

# Chef Solus': 2200 Calorie Menu Plan

Grain group 7 ounces  
Vegetable group 3 cup  
Fruit group 2 cup  
Milk group 3 cups  
Meat & Beans group 5.5 ounces



## Breakfast

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

## Snack

- 2 oz wheat cracker
- $\frac{1}{2}$  cup baby carrot
- 1 oz mixed nuts

## Lunch

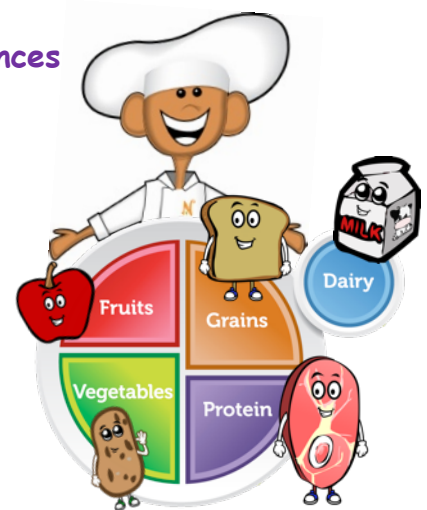
- Turkey sandwich (2 large slice whole wheat bread (2 oz)+ 3 slices (1.5 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- 1 cup chopped broccoli
- 1 cup low fat (1%) milk

## Snack

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

## Dinner

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



**Calorie Breakdown: 2207 kcal**

Carbohydrate (49%)

Fat (30%)

Protein (21%)

