

**5 Day Meal Plan
Dietary Guidelines
Nutritional Calculations
DMI**

	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Calcium (mg)</i>	<i>Protein (g)</i>	<i>Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Dairy</i>	<i>Fruit & Veg</i>	<i>Whole Grain</i>	<i>Grain</i>	<i>Fish</i>	
Day 1															
Breakfast															
Creamy Banana Walnut Oatmeal	370	2.5	0	15	10	250	17	61	-		1	1	2	0	0
Orange Juice (6 oz)	84	0.37	0	0	2	20	1.3	19.34	0.4	0	1	0	0	0	0
Lunch															
Whole Wheat Bread (2 slices)	138	2.4	0.515	0	296	40	5.45	25.85	3.7	0	0	2	0	0	0
Lowfat cream cheese (1 tbs)	35	2.64	1.6	8	44	17	1.59	1.05	0	0	0	0	0	0	0
Lowfat honey mustard (1 tbs)	10	0.47	0	0	168	12	0.59	1.17	0.5	0	0	0	0	0	0
Lettuce (2 leaves)	7	0.07	0	0	13	17	0.65	1.34	0.6	0	0	0	0	0	0
Shredded carrots (1/4 cup)	11	0.07	0	0	19	9	0.26	2.63	0.8	0	0.5	0	0	0	0
Cucumber slices (1/4 cup)	4	0.03	0	0	1	4	0.17	0.94	0.1	0	0.5	0	0	0	0
Avocado (1/4 of avocado without pit or skin)	72	6.66	0.9	0	3	6	0.85	3.74	2.9	0	0.5	0	0	0	0
Tomato Slices (4 slices)	4	0.04	0	0	9	1	0.26	0.71	0.2	0	0.5	0	0	0	0
Diced Melon (1 cup)	53	0.3	0.08	0	25	14	1.31	12.73	1.4	0	2	0	0	0	0
Snack															
Carrots (1 cup)	50	0.29	0.05	0	84	40	1.13	11.69	3.4	0	2	0	0	0	0
Fruited, lowfat yogurt (8 oz)	213	0.45	0.27	5	132	345	9.99	43.13	0	1	0	0	0	0	0
Dinner															
Catfish (6 oz)	258	13.64	3	108	136	16	31.82	0	0	0	0	0	0	0	2
Marvelous Mac and Cheese*	285	8	5	20	635	400	20	33	-	1.5	0	0	1	0	0
Mustard Greens (1 cup, cooked)	21	0.34	0	0	22	104	3.16	2.94	2.8	0	2	0	0	0	0
Dinner roll	105	1.63	0.3	0	231	35	3.27	19.08	1.2	0	0	0	1	0	0
Apple (2-3/4" diameter)	72	0.23	0	0	1	8	0.36	19.06	3.3	0	1	0	0	0	0
Pecans, unsalted (1 oz)	201	21.06	1.78	0	0	20	2.69	3.84	2.7	0	0	0	0	0	0
Total	1993	61.19	13.495	156	1831	1358	101.85	263.24	24	3.5	11	4	2	2	
Total %		27.63%	6.09%			136%	20.44%	52.83%							

