

# 7 Day Sample Meal Plan

**FILIPINO**

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	<p>Champorado Oatmeal <i>*See recipe in Wellness resources</i></p> <p>2 hard boiled eggs</p> <p><b>Calories:</b> 460 <b>Fat:</b> 17 <b>Protein:</b> 29 <b>Carbs:</b> 54</p>	<p>Fried Eggs &amp; Garlic Rice</p> <p>-2 eggs fried with 2 teaspoons canola oil</p> <p>-1 cup garlic brown rice</p> <p>-1 cup spinach, sauteed</p> <p><b>Calories:</b> 460 <b>Fat:</b> 20 <b>Protein:</b> 18 <b>Carbs:</b> 46</p>	<p>Fruit &amp; Yogurt Parfait</p> <p>-1 cup nonfat Greek yogurt</p> <p>-1 cup mixed fruit cocktail, canned in water</p> <p>-1/4 cup honey roasted granola</p> <p><b>Calories:</b> 330 <b>Fat:</b> 3 <b>Protein:</b> 24 <b>Carbs:</b> 50</p>	<p>Champorado Oatmeal <i>*See recipe in Wellness resources</i></p> <p>2 hard boiled eggs</p> <p><b>Calories:</b> 460 <b>Fat:</b> 17 <b>Protein:</b> 29 <b>Carbs:</b> 54</p>
<b>Lunch</b>	<p>Rice Noodle Stir Fry</p> <p>-3 ounces veggie chicken</p> <p>-2 ounces rice noodles</p> <p>-1/2 cup shredded cabbage</p> <p>-1/2 cup string beans</p> <p>-1/2 cup chopped broccoli</p> <p>-1 Tbsp. vegetarian oyster sauce</p> <p>-2 tsp. peanut oil</p> <p><b>Calories:</b> 460 <b>Fat:</b> 16 <b>Protein:</b> 29 <b>Carbs:</b> 47</p>	<p>Vegetarian Adobo <i>*See recipe in Wellness resources</i></p> <p>1 cup cooked brown rice</p> <p><b>Calories:</b> 450 <b>Fat:</b> 16 <b>Protein:</b> 17 <b>Carbs:</b> 59</p>	<p>Pancit Bihon <i>*See recipe in Wellness resources</i></p> <p>2 hard boiled eggs</p> <p><b>Calories:</b> 440 <b>Fat:</b> 15 <b>Protein:</b> 21 <b>Carbs:</b> 51</p>	<p>Sinangag (Garlic Fried Rice)</p> <p>-1 cup cooked brown rice</p> <p>-1/4 cup chopped carrot</p> <p>-1/4 cup chopped onion</p> <p>-1/4 cup frozen peas</p> <p>-2 teaspoons peanut oil</p> <p>-1 egg</p> <p>-1 teaspoon low sodium soy sauce</p> <p><b>Calories:</b> 440 <b>Fat:</b> 17 <b>Protein:</b> 15 <b>Carbs:</b> 57</p>
<b>Dinner</b>	<p>3 ounces pan-fried tempeh</p> <p>1/2 cup cooked brown rice</p> <p>Sauteed Vegetables</p> <p>-1/2 cup zucchini</p> <p>-1/2 cup chopped okra</p> <p>-1/2 cup eggplant</p> <p>-1 chopped tomato</p> <p>-2 teaspoons canola oil</p> <p><b>Calories:</b> 440 <b>Fat:</b> 18 <b>Protein:</b> 25 <b>Carbs:</b> 46</p>	<p>Vegetarian Arroz Caldo</p> <p>-1 cup vegetable stock</p> <p>-1/4 cup uncooked rice</p> <p>-1 clove minced garlic</p> <p>-1 cup frozen green peas</p> <p>-1/4 cup diced onion</p> <p>-1/2 tablespoon minced ginger</p> <p>3 ounces pan-fried tofu cubes (1 tsp oil)</p> <p><i>Optional:</i> Kalamansi slices</p> <p><b>Calories:</b> 430 <b>Fat:</b> 12 <b>Protein:</b> 19 <b>Carbs:</b> 59</p>	<p>Tofu Curry <i>*See recipe in Wellness resources</i></p> <p>1 cup cooked brown rice</p> <p><b>Calories:</b> 540 <b>Fat:</b> 17 <b>Protein:</b> 23 <b>Carbs:</b> 75</p>	<p>3 ounces pan-fried tempeh</p> <p>1/2 cup cooked brown rice</p> <p>Sauteed Vegetables</p> <p>-1/2 cup zucchini</p> <p>-1/2 cup chopped okra</p> <p>-1/2 cup eggplant</p> <p>-1 chopped tomato</p> <p>-2 teaspoons canola oil</p> <p><b>Calories:</b> 440 <b>Fat:</b> 18 <b>Protein:</b> 25 <b>Carbs:</b> 46</p>
<b>Snack</b>	<p>1 cup raw veggie sticks</p> <p>4 tablespoons yogurt ranch dip</p> <p><b>Calories:</b> 190 <b>Fat:</b> 12 <b>Protein:</b> 4 <b>Carbs:</b> 18</p>	<p>Veggie Lumpia <i>*See recipe in Wellness Resources</i></p> <p><b>Calories:</b> 260 <b>Fat:</b> 6 <b>Protein:</b> 6 <b>Carbs:</b> 52</p>	<p>1 small apple</p> <p>1 oz. dry roasted peanuts</p> <p><b>Calories:</b> 240 <b>Fat:</b> 15 <b>Protein:</b> 8 <b>Carbs:</b> 26</p>	<p>1 piece whole wheat Pan de Sal</p> <p>1 tablespoon peanut butter</p> <p><b>Calories:</b> 200 <b>Fat:</b> 9 <b>Protein:</b> 8 <b>Carbs:</b> 23</p>



