

EXAMPLE MEAL PLAN

Breakfast

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

Banana, raw : 1 small (6" to 6-7/8" long) : 93 cal

Granola : 2/3 cup : 346 cal

Calories: 565 Carb=80g Prot=25g Fat=19g

Lunch

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Turkey sandwich, with spread : 1 Typical Serving : 330 cal

Calories: 411 Carb=47g Prot=29g Fat=12g

Dinner

Mixed salad greens, raw : 1.5 cup, shredded or chopped : 14 cal

Spinach, cooked, from fresh, fat not added in cooking : 1.25 cup, fresh : 51 cal

Chicken, breast, with or without bone, roasted, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 141 cal

Calories: 206 Carb=11g Prot=34g Fat=3.8g

Snacks

Peanut butter : 1 tablespoon : 95 cal

Strawberries, raw : 6 medium (1-1/4" dia) : 22 cal

Carrots, raw : 11 baby carrot : 47 cal

Hummus : 1.88 tablespoon : 48 cal

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

Apple, raw : 1 medium (2-3/4" dia) (approx 3 per lb) : 81 cal

Calories: 420 Carb=63g Prot=20g Fat=12g

Total Calories: 1602 Carb=201g Prot=109g Fat=47g

THIS MEAL PLAN HAS BEEN OPTIMIZED TO OFFER THE BEST CASE SCENARIO TO MEET THE RECOMMENDED DIETARY ALLOWANCE (RDA) OF MACRO AND MICRO NUTRIENTS AS PRESENTED BY THE FOOD AND NUTRITION BOARD OF THE INSTITUTE OF MEDICINE.