

EXAMPLE MEAL PLAN

Breakfast

Oatmeal, cooked, instant, fat not added in cooking : 1 Typical Serving : 152 cal

Egg, white only, cooked : 1 white : 16 cal

Coffee, made from ground, regular : 20 fl oz : 12 cal

Blueberries, raw : 1/2 cup : 41 cal

Egg, white only, cooked : 1 white : 16 cal

Calories: 237 Carb=40g Prot=14g Fat=2.8g

Lunch

Bread, sprouted wheat : 1 slice : 68 cal

Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal

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

Turkey, light meat, cooked, skin not eaten : 2 thin slice (approx 3" x 2" x 1/8") : 44 cal

Strawberries, raw : 1 Typical Serving : 22 cal

Calories: 256 Carb=29g Prot=17g Fat=10g

Dinner

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal

Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal

Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal

Pepper, sweet, red, raw : 1 small (5 per pound) : 20 cal

Tortilla, flour (wheat) : 1 tortilla (approx 5" dia) : 55 cal

Calories: 381 Carb=56g Prot=24g Fat=8.1g

Snacks

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

Almonds : 1/4 cup : 208 cal

Strawberries, raw : 1 cup, whole : 43 cal

Yogurt, plain, nonfat milk : 340.19g : 190 cal

Calories: 549 Carb=71g Prot=29g Fat=20g

Total Calories: 1423 Carb=195g Prot=84g Fat=41g

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.