

Karen Van De Walle

5.1.2 Meal Planning Mission

Purpose: Can I plan a menu to provide all the nutrients for a middle age women who needs to lose weight.

DAY 1:

Breakfast ⚙️ 🔗 367.7 calories

	Simple Spinach Scramble	1 serving	♡
	Bacon	2 strips	♡

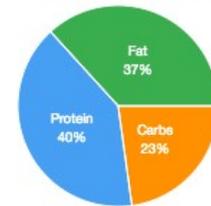
Lunch ⚙️ 🔗 353.2 calories

	All American Tuna	1 serving	♡
	Almonds	1 ounce	♡

Dinner ⚙️ 🔗 406.9 calories

	Pumpkin Soup with Toasted Pumpkin Seeds	1 serving	♡
	Basic protein shake	1 cup	♡

Percent calories from...



Cumulative stats:

96.9g Carbs
(75.4g net carbs)
69.4g Fat
171.7g Protein
1696.4 Calories
Estimated \$7.66

[Detailed Nutrition](#) ▾

Snack



282.6 calories



Curry Chicken Salad

1 serving



Carrots

1 cup



Snack



285.9 calories



Cucumber Salad

1 serving



Cottage Cheese with Radishes

1 serving



DAY 2:

Breakfast



356 calories



Fried Irish Cabbage with Bacon

1 serving



Lunch



396.9 calories



Coconut Milk Protein Shake

1 shake



Sliced bell pepper

1 pepper



Dinner



388.6 calories



Spicy Tuna Melt

1 serving



Roasted asparagus

6 spears



Percent calories from...



Cumulative stats:

140.7g Carbs
(112.2g net carbs)
83.3g Fat
102.7g Protein
1694.9 Calories
Estimated \$7.25

[Detailed Nutrition](#)

Snack ⚙️ ✕ 285.9 calories

	Cucumber Salad	1 serving	♡
	Carrots	2 cup	♡

Snack ⚙️ ✕ 267.5 calories

	Cream Cheese Pickles	1 serving	♡
	Cheese slices	1 serving	♡

CONCLUSION QUESTIONS:

- 1) It was difficult to think about making sure that all peoples needs were met. I am sure that some people may not finish all the food, so was it balanced enough that they could skip some and still be nutritionally balanced.
- 2) Changing my bread choices to a gluten free option was the options that I chose to keep changing and finding subs for.