

EXAMPLE MEAL PLAN

Breakfast

Egg, white only, cooked : 1 white : 16 cal
Blueberries, raw : 1/2 cup : 41 cal
Oatmeal, cooked, instant, fat not added in cooking : 130g : 126 cal

Calories: 183 Carb=32g Prot=9.2g Fat=2.4g

Lunch

Strawberries, raw : 70g : 21 cal
Mixed salad greens, raw : 6 cup, shredded or chopped : 55 cal
Italian dressing, made with vinegar and oil : 1 tablespoon : 69 cal
Beef steak, braised, lean only eaten : 3 oz, boneless, cooked (yield after fat removed) : 154 cal

Calories: 298 Carb=16g Prot=29g Fat=14g

Dinner

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 5 cup : 65 cal
Chicken, breast, with or without bone, broiled, skin not eaten : 3 oz, boneless, raw, without skin (yield after cooking) : 88 cal
Sweetpotato : 1 medium (2" dia, 5" long, raw) : 152 cal

Calories: 305 Carb=41g Prot=22g Fat=6.7g

Snacks

Almonds : 1/4 cup : 208 cal
Yogurt, plain, nonfat milk : 340.19g : 190 cal
Strawberries, raw : 1 cup, whole : 43 cal
Fruit smoothie drink, made with fruit or fruit juice and dairy products : 2 cup : 393 cal

Calories: 833 Carb=126g Prot=34g Fat=26g

Total Calories: 1620 Carb=216g Prot=94g Fat=50g

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.