



**DAILY MENU PLANNER – Week 1: #1**

Megan Miller, Registered Dietitian

Client Name: **John Doe**

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Breakfast		AM Snack		Lunch	
-1 Cup Fiber One Cereal -1/4 cup fresh fruit -1/2 cup skim milk -1 egg white (or Egg Beaters) -1 cup coffee/tea		-1 piece fresh fruit -1 package low-fat string cheese -8 oz water		-1 1/2 cups fresh salad green *vegetables on salad -1 can tuna fish (packed in water) -Light salad dressing -1 piece fresh fruit -1 serving of wheat thins -8 oz water	
PM Snack		Dinner			
-1 container of Light yogurt -8 oz water		-5 oz skinless grilled chicken breast -1 cup steamed broccoli -1/2 cup brown rice (or Basmati) -1 cup fresh fruit -1 serving sugar free Jello -8 oz water			
Nutrition Analysis		% Daily		% Daily	
Calories	1676.31	76.2	Iron (mg)	17.15	114.33
Fat (gr)	31.71	43.24	Sodium (mg)	1881.33	94.07
Protein (gr)	143.19	286.38	Vitamin A (IU)	10911.52	272.79
Carbohydrates (gr)	232.59	--	Vitamin C (mg)	380.2	633.67
Fiber (gr)	46.25	--	Cholesterol (mg)	226.57	75.52