

# Chef Solus': 1800 Calorie Menu Plan



- Grain group 6 ounces
- Vegetable group 2 ½ cup
- Fruit group 1 ½ cup
- Milk group 3 cups
- Meat & Beans group 5 ounces

## Breakfast

- 1 oz Granola + sliced almond/walnut
- 1 8 oz container low fat plain yogurt
- ½ cup halves strawberry/blueberries

## Snack

- 1 oz wheat cracker
- ½ cup baby carrot

## Lunch

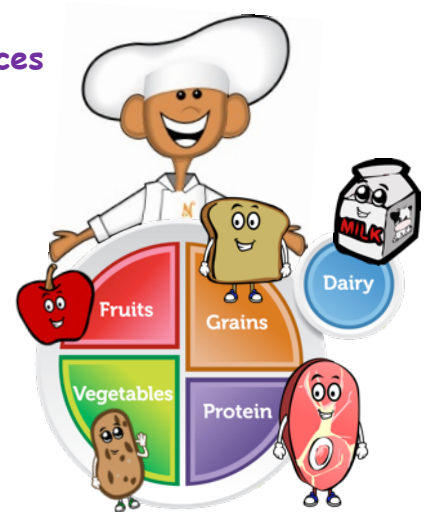
- Turkey sandwich (2 regular slice whole wheat bread (2 oz)+ 4 slices (2 oz) turkey breast + 1 Tsp Mayonnaise + lettuce)
- ½ cup chopped broccoli
- 1 cup low fat (1%) milk

## Snack

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

## Dinner

- 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



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## Calorie Breakdown: 1802 kcal

Carbohydrate (49%)

Fat (27%)

Protein (24%)

