

Plan 1

Breakfast:
Oatmeal
Grapes
Toast

Orange Juice



Lunch:
Baked Chicken Wrap
Apple
Water

Snack:

Crackers
Peanut Butter
Raw Baby Carrots

Dinner:

Baked Chicken Breast
Mashed Potatoes
Steamed Green Beans
Cranberry Juice



Daily Value:

~2,200 calories
26% Fat
56% Carbohydrates
18% Protein

Plan 2

Breakfast:

Scrambled Eggs
Sausage Links
Orange Slices
Bagel



Lunch:

Chicken Caesar Salad
Pineapple Chunks
Unsweetened Cranberry Juice

Snack:

Non-Fat Greek Yogurt
Blueberries
Popcorn



Dinner:
Salmon

Brown Long-Grain Rice
Steamed Asparagus
Raisin Cookie
Mango Slices

Daily Value:

~2,128 calories
25% Fat
61% Carbohydrates
2% Protein

Plan 3

Breakfast:
Oatmeal
Bagel

Apple Juice



Lunch:

Peanut Butter & Jelly Sandwich
Banana
Vanilla Waters
Lemonade

Snack:

Hummus
Celery & Cherry Tomatoes
Cottage Cheese
Cranberry Juice

Dinner:

Spaghetti and Tomato Sauce
Meatballs
Roasted Brussel Sprouts
Water

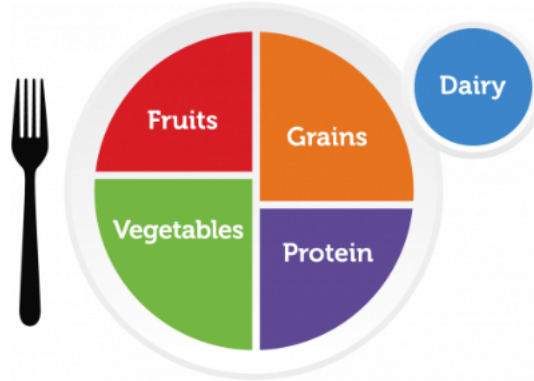


Daily Value:

~2,267 calories
25% Fat
59% Carbohydrates
16% Protein

MyPlate Daily Recommendations

myplate.gov



Focus on whole fruits



Vary your veggies



Make half of your grain's whole grains



Vary your protein routine



3

Healthy Meal Plans
Meeting All USDA Requirements



*A healthy lifestyle is the most potent
medicine at your disposal.*



Please visit our website below
to access full description and
recipes of meal plans.

<https://depressionfresno.com>