00
0.5	1 cup slices	Peaches, raw	8.11	0.77	0.21	33.15
Totals for Snack 1			14.31	28.77	2.51	197.15
Lunch						
1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	1.00	8.00	5.00	80.00
17.0	each	Grapes - American	6.97	0.34	0.17	34.00
0.3	1 cup, chopped	Onions, spring or scallions (includes tops and bulb), raw	1.84	0.46	0.05	8.00
0.5	1 cup	Refried beans, canned (includes USDA commodity)	19.57	6.92	1.59	118.44
2.0	table spoon	Salsa - Chunky medium, Pace	0.00	0.00	0.00	4.00
1.0	each	Tortilla 99% fat free, whole wheat, flour	12.00	2.00	0.00	60.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
Totals for Lunch			49.37	18.71	6.81	340.44
Snack 2						
4.0	each	Celery - raw stalk trimmed	8.00	2.00	0.00	40.00
1.0	ounce(s)	Cream Cheese, Light, Phili brand	2.00	3.00	5.00	60.00
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			10.71	5.00	5.00	102.37
Dinner						
1.0	1 cup	Asparagus, frozen, cooked, boiled, drained, without salt	3.46	5.31	0.76	32.40
1.0	table spoon	BBQ - Thick n' Spicy, KRAFT	6.00	0.00	0.50	25.00
5.0	ounce(s)	Chicken Breast / White Meat	0.00	32.50	2.00	155.00
2.0	cup	Green salad w/ raw vegetables	8.89	3.45	0.19	44.00
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
1.0	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	2.00	0.00	2.00	20.00
1.0	1 cup	Rice, brown, long-grain, cooked	44.77	5.03	1.76	216.45
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			77.73	54.69	7.61	581.22
Snack 3						
20.0	each	Grapes - American	8.20	0.40	0.00	40.00
Totals for Snack 3			8.20	0.40	0.00	40.00
Totals for Day #6			446.44	142.00	37.83	1,892.82

Day #7

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
Breakfast						
1.0	1 oz	Bread, pumpernickel, toasted	14.62	2.66	0.95	77.00
1.0	1 large	Egg, whole, cooked, hard-boiled	0.56	6.29	5.31	77.50
1.0	1 teaspoon	Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)	0.02	0.03	1.94	17.25
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
8.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	208.00	16.00	0.00	110.00
1.0	1 cup, halves	Strawberries, raw	11.67	1.02	0.46	48.64
Totals for Breakfast			246.77	34.39	9.05	416.39
Snack 1						
0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	6.94	4.07	1.50	53.48
6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	13.50	7.50	0.00	90.00
Totals for Snack 1			20.44	11.57	1.50	143.48
Lunch						
1.0	1 muffin	English muffins, whole-wheat	26.66	5.81	1.39	133.98
1.0	slice	Kraft American Cheese 2% Milk	1.00	4.00	3.00	50.00
1.0	each	Morningstar Farms Tomato Basil and Pizza Burger	7.00	11.00	6.00	130.00
0.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	0.64	0.05	2.47	25.05
1.0	1 leaf	Spinach, raw	0.36	0.29	0.04	2.30
0.5	small	Tomato - sm. w/peel, 2.5" diam.	2.85	0.50	0.20	13.00
6.0	fluid ounce(s)	Vegetable juice - V8, no salt	8.00	1.00	0.00	36.00
Totals for Lunch			46.51	22.64	13.09	390.33
Snack 2						
1.0	each	Bagel - Honey Wheat, Earth Grains	45.00	9.00	0.00	240.00
0.5	2 tablespoon	Peanut butter, smooth style, with salt	2.95	4.00	8.36	95.84
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Snack 2			48.66	13.00	8.36	338.21
Dinner						
0.5	1 pita, large (6-1/2" dia)	Bread, pita, whole-wheat	17.60	3.14	0.83	85.12
1.0	cup	Green salad w/ raw vegetables	4.44	1.73	0.10	22.00
1.0	each	MAIN51 - Lentil Stew	49.00	19.00	2.00	282.00
0.5	table spoon	Oil & vinegar - Wish-Bone, Lite Classic	1.00	0.00	1.00	10.00
0.3	table spoon	Olive oil - pure	0.00	0.00	4.62	42.90
0.3	1 tablespoon	Spices, garlic powder	1.92	0.44	0.02	8.76
1.0	1 cup (8 fl oz)	Tea, brewed, prepared with tap water, decaffeinated	0.71	0.00	0.00	2.37
Totals for Dinner			74.67	24.30	8.57	453.15
Snack 3						
1.0	1 tablespoon	Seeds, flaxseed	4.11	2.34	4.08	59.04
1.0	1 cup	Soy milk, fluid	11.37	9.19	5.10	120.05
0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	5.95	0.12	0.09	25.20
Totals for Snack 3			21.43	11.65	9.27	204.29
Totals for Day #7			458.49	117.56	49.84	1,945.85

