

# Chef Solus': 1600 Calorie Menu Plan



Grain group 5 ounces  
Vegetable group 2 cup  
Fruit group 1 ½ cup  
Milk group 3 cups  
Meat & Beans group 5 ounces

## Breakfast

- 1 oz Granola
- 1 8 oz container low fat plain yogurt
- ½ cup halves strawberry/blueberries

## Snack

- 1 oz wheat cracker
- ½ cup baby carrot
- ½ oz mixed nuts

## Lunch

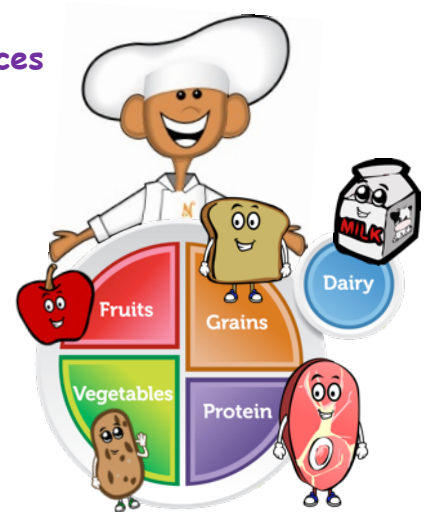
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- ½ cup chopped broccoli
- 1 cup low fat (1%) milk

## Snack

- 1 cup cottage cheese (low fat)
- 1 cup banana

## Dinner

- ½ cup cooked rice + 1 Tsp butter
- 3 oz grilled chicken
- 1 cups green salad + 1 Tsp extra virgin olive oil + 1 Tsp vinegar



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**Calorie Breakdown: 1636 kcal**

Carbohydrate (51%)

Fat (23%)

Protein (26%)

