

EXAMPLE MEAL PLAN

Breakfast

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

Calories: 237 Carb=38g Prot=15g Fat=2.9g

Lunch

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 1 Typical Serving : 148 cal
Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal

Calories: 244 Carb=27g Prot=18g Fat=8.5g

Dinner

Broccoli, cooked, NS as to form, fat not added in cooking : 1 cup, flowerets : 27 cal
Fish, NS as to type, steamed : 4 oz, boneless, cooked : 158 cal
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal

Calories: 237 Carb=16g Prot=35g Fat=4.3g

Snacks

Apple, raw : 1 Typical Serving : 81 cal
Yogurt, fruit variety, lowfat milk : 1 8 oz container : 231 cal
Celery, raw : 4 large stalk (11" - 12" long) : 41 cal
Carrots, raw : 7/8 cup, strips or slices : 46 cal
Almonds : 1 oz (22 whole kernels) : 167 cal

Calories: 567 Carb=90g Prot=19g Fat=18g

Total Calories: 1285 Carb=171g Prot=87g 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.