Source: USDA Nutrient Data Laboratory
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Day 2														
Breakfast														
Blues Buster Smoothie*	280	2	1	10	85	200	6	60	2	1	2	0	0	0
Whole Grain Total (3/4 cup)**	110	1	0	0	190	1000	2	23	3	0	0	0.75	0	0
Lowfat milk (1 cup)	118	2.88	1.79	10	143	349	9.67	13.58	0	1	0	0	0	0
Lunch														
Rye Bread (2 slices)	166	2.11	0.4	0	422	47	5.44	30.9	3.7	0	0	2	0	0
Horseradish sauce (1 tbs)	7	0	0	1.2	47	8	0.2	1.7	0	0	1	0	0	0
Red onion (1/4 cup)	12	0	0	0	1	6	0.26	2.91	0.4	0	1	0	0	0
Peeled cucumber (1/4 cup)	4	0	0	0	1	4	0.18	0.64	0.2	0	0.25	0	0	0
Lean deli roast beef, sirloin tip (3oz)	152	5.91	2.14	18	49	17	23	0	0	1	0	0	0	0
Green Leaf Lettuce (2 cups)	5	0	0	0	10	13	0.49	1	0.5	0	2	0	0	0
Shredded carrots (1/4 cup)	11	0.07	0	0	19	9	0.26	2.63	0.8	0	0.5	0	0	0
Cucumber slices (1/4 cup)	4	0.03	0	0	1	4	0.17	0.94	0.1	0	0.5	0	0	0
Tomato (1/4 cup)	9	0.15	0	0	4	2	0.38	2.09	0.5	0	0.5	0	0	0
Lowfat Italian Dressing (2 tbs)	22	1.91	0.135	2	410	3	0.14	1.37	0	0	0	0	0	0
Apple (2-3/4" diameter)	72	0.23	0	0	1	8	0.36	19.06	3.3	0	1	0	0	0
Snack														
Choconana Milk Mixer*	230	5	2	10	480	250	9	40	-	1	0.25	0	0	0
Nature Valley Crunchy Granola Bars (2 bar)**	180	6	0.5	0	160	0	4	29	2	0	0	1	0	0
Dinner														
3 oz shrimp	84	0.92	0.25	166	190	33	17.77	0	0	0	0	0	0	1
Olive oil (1 tbs)	119	13.5	1.8	0	0	0	0	0	0	0	0	0	0	0
1 cup broccoli	30	0.33	0	0	29	41	2.48	5.84	2.3	0	2	0	0	0
Brown Rice (1 cup)	218	1.62	0.32	0	2	20	4.52	45.84	3.5	0	0	2	0	0
Pear (2-1/2" diameter)	96	0.2	0	0	2	15	0.63	25.66	5.1	0	1	0	0	0
Total	1929	43.86	10.335	217.2	2246	2029	86.95	306.16	27.4	4	12	5.75	0	1
Total %		20.46%	4.82%			202.90%	18.03%	63.49%						

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Day 3														
Breakfast														
Cheesy Egg Scrambler*	150	6	4	20	190	200	16	9	1	1	0	1	0	0
Grapes, seedless (1 cup)	110	0.26	0	0	3	16	1.15	28.96	1.4	0	2	0	0	0
Lunch														
Black bean soup														
Onion (1/4 cup)	16	0.03	0	0	1	9	0.37	4.04	0.6	0	0.5	0	0	0
1/2 can black beans (low sodium)	192	0.52	0.13	0	4	81	12.11	36.04	7.8	0	0	0	0	0
1/2 can diced tomatoes (no sodium added)	18	0.12	0	0	10	28	0.87	4.15	0.9	0	1	0	0	0
1/2 tsp olive oil	20	2.25	0.3	0	0	0	0	0	0	0	0	0	0	0
1/2 tbs chopped garlic	2	0.01	0	0	0	3	0.09	0.46	0	0	0	0	0	0
Cornbread	188	6	1.64	37	467	44	4.32	28.86	1.4	0	0	0	1	0
Mango	135	0.56	0.137	0	4	21	1.06	35.19	3.7	0	1	0	0	0
Snack														
Yogurt, plain, fat free (8 oz)	137	0.44	0.284	5	175	488	14.04	18.82	0	1	0	0	0	0
Berry Burst Cheerios (1 cup)**	110	1.5	0	0	180	100	3	24	3	0	0	1	0	0
Dinner														
Oven "Fried" Chicken														
6 oz chicken	280	6.06	1.6	144	126	26	52.74	0	0	0	0	0	0	0
Bread crumbs (2 tbs)	57.5	0.82	0.2	0	24	27.5	2.12	10.25	0.75	0	0	0	0	0
1 egg white	17	0.06	0	0	55	2	3.6	0.24	0	0	0	0	0	0
Green Beans, boiled without salt (1 cup)	44	0.35	0.08	0	1	55	2.36	9.85	4	0	2	0	0	0
Cheesy Stuffed Potato*	460	12	7	37	383	500	24	93	-	2	2.5	0	1	0
Whole wheat roll	96	1.69	0.3	0	172	38	3.13	18.4	2.7	0	0	1	0	0
Total	2032.5	38.67	15.671	243	1795	1638.5	140.96	321.26	27.25	4	9	3	2	0
Total %		17.12%	6.94%			163.85%	27.74%	63.22%						

