

Chef Solus': 1400 Calorie Menu Plan



- Grain group 5 ounces
- Vegetable group 1 $\frac{1}{2}$ cup
- Fruit group 1 $\frac{1}{2}$ cup
- Milk group 2 cups
- Meat & Beans group 4 ounces

Breakfast

- 1 oz Granola
- 1 8 oz container low fat plain yogurt
- $\frac{1}{2}$ cup halves strawberry/blueberries

Snack

- 1 oz wheat cracker
- 2 oz (1/2 cup) baby carrot

Lunch

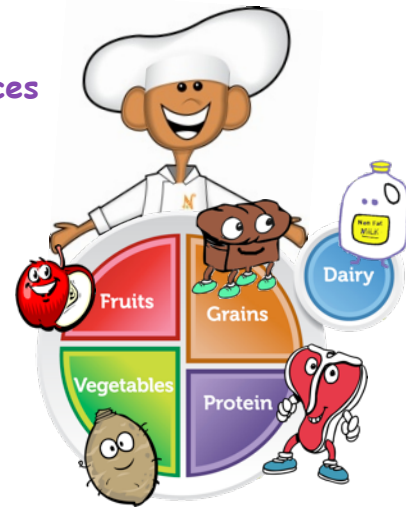
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 2 slices (1 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- $\frac{1}{2}$ cup chopped broccoli
- $\frac{1}{2}$ cup low fat (1%) milk

Snack

- $\frac{1}{2}$ cup cottage cheese (low fat)
- 1 cup banana

Dinner

- $\frac{1}{2}$ cup cooked rice
- 3 oz grilled chicken
- 1 cups green salad + 1 Tsp extra virgin olive oil + 1 Tsp vinegar



Calorie Breakdown: 1365 kcal

Carbohydrate (53%)

Fat (26%)

Protein (21%)

