

Chef Solus': 1600 Calorie Menu Plan



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

Breakfast

- 1 oz Granola
- 1 4 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

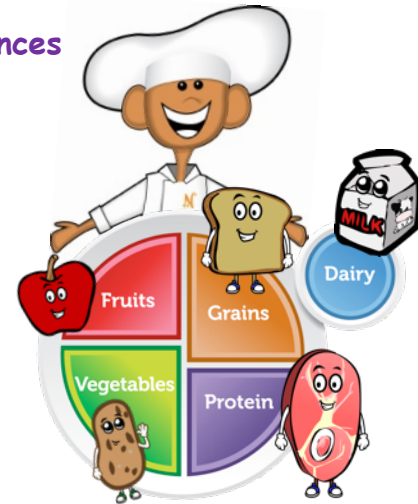
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- ½ cup chopped broccoli
- 1 cup low fat (1%) milk

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



Calorie Breakdown: 1586 kcal

Carbohydrate (51%)

Fat (23%)

Protein (26%)

