

EXAMPLE MEAL PLAN

Breakfast

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

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

Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 151 cal

Calories: 386 Carb=71g Prot=21g Fat=3.5g

Lunch

Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

Carrots, raw : 2.8 large (7-1/4" to 8-1/2" long) : 87 cal

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal

Salsa, red, uncooked : 2 Typical Serving : 5 cal

Calories: 185 Carb=42g Prot=6.9g Fat=1.5g

Dinner

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

Cucumber, raw : 3/8 small (6-3/8" long) : 7 cal

Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

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

Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

Calories: 253 Carb=8.9g Prot=24g Fat=14g

Snacks

Tea, leaf, unsweetened : 1 mug (8 fl oz) : 2 cal

Carrots, raw : 2.8 baby carrot : 12 cal

Almonds : 1/4 cup : 208 cal

Yogurt, fruit variety, nonfat milk : 1 4.4 oz container : 118 cal

Cheese, cream : 1 cubic inch : 56 cal

Cracker, snack : 3 round cracker : 45 cal

Calories: 441 Carb=40g Prot=15g Fat=27g

Total Calories: 1265 Carb=162g Prot=66g Fat=46g

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.