

EXAMPLE MEAL PLAN

Breakfast

Grapefruit, raw : 1/2 medium (approx 4" dia) : 41 cal
Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
Oatmeal, cooked, regular, fat not added in cooking : 113.4g : 70 cal

Calories: 204 Carb=46g Prot=4.8g Fat=1.8g

Lunch

Celery, raw : 4 large stalk (11" - 12" long) : 41 cal
Turkey, light meat, cooked, skin not eaten : 4 thin slice (approx 3" x 2" x 1/8") : 88 cal
Carrots, raw : 7/8 cup, strips or slices : 46 cal
Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal

Calories: 270 Carb=27g Prot=22g Fat=9.9g

Dinner

Broccoli, cooked, from fresh, fat not added in cooking : 1 cup, flowerets : 27 cal
Tomatoes, raw : 1 cup, cherry tomato : 31 cal
Spinach, raw : 1 Typical Serving : 7 cal
Fish, NS as to type, steamed : 6 oz, boneless, cooked : 237 cal

Calories: 302 Carb=13g Prot=50g Fat=5.9g

Snacks

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted : 28.35g : 96 cal
Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal
Yogurt, plain, lowfat milk : 1 8 oz container : 144 cal
Blueberries, raw : 1/2 cup : 41 cal
Almonds, unroasted : 1 Typical Serving : 165 cal
Strawberries, raw : 4 small (1" dia) : 8 cal

Calories: 516 Carb=63g Prot=28g Fat=20g

Total Calories: 1292 Carb=149g Prot=105g Fat=37g

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.