

Usual Protein Distribution

	<u>Calories</u>	<u>Protein</u>
<i>Morning</i>		
½ cup dry oatmeal	150	5g
Prepared with 1 cup water		
1 slice whole-wheat toast	85	4g
w/ 1 tsp butter	35	0g
½ cup orange juice	55	2g
Total:	325	11g
<i>Mid-Morning Snack</i>		
1 medium banana	100	1g
1 tbsp peanut butter	100	4g
Total:	200	5g
<i>Afternoon</i>		
Grilled Cheese w/ Tomato:		
2 slices whole-wheat bread	170	8g
2 tsp butter	70	0g
1½ oz cheddar cheese	165	10g
2 slices tomato	10	0g
1 cup grapes	100	1g
Total:	515	19g
<i>Late Afternoon Snack</i>		
6 oz fat free yogurt	100	6g
1 graham crackers sheet	60	1g
Total:	160	7g
<i>Evening</i>		
3 oz chicken breast	140	26g
½ cup pasta	110	4g
1 tbsp prepared pesto	75	3g
1 cup steamed broccoli	25	2g
1 small dinner roll	85	3g
1 cup skim milk	90	8g
Total:	525	46g
Daily Total:	1,725	88g

Alternative Protein Distribution

	<u>Calories</u>	<u>Protein</u>
<i>Morning</i>		
½ cup dry oatmeal	150	5g
Prepared with 1 cup skim milk	90	8g
And 3 tbsp skim milk powder	45	4g
¼ cup cottage cheese	40	7g
w/ ¼ cup fresh blueberries	20	0g
½ cup orange juice	55	2g
Total:	400	26g
<i>Mid-Morning Snack</i>		
1 medium banana	100	1g
1 tbsp peanut butter	100	4g
Total:	200	5g
<i>Afternoon</i>		
Tuna Fish Sandwich:		
2 slices whole-wheat bread	170	8g
2 oz tuna fish	70	13g
Prepared w/ 1 tbsp mayonnaise	100	0g
1 oz cheddar cheese	110	7g
Lettuce and Tomato	15	0g
1 cup grapes	100	1g
Total:	565	29g
<i>Later Afternoon Snack</i>		
6 oz fat free yogurt	100	6g
1 graham crackers sheet	60	1g
Total:	160	7g
<i>Evening</i>		
2 oz chicken breast	95	18g
1 cup steamed broccoli	25	2g
½ mashed sweet potato	125	2g
w/ 2 tsp butter	70	0g
1 cup skim milk	90	8g
1 small chocolate chip cookie	55	1g
Total:	460	31g
Daily Total:	1,785	97