

## EXAMPLE MEAL PLAN

### Breakfast

**Oatmeal**, cooked, instant, fat not added in cooking : 130g : 126 cal

**Blueberries**, frozen, unsweetened : 1/2 cup : 40 cal

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Calories: 165 Carb=31g Prot=5.6g Fat=2.6g

### Lunch

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

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

**Strawberries**, raw : 70g : 21 cal

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

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Calories: 233 Carb=16g Prot=22g Fat=10g

### Dinner

**Salmon**, baked or broiled : 4 oz, boneless, cooked : 195 cal

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

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

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

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Calories: 480 Carb=43g Prot=33g Fat=21g

### Snacks

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

**Almonds** : 1/4 cup : 208 cal

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

**Orange**, raw : 1 medium (2-5/8" dia) : 62 cal

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Calories: 567 Carb=76g Prot=29g Fat=20g

**Total Calories: 1446 Carb=167g Prot=90g 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.