

EXAMPLE MEAL PLAN

Breakfast

Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal
Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
All-Bran with Extra Fiber : 3/4 cup : 75 cal

Calories: 295 Carb=73g Prot=19g Fat=2.2g

Lunch

Cucumber, raw : 1/2 small (6-3/8" long) : 9 cal
Pepper, sweet, green, raw : 1 cup, chopped : 40 cal
Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal
Turkey, light meat, cooked, skin not eaten : 2 oz, boneless, cooked, skinless : 88 cal

Calories: 156 Carb=15g Prot=20g Fat=2.5g

Dinner

Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 side salad : 110 cal
Chicken, breast, with or without bone, broiled, NS as to skin eaten : 2 oz, boneless, cooked : 111 cal
Avocado, raw : 1/4 avocado, California (black skin) : 70 cal
Corn, yellow, cooked, from frozen, fat not added in cooking : 1/2 cup : 65 cal

Calories: 425 Carb=44g Prot=26g Fat=20g

Snacks

Almonds : 1/3 cup : 277 cal
Yogurt, plain, nonfat milk : 1 8 oz container : 127 cal
Cheese, Mozzarella, part skim : 1 string : 13 cal
Protein powder : 1 Typical Serving : 112 cal

Calories: 529 Carb=41g Prot=32g Fat=28g

Total Calories: 1403 Carb=173g Prot=97g Fat=53g

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.