

**MEAL PLAN TARGETS**

- 1,800 calories
- 55-65% of calories from carbohydrate
- 250-300 grams carbohydrate
- 30 grams fiber or more

MEAL	FOOD ITEM	CHO	FIB	CAL
<b>Breakfast</b>	1 cup low-fat vanilla yogurt	31g	0g	220
	1 cup blueberries	19g	5g	80
	8 oz water	0g	0g	0
<b>AM Snack</b>	1 small apple	15g	2.5g	55
	2 TBL peanut butter	7g	0g	200
	1 tsp raspberry jam	12g	0g	50
	8 oz water	0g	0g	0
<b>Lunch</b>	4 oz skinless chicken breast	0g	13g	120
	2 cups raw spinach	2g	2g	14
	½ cup bell pepper	4g	1g	15
	1 peach	15g	2g	60
	8 oz water	0g	0g	0
<b>Afternoon Snack</b>	1 banana	27g	3g	105
	8 oz water	0g	0g	0
<b>Dinner</b>	1 small multigrain tortilla	18g	3g	100
	¼ cup avocado	3g	2g	58
	1 cup tomatoes	6g	2g	27
	1 cup cucumber	3g	1g	16
	1 cup pepper	6g	2g	30
	½ cup peas	19g	7g	51
	1/3 cup black beans	13g	5g	75
	½ cup brown rice	22g	5g	108
<b>PM Snack</b>	1 small apple	15g	2.5g	55
	2 TBL peanut butter	7g	2	200
	1 ½ cups 2% milk	18g	0	195
<b>DAILY TOTALS</b>		<b>262g</b>	<b>60g</b>	<b>1834</b>