



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	
Amount Per Serving	
Calories	332
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.3mg	7%
Total Carbohydrates 18.7g	6%
Dietary Fiber 2.9g	12%
Total Sugar 13.3g	
Protein 30.7g	
Vitamin D 0IU	0%
Calcium 54.4mg	5%
Iron 1.9mg	11%
Potassium 18935mg	

* 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.



Shopping List

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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

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

Useful Examples

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