

Chef Solus': 2600 Calorie Menu Plan



Grain group 9 ounces
Vegetable group 3.5 cup
Fruit group 2 cup
Milk group 3 cups
Meat & Beans group 6.5 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 cup baby carrot
- 1 oz mixed nuts

Lunch

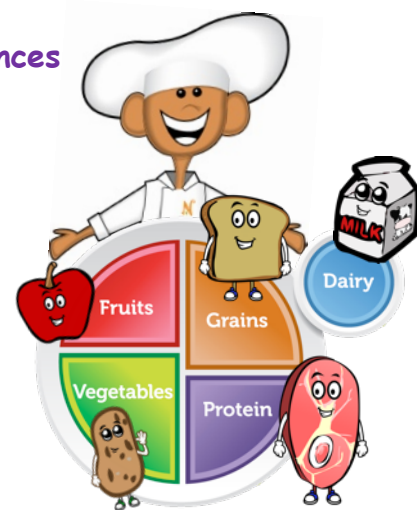
- Turkey sandwich (2 large slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 2 Tsp Mayonnaise + lettuce)
- 1 cup chopped broccoli
- 1 cup low fat (1%) milk

Snack

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

Dinner

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



Calorie Breakdown: 2550 kcal

Carbohydrate (48%)

Fat (31%)

Protein (21%)