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Day 4														
Breakfast														
Wheat Chex cereal (1 cup)	180	1	0	0	420	100	5	40	5	0	0	1	0	0
1 Banana (7" long)	105	0	0	0	1	6	1.29	26.95	3.1	0	1	0	0	0
Lunch														
America's Favorite Grilled Cheese Lunch*	430	13	7	40	960	900	21	60	-	3	2		2	0
Snack														
Pear (medium)	96	0.2	0	0	2	15	0.63	25.66	5.1	0	1	0	0	0
Peanut butter, reduced sodium (2 tbs)	203	15.97	3.06	0	65	13	7.68	7.02	2.1	0	0	0	0	0
Graham Cracker (2 sheets)	118	2.82	0.426	0	170	6	1.94	21.5	0.8	0	0	0	1	0
Dinner														
Green Leaf Lettuce (2 cups)	5	0	0	0	10	13	0.49	1	0.5	0	2	0	0	0
Shredded carrots (1/4 cup)	11	0.07	0	0	19	9	0.26	2.63	0.8	0	0.5	0	0	0
Cucumber slices (1/4 cup)	4	0.03	0	0	1	4	0.17	0.94	0.1	0	0.5	0	0	0
Tomato (1/4 cup)	9	0.15	0	0	4	2	0.38	2.09	0.5					
Lowfat Italian Dressing (2 tbs)	22	1.91	0.135	2	410	3	0.14	1.37	0	0	0	0	0	0
Grilled/braised top round steak (4 oz0)	236	7.13	2.5	102	51	5	40.27	0	0	0	0	0	0	0
Balsamic Yogurt Grilled Vegetables*	90	3.5	0.5	0	57.5	100	3.5	12.5	1	0.5	1.5	0	0	0
Brown Rice (1 cup)	218	1.62	0.32	0	2	20	4.52	45.84	3.5	0	0	2	0	0
Fruit salad (1 cup)	124	0.07	0	0	12	27	1.27	32.49	2.5	0	2	0	0	0
Dinner roll	105	1.63	0.3	0	231	35	3.27	19.08	1.2	0	0	0	1	0
Total	1956	49.1	14.241	144	2415.5	1258	91.81	299.07	26.2	3.5	10.5	3	4	0
Total %		22.59%	6.55%			125.80%	18.78%	61.16%						

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Day 5														
Breakfast														
Lowfat milk (1 cup)	118	2.88	1.79	10	143	349	9.67	13.58	0	1	0	0	0	0
Oatmeal Crisp (1 cup)**	220	4.5	0.5	0	250	20	5	42	4	0	0	1	0	0
Peach (2-1/2" diameter)	38	0.24	0	0	0	6	0.89	9.35	1.5	0	1	0	0	0
Lunch														
Whole wheat pasta (2 oz)	212	0.89	0.129	0	21	33	7.61	42.64	6	0	0	1	0	0
Veggie patty	91	0.54	0	0	382	87	13.91	7.53	4.2	0	0	0	0	0
.5 cup marinara sauce, low sodium	136	6	0.8	0	38	35	2.25	19.88	3.8	0	1	0	0	0
Mozzarella string cheese (part skim)	80	6	3.5	15	240	200	8	1	0	1	0	0	0	0
Steamed broccoli (1/2 cup)	15	0.165	0	0	15	20	1.24	2.92	1.2	0	1	0	0	0
Steamed cauliflower (1/2 cup)	12	0.05	0	0	15	11	0.99	2.65	1.2	0	1	0	0	0
Grapes, seedless (1 cup)	110	0.26	0	0	3	16	1.15	28.96	1.4	0	2	0	0	0
Snack														
Chocolate milk, lowfat (1 cup)	158	2.5	1.5	8	152	288	8.1	26.1	1.2	1	0	0	0	0
Whole Wheat English Muffin	135	1.4	0.221	0	422	176	5.86	26.9	4.5	0	0	2	0	0
Peanut butter, reduced sodium (2 tbs)	203	15.97	3.06	0	65	13	7.68	7.02	2.1	0	0	0	0	0
Dinner														
Spinach (2 cups)	14	0.24	0	0	48	60	1.72	2.18	1.4	0	2	0	0	0
Grilled Salmon (6 oz)	196	11.37	2.732	72	51	24	21.86	0	0	0	0	0	0	1
Sliced strawberries (1/2 cup)	27	0.25	0	0	1	13	0.56	6.37	1.7	0	1	0	0	0
Melon (1/4 cup)	15	0.06	0	0	8	3	0.23	3.86	0.3	0	0.5	0	0	0
Red Onion (1/4 cup)	16	0.03	0	0	1	9	0.37	4.04	0.6	0	0.5	0	0	0
Balsamic vinagrette, light (2 tbs)	45	4	0.5	0	470	20	0	20	0	0	0	0	0	0
Sunshine Lemon Smoothie*	180	2	1	10	140	300	10	32	0	1	0	0	0	0
Total	2021	59.345	15.732	115	2465	1683	107.09	298.98	35.1	4	10	4	0	1
Total %		26.43%	7.01%			168.30%	21.20%	59.17%						

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