

Menu Rotation

Female Menu - 1430 total daily calories • **Male Menu** - 1855 total daily calories

DAY 1

Female Serving	Male Serving	Meal 1
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1 cup	1 ½ cup	Oatmeal, cooked (no salt or fat added)
1 tbsp	1 ½ tbsp	Peanut butter, unsalted
½ medium	1 medium	Banana, raw or 1 medium orange

Female Serving	Male Serving	Meal 2
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1	1	Medium sweet potato (yam), baked/boiled (no salt added), peel not eaten
1 cup	1 cup	Carrots, raw / cooked (no salt or fat added)
½ oz (7 halves)	1 oz (14 halves)	Walnuts
1	1	Large apple (3" across), raw

Female Serving	Male Serving	Meal 3
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¾ cup	1 cup	Rice, brown, regular, cooked (with salt, no fat added)
1 ½ cup	2 cups	Broccoli, cooked (no salt or fat added) or onion
½ cup	¾ cup	kidney beans, canned (no fat added)
1 ½ cup	2 cup	Strawberries, raw / frozen

Female Serving	Male Serving	Snack
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1 oz (22 nuts)	1 oz (22 nuts)	Almonds, dry roasted, without salt
1 cup	1 cup	Carrots, sliced, raw / cooked (no salt or fat added)
2 cups	2 cups	Blueberries, raw / frozen or red raspberries

DAY 2

Female Serving	Male Serving	Meal 1
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2 tbsp	2 tbsp	Hulled sunflower seeds, dry roasted
1 cup	1 cup	Blueberries, raw / frozen or red raspberries or blackberries
¾ cup	1 cup	Corn grits, cooked

Female Serving	Male Serving	Meal 2
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¾ cup	1 cup	Brown rice, cooked (no salt or fat added)
½ cup	¾ cup	Black beans, canned (no fat added)
1 cup	1 cup	Green pepper, cooked (no salt or fat added)
1 cup	1 cup	Onion, cooked (no salt or fat added)
½	½	mango, raw

Female Serving	Male Serving	Meal 3
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¾	1	Medium roasted potato, (no salt or fat added)
1 cup	1 cup	Sliced, roasted carrot (no salt or fat added)
2 cups	2 cups	Green string beans, frozen, cooked (no salt or fat added)
¼ oz	½ oz	almonds
½	½	Medium grapefruit, raw or ½ cup blackberries, raw

Female Serving	Male Serving	Snack
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1	1	Medium raw pear
1 oz (14 halves)	1 oz (14 halves)	Walnuts
1 cup	1 cup	Carrots, raw / cooked (no salt or fat added)