# 7 Day Sample Meal Plan

	Day 5	Day 6	Day 7
<b>Breakfast</b>	Pan de Sal PB&J -2 pieces whole wheat Pan de Sal -2 tablespoons peanut butter -2 tablespoons fruit preserves  1 cup low fat milk  <b>Calories:</b> 450 <b>Fat:</b> 18 <b>Protein:</b> 15 <b>Carbs:</b> 66	Fried Eggs & Garlic Rice -2 eggs fried with 2 teaspoons canola oil -1 cup garlic brown rice -1 cup spinach, sauteed  <b>Calories:</b> 460 <b>Fat:</b> 20 <b>Protein:</b> 18 <b>Carbs:</b> 46	Veggie Scramble & Veggie Bacon -1/4 cup diced onion -1/4 cup diced bell pepper -1/2 cup chopped tomatoes -3 egg whites -2 teaspoons canola oil -2 slices veggie bacon 1 piece whole wheat Pan de Sal  <b>Calories:</b> 340 <b>Fat:</b> 16 <b>Protein:</b> 19 <b>Carbs:</b> 34
<b>Lunch</b>	Sinangag (Garlic Fried Rice) -1 cup cooked brown rice -1/4 cup chopped carrot -1/4 cup chopped onion -1/4 cup frozen peas -2 teaspoons peanut oil -1 egg -1 teaspoon low sodium soy sauce  <b>Calories:</b> 440 <b>Fat:</b> 17 <b>Protein:</b> 15 <b>Carbs:</b> 57	Tofu Curry <i>*See recipe in Wellness resources</i>  1 cup cooked brown rice  <b>Calories:</b> 540 <b>Fat:</b> 17 <b>Protein:</b> 23 <b>Carbs:</b> 75	Pancit Bihon <i>*See recipe in Wellness resources</i>  2 hard boiled eggs  <b>Calories:</b> 440 <b>Fat:</b> 15 <b>Protein:</b> 21 <b>Carbs:</b> 51
<b>Dinner</b>	Vegetarian Arroz Caldo -1 cup vegetable stock -1/4 cup uncooked rice -1 clove minced garlic -1 cup frozen green peas -1/4 cup diced onion -1/2 tablespoon minced ginger 3 ounces pan-fried tofu cubes <i>Optional: Kalamansi slices</i>  <b>Calories:</b> 430 <b>Fat:</b> 12 <b>Protein:</b> 19 <b>Carbs:</b> 59	Rice Noodle Stir Fry -3 ounces veggie chicken -3 ounces rice noodles -1/2 cup shredded cabbage -1/2 cup string beans -1/2 cup chopped broccoli -1 Tbsp. vegetarian oyster sauce -2 tsp. peanut oil  <b>Calories:</b> 460 <b>Fat:</b> 16 <b>Protein:</b> 29 <b>Carbs:</b> 47	Vegetarian Adobo <i>*See recipe in Wellness resources</i>  1 cup cooked brown rice  <b>Calories:</b> 450 <b>Fat:</b> 16 <b>Protein:</b> 17 <b>Carbs:</b> 59
<b>Snack</b>	Veggie Lumpia <i>*See recipe in Wellness Resources</i>  <b>Calories:</b> 260 <b>Fat:</b> 6 <b>Protein:</b> 6 <b>Carbs:</b> 52	1 small mango 1 oz. dry roasted peanuts  <b>Calories:</b> 270 <b>Fat:</b> 14 <b>Protein:</b> 7 <b>Carbs:</b> 32	1 cup fruit cocktail, canned in water 1 string cheese  <b>Calories:</b> 170 <b>Fat:</b> 5 <b>Protein:</b> 5 <b>Carbs:</b> 23

Living  Whole  
Wellness Program

A Recipe for Success

