

EXAMPLE MEAL PLAN

Breakfast

Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal

Oatmeal, cooked, instant, fat not added in cooking : 1 Typical Serving : 152 cal

Scrambled egg, made from cholesterol-free frozen mixture : 1 Typical Serving : 84 cal

Calories: 257 Carb=33g Prot=12g Fat=8.8g

Lunch

Italian dressing, low calorie : 1 Typical Serving : 32 cal

Strawberries, raw : 1 Typical Serving : 22 cal

Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8") : 44 cal

Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal

Calories: 152 Carb=16g Prot=14g Fat=4.9g

Dinner

Italian dressing, low calorie : 1 tablespoon : 16 cal

Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal

Broccoli, cooked, from fresh, fat not added in cooking : 3/4 cup, fresh, cut stalks : 33 cal

Calories: 202 Carb=20g Prot=23g Fat=4.7g

Snacks

Cucumber, raw : 1/3 medium : 8 cal

Hummus : 1.88 tablespoon : 48 cal

Almonds : 1/4 cup : 208 cal

Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Strawberries, raw : 1 cup, whole : 43 cal

Yogurt, plain, nonfat milk : 340.19g : 190 cal

Calories: 605 Carb=78g Prot=30g Fat=23g

Total Calories: 1216 Carb=148g Prot=80g Fat=41g

THIS MEAL PLAN HAS BEEN OPTIMIZED TO OFFER THE BEST CASE SCENARIO TO MEET THE RECOMMENDED DIETARY ALLOWANCE (RDA) AS PRESENTED BY THE FOOD AND NUTRITION BOARD OF THE INSTITUTE OF MEDICINE.