

Standard Menu

This is an ideal menu based on the Dietary Guidelines for Americans and contains mostly whole grains, three to five servings of fruits and vegetables and at least 25 grams of fiber.



Standard Menu - 1250 Calories				
Meal 1	Pro (g)	Carb (g)	Fat (g)	Calories
1 container (6 oz) Dannon Non-fat Vanilla Yogurt	4	10	0	60
½ cup Fresh Berries	0.5	11	0.2	41
1/3 cup All-Bran Cereal	2	24	1	70
1 each dotFIT Multivitamin	-	-	-	-
1 oz Natural Almonds (23 pieces)	6	6	14	164
Total:	14	50	14	335
Percent of Calories:	15%	52%	33%	
Meal 2	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup (8 oz) Low-Sodium Tomato Soup	4	25	4	150
2 slices Whole Wheat Bread	5	24	2	130
2 slices (1 oz) Low-fat Cheddar Cheese	14	1	4	97
1 medium Orange	1	15	0.2	62
Total:	23	65	10	438
Percent of Calories:	21%	59%	20%	
Meal 3	Pro (g)	Carb (g)	Fat (g)	Calories
2 Whole Wheat Low Carb Tortillas	14	16	5	120
3 oz Cooked Ground-Beef, 95% Lean	18	-	4	116
½ cup Shredded Lettuce	0.2	0.8	1	4
¼ cup Chopped Tomato	0.4	2	-	8
2 tbsp Chopped Onion	0.2	2	-	8
2 tbsp Light Sour Cream	1	2	3	38
1 oz Avocado	0.6	2	4	47
1 cup Diced Melon	1	13	0.3	53
1 dotFIT Super Calcium & Vitamin D	-	-	-	-
Total:	36	38	17	395
Percent of Calories:	32%	34%	34%	
Meal 4	Pro (g)	Carb (g)	Fat (g)	Calories
½ cup Low Fat, Low Sugar Chocolate Pudding	4	21	2	90
Total:	4	21	2	90
Percent of Calories:	14%	71%	15%	
Menu Totals:	77	174	44	1259
Percentage of Total Calories:	22%	50%	28%	
Other Nutrients:	8% Saturated Fat	94 mg Cholesterol	44 g Fiber	
	1,817 mg Sodium	1,391 mg Calcium*	Vitamin D 800 IU**	

*Total calcium amount from food only. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake is 2,500 mg per day.

**Vitamin D from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU.