

3-Apple-A-Day Meal Plan

Sample Day

1200 Calorie

Breakfast

Apple
Cheese Omelet
1/2 cup old-fashioned
cooked oatmeal

Snack

1/2 cup nonfat cottage cheese
& 1/2 cup nonfat yogurt

Lunch

Apple
1 Sizzlin' Chicken Breast
1 cup steamed broccoli
1/4 cup brown rice

Snack

Cappuccino Shake

Dinner

Grilled Salmon Salad
with apple

Calories: 1291

Protein: 138 grams (43%)

Carbs: 131 grams (41%)

Fat: 24 grams (16%)

Fiber: 23 grams

Sodium: 2628 mg

1500 Calorie

Breakfast

Apple
Cheese Omelet
1 cup old-fashioned
cooked oatmeal

Snack

1/2 cup nonfat cottage cheese
& 1/2 cup nonfat yogurt

Lunch

Apple
1 Sizzlin' Chicken Breast
2 cups steamed broccoli
1/2 cup brown rice

Snack

Cappuccino Shake

Dinner

Grilled Salmon Salad
with apple

Calories: 1445

Protein: 144 grams (40%)

Carbs: 164 grams (44%)

Fat: 25 grams (16%)

Fiber: 29 grams

Sodium: 3019 mg

1800 Calorie

Breakfast

Apple
Cheese Omelet
1 cup old-fashioned
cooked oatmeal

Snack

1/2 cup nonfat cottage cheese
& 1/2 cup nonfat yogurt

Lunch

Apple
2 Sizzlin' Chicken Breasts
2 cups steamed broccoli
3/4 cup brown rice

Snack

Cappuccino Shake

Dinner

Grilled Salmon Salad
with apple

Calories: 1807

Protein: 198 grams (44%)

Carbs: 164 grams (36%)

Fat: 40 grams (20%)

Fiber: 29 grams

Sodium: 3416 mg

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