

## EXAMPLE MEAL PLAN

### Breakfast

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

**Egg**, white only, cooked : 1 white : 16 cal

**Coffee**, made from ground, regular : 20 fl oz : 12 cal

**Egg**, white only, cooked : 1 white : 16 cal

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Calories: 196 Carb=29g Prot=14g Fat=2.5g

### Lunch

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**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

**Italian dressing**, made with vinegar and oil : 1 tablespoon : 69 cal

**Strawberries**, raw : 1 Typical Serving : 22 cal

**Bread**, multigrain : 1 thin slice : 58 cal

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Calories: 246 Carb=27g Prot=16g Fat=10g

### Dinner

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

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

**Sweetpotato** : 1 medium (2" dia, 5" long, raw) : 152 cal

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Calories: 305 Carb=41g Prot=22g Fat=6.7g

### Snacks

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

**Almonds** : 1/4 cup : 208 cal

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

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Calories: 506 Carb=61g Prot=28g Fat=20g

**Total Calories: 1254 Carb=159g Prot=80g Fat=39g**

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.