

Meal Plan A – Healthy American Control group meal plan

Emory GCRC Bionutrition

Meal	1	2	3	4	5	6	7
Breakfast							
Lunch	Lemon Chicken Potato Casserole	Quinoa Tofu Pesto	Turkey Burger on a roll (side of: lettuce, onion, catsup)	South of the Border Chicken Stew	Bulgur-Beef Meatballs with Spaghetti & Sauce	Lemon Chicken w/ Bulgur	Spinach-Cheese Noodles
Sides	<i>Non-Starchy Vegetables (i.e. Roasted Brussel Sprouts), Fruit (i.e. Pear)</i>	<i>Non-Starchy Vegetable (i.e. Steamed Asparagus), Fruit (i.e. Orange)</i>	<i>Non-Starchy Vegetable (i.e. Sliced Tomatoes), Fat (i.e. Avocado)</i>	<i>Starch (i.e. Whole Grain Sliced Bread), Fat (i.e. Avocado)</i>	<i>Vegetable (i.e. Salad)</i>	<i>Non-Starchy Vegetable (i.e. Green Beans), Fruit (i.e. Nectarine)</i>	<i>Protein (i.e. Grilled Salmon), Non-Starchy Vegetable + Combination Food [Carbohydrate & Fat] (i.e. Raw Sweet Peppers & Hummus)</i>
Dinner	Pasta & Peanut Salad	Stovetop BBQ Chicken with basmati rice & raw spinach	Spaghetti with Turkey Meat Sauce	Turkey Meatloaf	Spiced Chicken & Rice	Potato Green Bean Bake	Beef & Broccoli Stir Fry with Basmati Rice
Sides	<i>Starch (i.e. Pretzels), Fruit (i.e. Tangerine)</i>	<i>Starchy Vegetable (i.e. Corn on the Cob)</i>	<i>Starchy Vegetable (i.e. Mixed Vegetable, frozen), Fruit (i.e. Pear)</i>	<i>Starch Vegetable (i.e. Baked Potato), Vegetable (i.e. Salad)</i>	<i>Non-Starchy Vegetable (i.e. Steamed Broccoli), Fat (i.e. Almonds)</i>	<i>Vegetable (i.e. Salad), Non-Starchy Vegetable + Fat (i.e. Celery & Peanut Butter)</i>	<i>Fruit (i.e. Seedless Grapes)</i>