## Meal Plan Example

**Prepared by:** Todd Miter  
**Created:** 02-20-2020

### DAY 1

#### Breakfast  
**7:00 AM**
- **drinking water**  
  - 16 fl. oz.  
  - 0 cal
- **whole grain rolled oats, dry**  
  - 1 Cup(s)  
  - 299 cal
- **blueberries**  
  - 1 Cup(s)  
  - 83 cal
- **egg whites, cooked**  
  - 2 large  
  - 34 cal

**MEAL TOTAL:**  
- Calories: 416 cal  
- Carbs: 77 g (74%)  
- Protein: 8 g (8%)  
- Fat: 7 g (15%)  
- Fluid: 22

**ADDITIONAL NUTRIENTS:**  
- Sodium: 54 mg  
- Calcium: 13 mg

**NOTES:**

#### Snack  
**10:00 AM**
- **apples**  
  - 1 large  
  - 110 cal
- **almond butter**  
  - 1 1/3 Tbsp  
  - 133 cal

**MEAL TOTAL:**  
- Calories: 244 cal  
- Carbs: 33 g (55%)  
- Protein: 5 g (7%)  
- Fat: 11 g (41%)  
- Fluid: 6

**ADDITIONAL NUTRIENTS:**  
- Sodium: 2 mg  
- Calcium: 66 mg

**NOTES:**

#### Lunch  
**12:00 PM**
- **whole-wheat pita bread**  
  - 2 small  
  - 149 cal
- **romaine lettuce**  
  - 4 leaf  
  - 4 cal
- **tomatoes**  
  - 2 medium slice  
  - 7 cal
- **drinking water**  
  - 12 fl. oz.  
  - 0 cal
- **turkey breast, roasted**  
  - 6 oz  
  - 231 cal

**MEAL TOTAL:**  
- Calories: 392 cal  
- Carbs: 33 g (34%)  
- Protein: 56 g (58%)  
- Fat: 5 g (11%)  
- Fluid: 19

**ADDITIONAL NUTRIENTS:**  
- Sodium: 260 mg  
- Calcium: 44 mg

**NOTES:**

#### Dinner  
**6:00 PM**
- **wild rice, cooked**  
  - 1/2 Cup(s)  
  - 83 cal
- **drinking water**  
  - 16 fl. oz.  
  - 0 cal
- **vegan burgers, meat-free**  
  - 2 oz  
  - 72 cal
- **black beans, no salt, boiled**  
  - 1 Cup(s)  
  - 227 cal

**MEAL TOTAL:**  
- Calories: 382 cal  
- Carbs: 63 g (66%)  
- Protein: 30 g (32%)  
- Fat: 3 g (7%)  
- Fluid: 22

**ADDITIONAL NUTRIENTS:**  
- Sodium: 284 mg  
- Calcium: 169 mg

**NOTES:**

**DAY 1 TOTAL:**  
- Calories: 1,433 cal  
- Carbs: 206 g (58%)  
- Protein: 100 g (28%)  
- Fat: 26 g (16%)  
- Fluid: 69

**ADDITIONAL NUTRIENTS:**  
- Sodium: 600 mg  
- Calcium: 292 mg
2 Servings

chicken vegetable soup

Ingredients

- coconut vegetable oil
  1 Tbsp
- onions
  1 medium
- zucchini/summer squash
  2 cup, sliced
- chicken, boneless, roasted
  8 oz
- vegetable stock, no salt added
  3 Cup(s)
- carrots
  1 medium

Nutrition Totals

- Calories 664
- Carbs 38 g
- Protein 62 g
- Fat 30 g
- Fluid 17.55 fl oz

Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.
## Nutrition Label

### Chicken Vegetable Soup

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>332</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>14.9g</td>
<td>23%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>8g</td>
<td>40%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>85mg</td>
<td>28%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>162.3mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrates</strong></td>
<td>18.7g</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2.9g</td>
<td>12%</td>
</tr>
<tr>
<td><strong>Total Sugar</strong></td>
<td>13.3g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>30.7g</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>0IU</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>54.4mg</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>1.9mg</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>1893mg</td>
<td></td>
</tr>
</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
## Accompaniments

- olive oil, mayonnaise, light
  
  3 Tbsp

## Beef

- beef flank, lean, broiled
  
  6 oz

## Beverages

- drinking water
  
  44 fl. oz.
  
