

EXAMPLE MEAL PLAN

Breakfast

Egg, white only, cooked : 2 white : 33 cal

Blueberries, raw : 1 cup : 81 cal

Oatmeal, cooked, instant, fat not added in cooking : 1 cup, cooked : 226 cal

Calories: 340 Carb=60g Prot=17g Fat=4.3g

Lunch

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 4 cup : 52 cal

Carrots, raw : 10 baby carrot : 43 cal

Almonds : 1/4 cup : 208 cal

Chicken or turkey salad : 1/2 cup : 209 cal

Cucumber, raw : 1/2 cup, sliced : 7 cal

Calories: 519 Carb=31g Prot=26g Fat=35g

Dinner

Broccoli, cooked, from fresh, fat not added in cooking : 7.75 floweret : 22 cal

Salmon, baked or broiled : 3 oz, boneless, cooked : 146 cal

Mushrooms, raw : 3.5 small : 9 cal

Sweetpotato, baked, peel eaten, fat not added in cooking : 1 medium (2" dia x 5" long, raw) : 180 cal

Calories: 356 Carb=48g Prot=27g Fat=7.1g

Snacks

Raisins : 1/4 cup : 109 cal

Banana, raw : 1 large (8" to 8-7/8" long) : 125 cal

Calories: 234 Carb=61g Prot=2.6g Fat=0.82g

Total Calories: 1449 Carb=200g Prot=73g Fat=48g

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.