

# Chef Solus': 1000 Calorie Menu Plan

- Grain group 3 ounces
- Vegetable group 1 cup
- Fruit group 1 cup
- Milk group 2 cups
- Meat & Beans group 2 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
- 1 oz ( $\frac{1}{4}$  cup) baby carrot

## Lunch

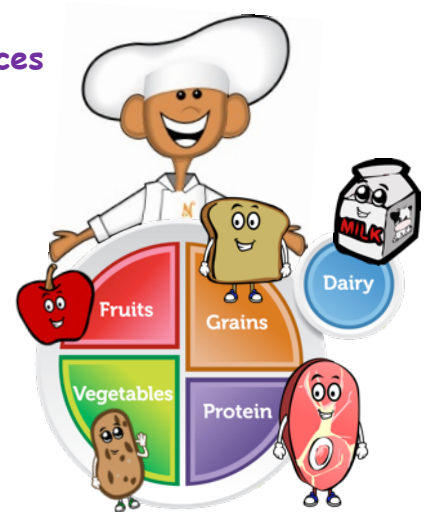
- Turkey sandwich ( 1 slice whole wheat bread (1 oz)+ 2 slices (1 oz) turkey breast +  $\frac{1}{2}$  Tbsp light Mayonnaise + lettuce)
- $\frac{1}{4}$  cup chopped broccoli
- $\frac{1}{2}$  cup low fat (1%) milk

## Snack

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

## Dinner

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



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## Calorie Breakdown: 1030 kcal

Carbohydrate (60%)

Fat (17%)

Protein (23%)

