

## Sample plan

### 1 - 07:00:00

- 100g Cereals, QUAKER, Instant Oatmeal Organic, Regular
- 30g Protein supplement, milk based, Muscle Milk, powder
- 100g Milk, fluid, 1% fat, without added vitamin A and vitamin D

### 2 - 10:00:00

- 60g Egg, whole, cooked, hard-boiled
- 30g Snacks, rice cakes, brown rice, plain, unsalted
- 50g Tomatoes, red, ripe, raw, year round average
- 100g Turkey breast, sliced, oven roasted, luncheon meat

### 3 - 13:00:00

- 200g Chicken breast, oven-roasted, fat-free, sliced
- 250g Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

### 4 - 15:30:00

- 80g Cereals, QUAKER, Instant Oatmeal Organic, Regular
- 30g Nuts, walnuts, black, dried
- 30g Protein supplement, milk based, Muscle Milk Light, powder

### 5 - 20:00:00

- 150g Rice, white, long-grain, regular, cooked
- 150g Fish, tuna, light, canned in water, drained solids
- 150g Fast foods, salad, vegetable, tossed, without dressing

### 6

- 30g Protein supplement, milk based, Muscle Milk Light, powder
- 130g Bananas, raw

### 7

- 200g Cheese, cottage, creamed, large or small curd
- 10g Nuts, mixed nuts, dry roasted, with peanuts, without salt added