

## EXAMPLE MEAL PLAN

### Breakfast

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

**Oatmeal**, cooked, instant, fat not added in cooking : 1 packet, dry, yields : 171 cal

**Strawberries**, raw : 6 medium (1-1/4" dia) : 22 cal

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Calories: 301 Carb=62g Prot=8.8g Fat=3.7g

### Lunch

**Carrots**, raw : 45 baby carrot : 194 cal

**Chicken or turkey salad** : 1/2 cup : 209 cal

**Mixed salad greens**, raw : 2 cup, shredded or chopped : 18 cal

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Calories: 420 Carb=50g Prot=21g Fat=17g

### Dinner

**Spinach**, cooked, from fresh, fat not added in cooking : 1 cup, fresh : 41 cal

**Carrots**, raw : 20 baby carrot : 86 cal

**Broccoli**, cooked, from fresh, fat not added in cooking : 1/4 cup, fresh, cut stalks : 11 cal

**Salmon**, baked or broiled : 1 Typical Serving : 146 cal

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Calories: 284 Carb=29g Prot=29g Fat=7.5g

### Snacks

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

**Almonds** : 25g : 147 cal

**Cheese**, natural, Cheddar or American type : 10g : 40 cal

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

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Calories: 396 Carb=44g Prot=21g Fat=17g

**Total Calories: 1401 Carb=186g Prot=80g Fat=45g**

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.