

Chef Solus': 1800 Calorie Menu Plan



- Grain group 6 ounces
- Vegetable group 2 $\frac{1}{2}$ cup
- Fruit group 1 $\frac{1}{2}$ cup
- Milk group 2 $\frac{1}{2}$ cups
- Meat & Beans group 5 ounces

Breakfast

- 1 oz Granola + sliced almond/walnut
- 1 4 oz container low fat plain yogurt
- $\frac{1}{2}$ cup halves strawberry/blueberries

Snack

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

Lunch

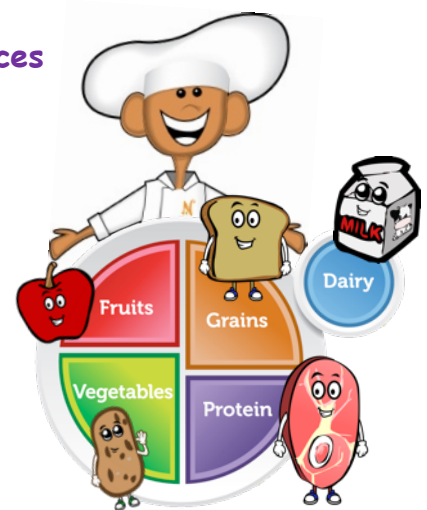
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- $\frac{1}{2}$ cup chopped broccoli
- 1 cup low fat (1%) milk

Snack

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

Dinner

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



Calorie Breakdown: 1752 kcal

Carbohydrate (49%)

Fat (27%)

Protein (24%)

