

EXAMPLE MEAL PLAN

Breakfast

Coffee, made from ground, regular : 340.19g : 7 cal
Milk, cow's, fluid, lactose reduced, nonfat : 1/2 Typical Serving : 43 cal
Multi Grain Cheerios : 1.5 cup : 148 cal
Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal

Calories: 306 Carb=69g Prot=8.7g Fat=2.3g

Lunch

Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal
Carrots, raw : 1 cup, grated : 47 cal
Strawberries, raw : 1/2 cup, NFS : 23 cal
Turkey, light meat, cooked, skin not eaten : 3 oz, boneless, cooked (yield after skin removed) : 117 cal
Spinach, raw : 3 cup : 20 cal

Calories: 225 Carb=23g Prot=28g Fat=3.5g

Dinner

Fish, NS as to type, baked or broiled : 1 fillet (6-1/4" x 3" x 3/8") : 143 cal
Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal

Calories: 266 Carb=12g Prot=30g Fat=12g

Snacks

Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
Almonds, unroasted : 28.35g : 167 cal
Strawberries, raw : 1 cup, whole : 43 cal
Yogurt, plain, nonfat milk : 1 Typical Serving : 127 cal

Calories: 463 Carb=51g Prot=33g Fat=16g

Total Calories: 1262 Carb=154g Prot=100g Fat=34g

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.