

EXAMPLE MEAL PLAN

Breakfast

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

Milk, cow's, fluid, 1% fat : 1 cup : 102 cal

Multi Grain Cheerios : 1 cup : 99 cal

Calories: 310 Carb=62g Prot=11g Fat=4.1g

Lunch

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

Mayonnaise, low-calorie or diet : 1/2 tablespoon : 18 cal

Lettuce, raw : 1 small leaf : 1 cal

Tomatoes, raw : 1 small whole (2-2/5" dia) : 19 cal

Turkey, light meat, cooked, skin not eaten : 56.7g : 89 cal

Bread, wheat or cracked wheat, reduced calorie and/or high fiber : 2 thin slice : 91 cal

Calories: 344 Carb=43g Prot=35g Fat=5.1g

Dinner

Cod, baked or broiled : 3 oz, boneless, cooked : 104 cal

Tea, leaf, unsweetened : 8 fl oz : 2 cal

White potato, baked, peel eaten, fat not added in cooking : 1 small (1-3/4" to 2-1/4" dia, raw) : 100 cal

Spinach, raw : 1 cup : 7 cal

Olive oil : 0.25 tablespoon : 30 cal

Garlic, raw : 1 clove : 4 cal

Calories: 247 Carb=26g Prot=21g Fat=6.7g

Snacks

Peanut butter : 1 tablespoon : 95 cal

Celery, raw : 2 small stalk (5" long) : 5 cal

Almonds : 1 oz (22 whole kernels) : 167 cal

Almonds : 0.5 oz (22 whole kernels) : 84 cal

Milk, cow's, fluid, 1% fat : 1/2 cup : 51 cal

Protein powder : 1/2 Typical Serving : 56 cal

Strawberries, frozen, unsweetened : 1/2 Typical Serving : 19 cal

Cantaloupe (muskmelon), raw : 1 cup, diced : 55 cal

Calories: 532 Carb=44g Prot=23g Fat=33g

Total Calories: 1433 Carb=175g Prot=90g Fat=49g

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.