

Female Sample Menu



This menu provides 1543 kcal (56% CHO, 24% PRO, 20% Fat)¹

Meal	Food	Portion Size
Breakfast	Oats, instant, cooked	1 cup (250 mL)
	Milk, skim	1 cup (250 mL)
	Strawberries, raw, sliced	1 cup (250 mL)
	Water	1 ½ cup (375 mL)
Morning Snack	Apple (with peel)	1 medium
	Peanut butter, 100% natural	1 Tbsp (15 mL)
	Water	1 ½ cup (375 mL)
Lunch	Tortilla, 100% whole wheat	1 large (approx. 10"/25 cm) diameter
	Turkey, breast meat, w/o skin	3 oz (90 g)
	Tomato, fresh, sliced	½ medium
	Lettuce, romaine	1 leaf
	Mustard, yellow, prepared	1 tsp (5 mL)
	Yogurt, vanilla, fat-free	1 cup (250 mL)
	Water	1 ½ cup (375 mL)
Afternoon Snack	Carrots, fresh	3 medium
	Pepper, bell, sweet, red, sliced	½ cup (125 mL)
	Hummus	¼ cup (60 mL)
	Water	1 ½ cup (375 mL)
Dinner	Salmon, fillet, baked or grilled (no added fat)	4 oz (120 g)
	Rice, brown, long-grain, cooked	1 cup (250 mL)
	Margarine, soft, non-hydrogenated	1 tsp (5 mL)
	Spinach Salad:	
	Spinach, fresh, baby leaves	2 cups (500 mL)
	Tomato, fresh	1 medium
	Onion, red, fresh, sliced	¼ cup (60 mL)
	Salad dressing, vinaigrette, oil and vinegar, homemade	1 Tbsp (15 mL)
	Peaches, canned in water, sliced	1 cup (250 mL)
	Water	1 ½ cup (375 mL)
	Additional Water (throughout the day)	4 ½ cups (1125 mL)

¹Data based on USDA Food and Nutrient Database.