

EXAMPLE MEAL PLAN

Breakfast

Oatmeal, cooked, instant, fat not added in cooking : 1/4 cup, dry, yields : 121 cal

Spinach, raw : 1.5 cup : 10 cal

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

Yogurt, plain, nonfat milk : 1/3 cup (8 fl oz) : 46 cal

Blueberries, frozen, unsweetened : 1 cup : 79 cal

Orange juice : 3/4 cup : 85 cal

Calories: 449 Carb=96g Prot=14g Fat=4g

Lunch

Spinach, raw : 1/2 cup : 3 cal

Hummus : 1 tablespoon : 26 cal

Tomatoes, raw : 2 small whole (2-2/5" dia) : 38 cal

Avocado, raw : 1/2 avocado, California (black skin) : 139 cal

Bread, whole wheat, 100% : 2 regular slice : 138 cal

Calories: 344 Carb=44g Prot=9.9g Fat=18g

Dinner

Olive oil : 1/2 tablespoon : 60 cal

Lettuce, salad with assorted vegetables including tomatoes and/or carrots, no dressing : 1 side salad : 28 cal

Salmon, baked or broiled : 1.2 oz, boneless, cooked : 58 cal

Rice, brown, cooked, regular, fat not added in cooking : 2/3 cup, cooked : 143 cal

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

Calories: 469 Carb=78g Prot=16g Fat=11g

Snacks

Apple, raw : 1 large (3-1/4" dia) (approx 2 per lb) : 125 cal

Walnuts : 2 nut : 51 cal

Almonds : 0.2 cup : 166 cal

Yogurt, plain, nonfat milk : 3/4 cup (8 fl oz) : 102 cal

Calories: 445 Carb=54g Prot=18g Fat=21g

Total Calories: 1707 Carb=271g Prot=58g Fat=53g

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.