

# Six Small Meals a Day

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## Sample meal

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

<b>Breakfast.....</b>	1 scrambled egg Slice of toast with butter or margarine and jelly ½ cup juice
<b>Morning snack.....</b>	½ cup milk ¾ cup dry cereal 1 small banana
<b>Lunch.....</b>	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
<b>Afternoon snack.....</b>	½ cup milk 1 tablespoon peanut butter 3 graham crackers
<b>Dinner.....</b>	2 to 3 ounces roast chicken ½ cup rice ½ cup cooked carrots Butter or margarine 1 cup milk
<b>Evening snack.....</b>	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