

EXAMPLE MEAL PLAN

Breakfast

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

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

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

Calories: 386 Carb=71g Prot=21g Fat=3.5g

Lunch

Black, brown, or Bayo beans, dry, cooked, fat not added in cooking : 1 Typical Serving : 99 cal

Salsa, red, uncooked : 2 Typical Serving : 5 cal

Celery, raw : 4 large stalk (11" - 12" long) : 41 cal

Carrots, raw : 2.8 large (7-1/4" to 8-1/2" long) : 87 cal

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

Calories: 284 Carb=60g Prot=13g Fat=1.9g

Dinner

Mixed salad greens, raw : 1 cup, shredded or chopped : 9 cal

Cucumber, raw : 3/8 small (6-3/8" long) : 7 cal

Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

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

Tuna, canned, water pack : 1/2 cup, NFS : 80 cal

Calories: 187 Carb=8.5g Prot=21g Fat=8.2g

Snacks

Cheese, cream : 1 cubic inch : 56 cal

Tea, leaf, unsweetened : 1 mug (8 fl oz) : 2 cal

Carrots, raw : 2.8 baby carrot : 12 cal

Almonds : 1/4 cup : 208 cal

Yogurt, fruit variety, nonfat milk : 1 4.4 oz container : 118 cal

Cracker, snack : 3 round cracker : 45 cal

Calories: 441 Carb=40g Prot=15g Fat=27g

Total Calories: 1297 Carb=180g Prot=70g Fat=40g

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.