

Weight Maintenance Meal Plan

BREAKFAST

1 apple
2 Cups of Raisin Bran, 1 Cup of 2% Milk
1 piece of wheat toast with jelly
1 Cup of OJ

SNACK 1

1 Fruits

LUNCH

1 piece of baked chicken
1 Cups of noodles/pasta
1 Cups of peas/green beans
1 Cup of Skim milk
Water

SNACK 2

2 Fruits
1 medium handful of almonds

DINNER

1 Chicken breast
1 medium baked potato
2 Cups of Mixed Veggies
1 pat Margarine
2 Cups of salad
Unsweetened Tea