

EXAMPLE MEAL PLAN

Breakfast

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

Multi Grain Cheerios : 1 cup : 99 cal

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

Strawberries, raw : 1.5 cup, whole : 65 cal

Calories: 377 Carb=67g Prot=25g Fat=2.6g

Lunch

Chicken or turkey garden salad (chicken and/or turkey, other vegetables excluding tomato and carrots), no dressing : 1 cup : 64 cal

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

Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb) : 42 cal

Calories: 175 Carb=14g Prot=12g Fat=8.5g

Dinner

Spinach, raw : 2 cup : 13 cal

Asparagus, cooked, from fresh, fat not added in cooking : 1 cup : 43 cal

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

Pork chop, broiled or baked, lean only eaten : 1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone and fat removed) : 96 cal

Calories: 238 Carb=22g Prot=28g Fat=5.7g

Snacks

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

Kiwi fruit, raw : 2 fruit : 93 cal

Yogurt, plain, nonfat milk : 3/4 8 oz container : 95 cal

Almonds : 1/4 cup : 208 cal

Calories: 504 Carb=71g Prot=20g Fat=20g

Total Calories: 1294 Carb=173g Prot=84g 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.