Grocery List: 1900 Calories Bone Health

Grocery List report created exclusively for Your Goals

Food	Quantity	Measure
Baby Foods		
Babyfood, pretzels	1.00	1 oz
Beans, Lentils		
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.50	1 cup
Peanut butter, smooth style, with salt	1.00	2 tablespoon
Refried beans, canned (includes USDA commodity)	0.50	1 cup
Soy milk, fluid	4.00	1 cup
Soybeans, mature seeds, dry roasted	0.50	1 cup
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.50	0.2 block
Beverages		
Orange Juice, Tropicana- 100% pure, plus calcium	56.00	fluid ounce(s)
Tea, brewed, prepared with tap water, decaffeinated	14.00	1 cup (8 fl oz)
Vegetable juice - V8, no salt	30.00	fluid ounce(s)
Breads and baked goods		
Bagel - Honey Wheat, Earth Grains	2.00	each
Bread, pita, whole-wheat	0.50	1 pita, large (6-1/2" dia)
Bread, pumpernickel, toasted	2.00	1 oz
English muffins, wheat, toasted	1.00	1 muffin
English muffins, whole-wheat	1.00	1 muffin
English muffins, whole-wheat, toasted	1.00	1 muffin
Pita - wheat	2.00	each
Carb. Snack Foods (Healthy)		
Apple - medium with peel	1.00	each
Grapes - American	17.00	each
Cereals		
Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut	2.00	1 cup (1 NLEA serving)
Cereals ready-to-eat, wheat germ, toasted, plain	1.50	1 oz
Oatmeal - instant pkt.,apples/spice, Quaker	1.00	pack
Dairy		
Cheddar, mild shredded, KRAFT Lite Naturals	1.00	ounce(s)
Cheese, mozzarella, part skim milk	2.00	1 oz
Cream Cheese, Light, Phili brand	2.00	ounce(s)
Egg, whole, cooked, hard-boiled	2.00	1 large
Milk - skim, no fat	7.00	cup
Parmesan, grated, KRAFT	0.25	ounce(s)
Yogurt - Yoplait, Light, all flavors	18.00	ounce(s)
Desserts		
Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1.50	2 tablespoon
Dressings		
Oil & vinegar - Wish-Bone, Lite Classic	4.50	table spoon
Fats & Oils		
Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)	1.50	1 teaspoon
Margarine-like spread, (approximately 40% fat), unspecified oils	1.00	1 teaspoon
Oil, olive, salad or cooking	1.00	1 teaspoon
Olive oil - pure	0.66	table spoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.50	2 tablespoon
Salad dressing, KRAFT Mayo Light Mayonnaise	0.50	1 tablespoon
Fibrous Carbohydrates (Healthy)		
Asparagus/ Fresh - Boiled	1.00	cup
Celery - raw stalk trimmed	8.00	each
Tortilla 99% fat free, whole wheat, flour	1.00	each
Finfish and Shellfish		
Fish, salmon, pink, cooked, dry heat	1.50	3 oz
Fish, tuna salad	1.50	1 cup

Food	Quantity	Measure
Fruits & Fruit Juices		
Apricots, dried, sulfured, stewed, without added sugar	1.00	1 cup, halves
Banana - med 8"	2.00	each
Blueberries, raw	1.50	1 cup
Cantaloupe - muskmelon	0.50	each
Grapefruit - pink or red 4" diam.	0.50	each
Grapes - American	20.00	each
Orange - medium	1.00	each
Peaches, raw	1.00	1 cup slices
Raisins, seedless	2.00	1 miniature box (.5 oz)
Raisins, seedless	0.25	50 raisins
Strawberries, raw	3.00	1 cup, halves
Jams/ Spreads/Sauces/ Syrups		
BBQ - Thick n' Spicy, KRAFT	1.00	table spoon
CONTADINA Deluxe Marinara Sauce, ready-to-serve	1.00	0.5 cup
Salsa - Chunky medium, Pace	2.00	table spoon
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
Syrup - Aunt Jemima, Lite	2.00	table spoon
Meals, Entrees and Sidedishes		
Morningstar Farms Tomato Basil and Pizza Burger	2.00	each
Miscellaneous		
Waffle - EGGO, frozen, Homestyle	6.00	each
Noodles & Pastas		
Spaghetti - whole wheat, cooked, Health Valley	1.25	cup
Nuts & Seeds		
Nuts, almonds, dry roasted, without salt added	1.00	1 oz (22 whole kernels)
Seeds, flaxseed	3.00	1 tablespoon
Performance Carbohydrates		
Bread whole wheat -slice	2.00	each
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	3.00	cup
Proteins (Healthy)		
Chicken Breast / White Meat	9.00	ounce(s)
Halibut - broiled	5.00	ounce(s)
Kraft American Cheese 2% Milk	5.00	slice
Recipes		
MAIN44 - Oriental Beef & Broccoli	1.00	each
MAIN51 - Lentil Stew	1.00	each
Rice, grains, flour		
Rice, brown, long-grain, cooked	2.00	1 cup
Seasonings		
Spices, garlic powder	0.33	1 tablespoon
Snacks & Treats		
Snacks, popcorn, air-popped, white popcorn	5.00	1 cup
Soups and Gravies		
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.50	1 cup

Food	Quantity	Measure
Vegetables		
Asparagus, frozen, cooked, boiled, drained, without salt	1.00	1 cup
Bok Choy, boiled, drained	1.00	1/2 cup
Broccoli, cooked, boiled, drained, without salt	1.00	0.5 cup, chopped
Broccoli, flower clusters, raw	1.00	1 cup flowerets
Carrots, baby, raw	16.00	1 large
Cauliflower, cooked, boiled, drained, without salt	4.00	0.5 cup (1" pieces)
Green salad w/ raw vegetables	8.00	cup
Mushrooms, raw	2.00	0.5 cup pieces
Onions, raw	1.00	1 slice, medium (1/8" thick)
Onions, spring or scallions (includes tops and bulb), raw	0.25	1 cup, chopped
Spinach - boiled, drained	1.00	cup
Spinach, raw	3.00	1 leaf
Sweetpotato, cooked, baked in skin, without salt	0.50	1 cup
Tomato - sm. w/peel, 2.5" diam.	2.00	small
tomato, diced	1.00	1/2 cup