# Six Small Meals a Day

## Sample meal

This sample meal plan provides about 2,000 calories and 90 grams of protein.

**Breakfast**
- 1 scrambled egg
- Slice of toast with butter or margarine and jelly
- ½ cup juice

**Morning snack**
- ½ cup milk
- ¾ cup dry cereal
- 1 small banana

**Lunch**
- ½ cup vegetable beef soup
- ½ sandwich (1 slice bread with 1 to 2 ounces meat)
- Butter, margarine or mayonnaise
- ½ cup fresh or canned fruit
- 1 cup milk

**Afternoon snack**
- ½ cup milk
- 1 tablespoon peanut butter
- 3 graham crackers

**Dinner**
- 2 to 3 ounces roast chicken
- ½ cup rice
- ½ cup cooked carrots
- Butter or margarine
- 1 cup milk

**Evening snack**
- 4 to 6 ounces fruit yogurt
- 2 Fig Newtons

## Suggested snacks

Snacks between meals will help you increase your calories and protein. Some good choices are:

- Cereal with milk and sugar
- Dried fruits
- Nuts
- Sherbet
- Fruit yogurt or yogurt parfait with added fruit and granola (tip: choose full-fat dairy products for extra calories)
- Cheese or peanut butter and crackers
- Salad sandwich fillings such as chicken, tuna or egg salad with crackers
- Fresh or canned fruits
- Cottage cheese or string cheese
- Hard boiled eggs
- Toast with butter or margarine and jelly
- Gelatin with added fruit
- Pudding with whipped topping
- Granola or cereal bars
- Trail mix with Chex cereal, nuts and pretzels
- Milk shakes (tip: add protein powder for more protein)
- Cookies such as Fig Newtons, Lorna Doones or Vanilla Wafers