

EXAMPLE MEAL PLAN

Breakfast

Walnuts : 1/8 cup, shelled (50 halves) : 80 cal
Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal
Oatmeal, cooked, instant, fat not added in cooking : 1/2 cup, cooked : 113 cal

Calories: 215 Carb=27g Prot=7g Fat=9.9g

Lunch

Egg, white only, cooked : 1 white : 16 cal
Carrots, raw : 45 baby carrot : 194 cal
Mixed salad greens, raw : 2 cup, shredded or chopped : 18 cal

Calories: 228 Carb=49g Prot=9.9g Fat=1.1g

Dinner

Carrots, raw : 10 baby carrot : 43 cal
Avocado, raw : 1/2 avocado, California (black skin) : 139 cal
Broccoli, cooked, from fresh, fat not added in cooking : 3 floweret : 8 cal
Spinach, cooked, from fresh, fat not added in cooking : 1/4 cup, fresh : 10 cal
Fish, NS as to type, baked or broiled : 1 fillet (6-1/4" x 3" x 3/8") : 143 cal

Calories: 344 Carb=20g Prot=30g Fat=18g

Snacks

Almond butter : 2 tablespoon : 203 cal
Yogurt, plain, nonfat milk : 1/2 8 oz container : 63 cal
Carrots, raw : 3 baby carrot : 13 cal
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk : 1/2 8 oz container : 103 cal
Celery, raw : 2 large stalk (11" - 12" long) : 20 cal
Banana, raw : 1 medium (7" to 7-7/8" long) : 109 cal
Protein powder : 1 Typical Serving : 112 cal
Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal

Calories: 686 Carb=101g Prot=29g Fat=23g

Total Calories: 1473 Carb=197g Prot=75g Fat=52g

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.