

Chef Solus': 3000 Calorie Menu Plan



- Grain group 10 ounces
- Vegetable group 4 cup
- Fruit group 2.5 cup
- Milk group 3 cups
- Meat & Beans group 7 ounces

Breakfast

- 2 oz Granola + sliced almonds ($\frac{1}{2}$ oz)
- 1 8 oz container low fat plain yogurt
- 1 cup halves strawberry/blueberries
- 1 boiled egg

Snack

- 3 oz wheat cracker
- 1.5 cup baby carrot
- 1.5 oz mixed nuts + dried Fruits

Lunch

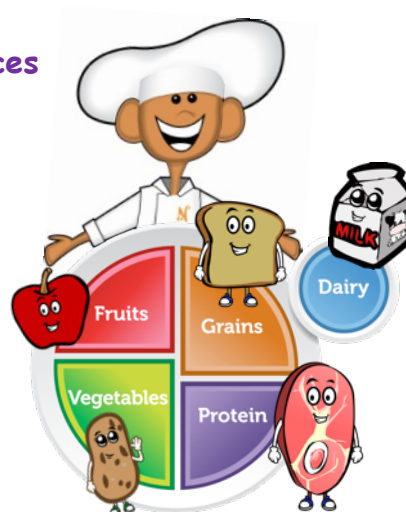
- Turkey sandwich (2 large slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 2 Tsp Mayonnaise + lettuce)
- 1.5 cup chopped broccoli
- 1 cup low fat (1%) milk

Snack

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

Dinner

- 1 cup cooked rice
- 1 dinner roll + 1 Tsp butter
- 4 oz grilled chicken
- 1 cups green salad + 1.5 Tsp extra virgin olive oil + 1 Tsp vinegar



Calorie Breakdown: 3014

Carbohydrate (49%)

Fat (33%)

Protein (18%)