  38 Cup(s)

- iced tea, green
  
  32 fl. oz.

## Bread

- whole-wheat pita bread
  
  8 small

- whole wheat bread
  
  5 slice

- whole wheat dinner rolls
  
  8 roll

- whole wheat english muffin
  
  5 muffin

- whole wheat tortillas
  
  1 tortilla

## Cereal & Grain Products

- macaroni, cooked
  
  3 Cup(s)

- oat bran flakes cereal
  
  4 Cup(s)

- whole grain rolled oats, dry
  
  2 Cup(s)

- wild rice, cooked
  
  3.33 Cup(s)
Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn’t easy, which makes dishing out correct serving sizes a challenge. We’ve created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf Ball</td>
<td>1/4 cup / 1 oz / 2 tbsp</td>
</tr>
<tr>
<td>Tennis Ball</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Computer Mouse</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Baseball</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rounded Handful</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>1 oz dried goods</td>
</tr>
<tr>
<td>Hockey Puck</td>
<td>3 oz muffin or biscuit</td>
</tr>
<tr>
<td>Matchbox</td>
<td>1 oz serving of meat</td>
</tr>
<tr>
<td>Deck of Cards</td>
<td>3 oz of chicken, meat, or fish</td>
</tr>
<tr>
<td>This Paperback Book</td>
<td>8 oz serving of meat</td>
</tr>
<tr>
<td>Thumb</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Poker Chip</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Shot Glass</td>
<td>1 oz / 2 tbsp</td>
</tr>
<tr>
<td>CD</td>
<td>1 slice of bread</td>
</tr>
<tr>
<td></td>
<td>1 oz lunch meat</td>
</tr>
<tr>
<td>3 Dice</td>
<td>1 1/2 oz cheese</td>
</tr>
<tr>
<td>Kids' Milk Carton</td>
<td>8 oz drink</td>
</tr>
</tbody>
</table>

Useful Examples

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread &amp; Grains</td>
<td>1 cup of cereal = 1 baseball</td>
</tr>
<tr>
<td></td>
<td>1/2 cup cooked rice = computer mouse</td>
</tr>
<tr>
<td></td>
<td>1 slice of bread = CD</td>
</tr>
<tr>
<td></td>
<td>3 cups of popcorn = 3 baseballs</td>
</tr>
<tr>
<td>Fruits &amp; Vegetables</td>
<td>1/2 cup grapes = about 16 grapes</td>
</tr>
<tr>
<td></td>
<td>1 cup of strawberries = about 12 berries</td>
</tr>
<tr>
<td></td>
<td>1 cup cooked vegetables = 1 baseball</td>
</tr>
<tr>
<td></td>
<td>1 baked potato = computer mouse</td>
</tr>
<tr>
<td>Meats, Fish &amp; Nuts</td>
<td>3 oz lean meat or poultry = deck of cards</td>
</tr>
<tr>
<td></td>
<td>3 oz tofu = deck of cards</td>
</tr>
<tr>
<td></td>
<td>2 tbsp peanut butter = golf ball</td>
</tr>
<tr>
<td></td>
<td>1/4 cup almonds = about 23 almonds</td>
</tr>
<tr>
<td></td>
<td>1/4 cup pistachios = about 24 pistachios</td>
</tr>
<tr>
<td>Dairy &amp; Cheese</td>
<td>1 1/2 oz cheese = stacked dice</td>
</tr>
<tr>
<td></td>
<td>1 cup yogurt = baseball</td>
</tr>
<tr>
<td></td>
<td>1/2 cup ice cream = computer mouse</td>
</tr>
<tr>
<td>Fats &amp; Oils</td>
<td>1 tbsp butter or spread = poker chip</td>
</tr>
<tr>
<td></td>
<td>1 tbsp salad dressing = poker chip</td>
</tr>
<tr>
<td></td>
<td>1 tbsp oil or mayonnaise = poker chip</td>
</tr>
<tr>
<td>Swets &amp; Treats</td>
<td>1 slice cake = deck of cards</td>
</tr>
<tr>
<td></td>
<td>1 cookie = about 2 poker chips</td>
</tr>
<tr>
<td></td>
<td>1 piece of chocolate = matchbox</td>
</tr>
</tbody>
</table>