

EXAMPLE MEAL PLAN

Breakfast

Oatmeal, cooked, regular, fat not added in cooking : 1 cup, cooked : 145 cal

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Egg, white only, cooked : 2 white : 33 cal

Calories: 260 Carb=47g Prot=13g Fat=2.9g

Lunch

Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal

Chicken or turkey salad : 1/2 Typical Serving : 157 cal

Calories: 166 Carb=2.6g Prot=12g Fat=12g

Dinner

Olive oil : 1/2 tablespoon : 60 cal

Carrots, raw : 40 baby carrot : 172 cal

Spinach, cooked, from fresh, fat not added in cooking : 1.5 cup, fresh : 62 cal

Fish, NS as to type, baked or broiled : 1 fillet (6-1/4" x 3" x 3/8") : 143 cal

Calories: 437 Carb=51g Prot=37g Fat=12g

Snacks

Popcorn, air-popped (no butter or no oil added) : 2 cup, popped : 61 cal

Apricot, dried, uncooked : 9.37 half : 78 cal

Almonds : 1 oz (22 whole kernels) : 167 cal

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Calories: 388 Carb=60g Prot=9g Fat=16g

Total Calories: 1250 Carb=160g Prot=71g Fat=43g

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