

## Problem 5.1.2 Meal Planning Mission

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Purpose: Complete the 2-day menu plan for your application. Use the following resources and guidelines to assist you. When completed, present your written solution to the teacher.

High School serves male and female students ages 14-19.

Day 1

Breakfast

### ***Green Kiwi Smoothie***

#### **Recipe stats:**

89.4g Carbs  
(73.7g net carbs)  
2.6g Fat  
9.3g Protein  
369.5 Calories

### ***Pecans***

#### **Recipe stats:**

3.9g Carbs  
(1.2g net carbs)  
20.4g Fat  
2.6g Protein  
195.9 Calories

Lunch

### ***Paleo Avocado Tuna Salad***

#### **Recipe stats:**

16g Carbs  
(6.4g net carbs)  
22.4g Fat  
30.5g Protein  
363.5 Calories

### ***Banana***

#### **Recipe stats:**

27g Carbs  
(23.9g net carbs)  
0.4g Fat  
1.3g Protein  
105 Calories

Dinner

***Red Snapper with Basil Vinaigrette***

**Recipe stats:**

1g Carbs  
(0.9g net carbs)  
23.2g Fat  
44.9g Protein  
400.6 Calories

***Tomato soup***

**Recipe stats:**

23g Carbs  
(21.4g net carbs)  
0.7g Fat  
2.2g Protein  
100 Calories

Day 2

Breakfast

***Denver omelet***

**Recipe stats:**

7.1g Carbs  
(5.2g net carbs)  
29.1g Fat  
23.9g Protein  
390.3 Calories

***Blueberries***

**Recipe stats:**

21.4g Carbs  
(17.9g net carbs)  
0.5g Fat  
1.1g Protein  
84.4 Calories

Lunch

***All American Tuna***

**Recipe stats:**

3.8g Carbs  
(2.8g net carbs)  
5.1g Fat  
32.6g Protein  
189.1 Calories

## **Avocado**

### **Recipe stats:**

17.1g Carbs  
(3.7g net carbs)  
29.5g Fat  
4g Protein  
321.6 Calories

Dinner

## ***Scallion Crusted Artic Char***

### **Recipe stats:**

2.9g Carbs  
(2.1g net carbs)  
12.2g Fat  
33.4g Protein  
261.3 Calories

## ***Grilled Polenta Chips***

### **Recipe stats:**

26.1g Carbs  
(17g net carbs)  
6.5g Fat  
21g Protein  
245.4 Calories

This diet is based on a moderately active diet for students ages 14-18 with a caloric intake of 2000-2400 calories per day.