

EXAMPLE MEAL PLAN

Breakfast

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

Coffee, NS as to type : 2 mug (8 fl oz) : 10 cal

Milk, calcium fortified, cow's, fluid, skim or nonfat : 2 cup : 173 cal

Calories: 333 Carb=52g Prot=24g Fat=3.4g

Lunch

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

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

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

Calories: 296 Carb=23g Prot=21g Fat=14g

Dinner

Hamburger, with tomato and/or catsup, on bun : 85.05g : 196 cal

Broccoli, raw : 1 bunch : 170 cal

Tea, herbal : 8 fl oz : 2 cal

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 cup : 13 cal

Calories: 382 Carb=56g Prot=29g Fat=9.9g

Snacks

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

Almonds : 0.2 cup : 166 cal

Calories: 275 Carb=33g Prot=6.8g Fat=15g

Total Calories: 1286 Carb=165g Prot=80g Fat=43g

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.