

MEAL PLAN ASSIGNMENT

Name: Janeza Bridges

Diet Rx: Diabetic Diet **2,000kcal**

50% Kcals CHO= 1000
 20% Kcals Pro = 400
 30% Kcals Fat = 600

247 gm CHO
 103 gm Pro
 68 gm Fat

Reminders: Think well-balanced meals! Snacks are optional if you would like to include them

	B	S	L	S	D	S	Total	CHO (g)	Pro (g)	Fat (g)	Kcals
Starches	2	1	4	1	4		12	(15g) 180	(3g) 36	(1g) 12	80
Fruit	1					1	2	(15g) 30			60
Milk						1	1	(12g) 12	(8g) 8	(1g) 1	100
Vegetables			3	1	1		5	(5g) 25	(2g) 10		25
Meats/Substitutes	1	1	1	2	2		7		(7g) 49	(5g) 35	75(55)
Fats	1	1	1		1		4			(5g) 20	45
CHO Choices											
Kcals/gm								X4=	X4=	X4=	TOTAL Kcals: 2012 kcals
								988	412	612	
%Kcals								50%	20%	30%	

Low-fat meats: 3g fat
 Medium-fat meats: 5g fat
 High-fat meats: 8g fat

Skim/very low-fat milk: 0-1g fat
 2% milk: 5g fat
 Whole milk: 8g fat

Meal	Food(s)	Serving Size	Number of Servings
Breakfast	Bagel	¼ (1oz)	2
	Avocado	2 tbsp (1 oz)	1
	Egg - Over-easy	1 egg	1
	Blueberries	¾ cup	1
Snack	Cheese Stick	1 oz	1
	Granola Bar	1 bar	1
Lunch	Sandwich:		
	• Ham	1 oz	1
	• Cheese	1 oz	1
	• Lettuce	1 cup	1
	• Tomato	1 cup	1
	• Avocado	2 tbsp (1 oz)	1
	• Whole Grain Bread	1 slice (1 oz)	2
	Salad:		
	• Lettuce Blend	1 cup	1
	• Olive Oil	1 tsp	1
Snack	Tuna	1 oz	2
	Crackers	6 crackers	1
	Celery	1 cup	1
Dinner	Chicken Breast	1 oz	2
	Plantains	1/3 cup	1
	Black Beans	½ cup	1
	Brown Rice	1/3 cup	2
	Broccoli	½ cup	1
Snack	Greek Yogurt	2/3 cup (6 oz)	1
	Blueberries	¾ cup	1

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