

EXAMPLE MEAL PLAN

Breakfast

Milk, calcium fortified, cow's, fluid, skim or nonfat : 2 cup : 173 cal

Oatmeal, cooked, instant, fat not added in cooking : 2/3 cup, cooked : 151 cal

Calories: 324 Carb=50g Prot=23g Fat=3.4g

Lunch

Chicken or turkey garden salad (chicken and/or turkey, other vegetables excluding tomato and carrots), no dressing : 1.5 cup : 96 cal

Peach, raw : 1 medium (2-1/2" dia) (approx 4 per lb) : 42 cal

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

Calories: 207 Carb=15g Prot=17g Fat=9.2g

Dinner

White potato : 1 medium (2-1/4" to 3" dia, raw) : 109 cal

Broccoli, raw : 1 bunch : 170 cal

Hamburger, with tomato and/or catsup, on bun : 85.05g : 196 cal

Calories: 475 Carb=78g Prot=30g Fat=9.9g

Snacks

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

Bread, pita, whole wheat, 100% : 1 medium pita (5-1/4" dia) : 120 cal

Hummus : 2 tablespoon : 51 cal

Almonds : 0.2 cup : 166 cal

Calories: 446 Carb=64g Prot=13g Fat=19g

Total Calories: 1451 Carb=207g 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.