

EXAMPLE MEAL PLAN

Breakfast

Banana, raw : 1 large (8" to 8-7/8" long) : 125 cal

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

Calories: 276 Carb=58g Prot=7.7g Fat=3.1g

Lunch

Mixed salad greens, raw : 4 cup, shredded or chopped : 37 cal

Peanut butter : 1 tablespoon : 95 cal

Bagel, whole wheat, 100%, toasted : 1 small (mini) (2-1/2" or less dia) : 68 cal

Broccoli, raw : 2 cup, flowerets : 40 cal

Italian dressing, low calorie : 1 tablespoon : 16 cal

Almonds : 1 oz (22 whole kernels) : 167 cal

Calories: 422 Carb=38g Prot=20g Fat=26g

Dinner

Salmon, baked or broiled : 4 oz, boneless, cooked : 195 cal

Cucumber, raw : 1/2 medium : 12 cal

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

Broccoli, cooked, from fresh, fat not added in cooking : 1 cup, flowerets : 27 cal

Calories: 286 Carb=19g Prot=33g Fat=9.9g

Snacks

Blueberries, raw : 1/2 cup : 41 cal

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

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

Pepper, sweet, red, raw : 1 medium (approx 2-3/4" long, 2-1/2" dia) : 32 cal

Hummus : 1 tablespoon : 26 cal

Calories: 306 Carb=59g Prot=16g Fat=2.7g

Total Calories: 1290 Carb=174g Prot=77g Fat=42g

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.