

EXAMPLE MEAL PLAN

Breakfast

Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
Oatmeal, cooked, instant, fat not added in cooking : 1 cup, cooked : 226 cal
Maple syrup (100% maple) : 1 tablespoon : 52 cal

Calories: 300 Carb=58g Prot=9.9g Fat=4g

Lunch

Almonds, unroasted : 0.33 cup, sliced, unblanched : 187 cal
Chicken or turkey salad : 1/2 cup : 209 cal
Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal
Broccoli, cooked, from fresh, fat not added in cooking : 3 floweret : 8 cal

Calories: 422 Carb=12g Prot=24g Fat=33g

Dinner

Carrots, raw : 20 baby carrot : 86 cal
Spinach, cooked, from fresh, fat not added in cooking : 1.5 cup, fresh : 62 cal
Fish, NS as to type, baked or broiled : 1 fillet (6-1/4" x 3" x 3/8") : 143 cal

Calories: 291 Carb=31g Prot=35g Fat=5g

Snacks

Grapes, raw, NS as to type : 3/4 cup, seedless : 85 cal
Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal
Kiwi fruit, raw : 2 fruit : 93 cal
Chocolate, sweet or dark : 8g : 40 cal

Calories: 389 Carb=93g Prot=4g Fat=5g

Total Calories: 1402 Carb=193g Prot=73g Fat=47g

THIS MEAL PLAN HAS BEEN OPTIMIZED TO MEET THE RECOMMENDED DIETARY ALLOWANCE (RDA) AS PRESENTED BY THE FOOD AND NUTRITION BOARD OF THE INSTITUTE OF MEDICINE.