

## Problem 5.1.2 Meal Planning Mission

Purpose: The purpose of this activity is to develop a 2 day menu for a specific audience.

Target Audience: Cafeteria for 25-30 year old active women a paleo diet

### **Day 1:**

Breakfast   462.3 calories

	Simple Spinach Scramble	1 serving	
	Bacon	2 strips	
	Apple	1 apple	

Lunch   860.1 calories

	Paleo Avocado Tuna Salad	1 serving	
	Cauliflower and Tahini	2 serving	
	Carrots	1 cup	

Dinner   691.7 calories

	Curry-Strawberry Chicken	1 serving	
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### **Day 2:**

Breakfast   665.5 calories

	Green Kiwi Smoothie	1 serving	
	Bacon	2 strips	
	Pecans	1 ounce	

Lunch   683.9 calories

	Turkey Salad	1 serving	
	Avocado	1 avocado	
	Carrots	1 cup	

Dinner   630.9 calories

	Maple Glazed Salmon	1 serving	
	Almond Butter & Celery	1 serving	
	Banana	1 banana	

## **Conclusions**

1. It is difficult to determine the dietary needs for a group rather than individuals because not all the individuals will have the same requirements. The group I chose was 25-30 year old women who are quite active and follow a paleo diet. However, there are many variables within this same group. Weight, height, muscle content, body mass, weight goals, muscle mass goals, etc. are all variables to consider.