

## EXAMPLE MEAL PLAN

### Breakfast

**Strawberries**, raw : 4 medium (1-1/4" dia) : 14 cal

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

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

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Calories: 252 Carb=41g Prot=15g Fat=3.1g

### Lunch

**Bread**, whole wheat, 100% : 2 thin slice : 113 cal

**Vinegar** : 1 Typical Serving : 2 cal

**Turkey** : 2 thin slice (approx 3" x 2" x 1/8") : 58 cal

**Walnuts**, honey-roasted : 1/2 oz (8 halves) : 83 cal

**Mixed salad greens**, raw : 1.5 cup, shredded or chopped : 14 cal

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Calories: 270 Carb=28g Prot=15g Fat=12g

### Dinner

**Shrimp**, baked or broiled : 5 medium shrimp (shelled) : 39 cal

**Spinach**, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal

**Celery**, raw : 3 large stalk (11" - 12" long) : 31 cal

**Carrots**, raw : 5 baby carrot : 22 cal

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Calories: 132 Carb=19g Prot=13g Fat=2.1g

### Snacks

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

**Wheat germ**, plain : 1/2 cup : 216 cal

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

**Yogurt**, plain, lowfat milk : 1 cup (8 fl oz) : 155 cal

**Apricot**, dried, uncooked : 28.35g : 67 cal

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Calories: 628 Carb=111g Prot=32g Fat=11g

**Total Calories: 1282 Carb=200g Prot=75g Fat=29g**

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.