

## EXAMPLE MEAL PLAN

### Breakfast

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**Milk**, calcium fortified, cow's, fluid, skim or nonfat : 1 cup : 86 cal

**Multi Grain Cheerios** : 1 cup : 99 cal

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Calories: 185 Carb=35g Prot=10g Fat=1.4g

### Lunch

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**Chicken or turkey garden salad (chicken and/or turkey**, other vegetables excluding tomato and carrots), no dressing : 1.5 cup : 96 cal

**Carrots**, raw : 2.8 baby carrot : 12 cal

**Creamy dressing**, made with sour cream and/or buttermilk and oil, reduced calorie : 1 Typical Serving : 48 cal

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Calories: 156 Carb=7.2g Prot=17g Fat=6.2g

### Dinner

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**Broccoli**, raw : 1 bunch : 170 cal

**Hamburger**, with tomato and/or catsup, on bun : 85.05g : 196 cal

**Lettuce**, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 2 cup : 26 cal

**Mixed vegetables (corn**, lima beans, peas, green beans, and carrots), cooked, from frozen, fat not added in cooking : 1/2 cup : 53 cal

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Calories: 446 Carb=70g Prot=32g Fat=10g

### Snacks

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

**Almonds** : 0.2 cup : 166 cal

**Peanut butter** : 1 tablespoon : 95 cal

**Carrots**, raw : 10 baby carrot : 43 cal

**Yogurt**, plain, nonfat milk : 1 8 oz container : 127 cal

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Calories: 452 Carb=41g Prot=24g Fat=24g

**Total Calories: 1240 Carb=154g Prot=84g Fat=42g**

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.