



## Reminders

1. Remember that your diet is vital for your health and well-being.
2. Eat more fish, meat analogs and chicken (with the skin removed).  
Use lean cuts of meat.
3. Use various combinations of herbs, spices, and seasonings allowed. These would enhance flavor, thereby making your food taste better.
4. Don't use table salt, patis, toyo, bagoong and vetsin (MSG) in preparing your food or for seasonings at the table.
5. Read all canned and packaged food labels carefully.
6. Don't restrict your sodium intake more severely than what your diet calls for. Too little sodium may be as bad as too much.

### All About My Meal Plan:

- The Meal Plan is a sample of one month cycle menu that serves as a guide to your daily food intake.
- Notice that the requirement varies from day to day because each individual has varying daily total energy requirement.
- The Meal Plan helps you plan the kind of food preparations; however, for your personal calorie requirements and actual serving amount, refer to the separate Diet Guide sheet.
- Please trim off visible fats from your meat preparation.
- You can modify suggested dishes according to your food preference, but choose the less fatty meat. Refer to the Food Exchange list provided in this diary.
- Meat analogs are highly recommended as meat substitutes.
- Please identify your food allergens. If you are allergic to any item in the Meal Plan, substitute according to your needs.

# Meal Plan Week 1

## WHAT SHOULD I EAT?

	Sunday 1,200 calories	Monday 1,350 calories	Tuesday 1,400 calories
BREAKFAST	1 small Banana 1 MBS Steamed Fish w/ 1 tsp Mayo 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)	2 slices Papaya 1/8 c. Cottage Cheese 1 MBS Chicken Hotdog 3 small Pandesal 1 c. Charantia Tea 2 Tbsp Milk (non-fat)	1 slice Watermelon Fish Sarciado - 1/2 MBS Fish - 1 Egg - 1/2 Vegetables 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)
AM SNACK	1 slice Pineapple 1 c. Charantia Tea	1 c. Pancit Bihon 1 c. Charantia Tea	1 c. Fresh Fruit Combination (banana, mango, papaya) 1 c. Charantia Tea
LUNCH	1 MBS Chicken Tinola with 1 c. Unripe Papaya & Sili Leaves 1/2 c. Steamed Rice 1 small Banana 1 c. Charantia Tea	1 c. Pinakbet 1 MBS Fried fish 1/2 c. Steamed Rice 1 slice Mango 1 c. Charantia Tea	1/2 c. Monggo Guisado with 1/2 c. Ampalaya 1 c. Steamed Rice 1 small Banana 1 c. Charantia Tea
PM SNACK	1 slice Wheat Bread	2 slices Wheat Bread 1 tsp Butter	1 1/4 pc Cassava
DINNER	1 c. Buttered Vegetables (carrots, sayote, bag. beans) 1 MBS Fish Sweet & Sour 1/2 c. Steamed Rice 1 slice Pineapple 1 c. Charantia Tea	2 c. Blanched Camote Tops w/ Tomato 1 MBS Fish w/ Tausi Sauce 1/2 c Steamed Rice 1 slice Papaya 1 c. Charantia Tea	1 c. Sautéed Carrots & Corn 1/2 MBS Grilled Chicken 1/2 c. Steamed Rice 1 small Apple 1 c. Charantia Tea
BEFORE BEDTIME	4 Tbsp Milk (non-fat)	2 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)

Legend:

MBS - Matchbox Size  
c - Cup

Tbsp - Tablespoon  
tsp - teaspoon

# Week 1

Wednesday 1,500 calories	Thursday 1,550 calories	Friday 1,600 calories	Saturday 1,650 calories
<p>1 small Ponkan Potato Omelet -1/2 c. Potato -1 Egg 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>2 small Banana 1/3 c. Tuna in Brine 2 slices Wheat Bread 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>2 slices Papaya 1 pc Sardines w/ ½ c. Upo Guisado 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>1 slice Watermelon 2 pcs Chicken Nuggets 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>
<p>2 slices Sandwich w/ Spread 1 c. Charantia Tea</p>	<p>1 pc Suman sa Lihya 1 c. Charantia Tea</p>	<p>1 ½ slice Putong Puti 1 c. Charantia Tea</p>	<p>2 c. Sweet Corn Kernel 1 c. Charantia Tea</p>
<p>Beef Sinigang - 1 MBS Lean Beef - 1 c. Vegetables ½ c. Steamed Rice 1 small Atis 1 c. Charantia Tea</p>	<p>Fish Afritada - 1 MBS Fish - 1 ½ c. Potato &amp; Carrots 1 c. Steamed Rice 3 pcs Mangosteen 1 c. Charantia Tea</p>	<p>½ c. Cucumber Salad 1 MBS Chicken Curry - Chicken - ½ c Potato &amp; Carrots 1 c. Steamed Rice 2 pcs Chico</p>	<p>Misua Soup 1 MBS Beef Steak 1 c. Steamed Rice 1 small Orange 1 c. Charantia Tea</p>
<p>3 pcs Soda Crackers 1 glass Fruit Juice</p>	<p>2 pc Boiled Sweet Camote</p>	<p>1 pc Meatless Lumpia</p>	<p>2 small Boiled Saba</p>
<p>1 c. Chayote Guisado 1 MBS Fish Paksiw ½ c. Steamed Rice 1 slice Melon 1 c. Charantia Tea</p>	<p>Bangus Sinigang - 1 MBS Fish - 1 c. Eggplant &amp; Okra ½ c. Steamed Rice 7 pcs Lanzones 1 c. Charantia Tea</p>	<p>1 c. Boiled Baguio Beans w/ Dressing 1 MBS Broiled Tilapia ½ c. Steamed Rice 1 c. Buko Water 1 c. Charantia Tea</p>	<p>Raddish Salad 1 MBS Chicken Stew ¾ c. Steamed Rice 3 Tbsp Fruit Cocktail 1 c. Charantia Tea</p>
<p>4 Tbsp Milk (non-fat)</p>	<p>4 Tbsp Milk (non-fat)</p>	<p>4 Tbsp Milk (non-fat)</p>	<p>4 Tbsp Milk (non-fat)</p>

# Meal Plan Week 2

## WHAT SHOULD I EAT?

	Sunday 1,200 calories	Monday 1,350 calories	Tuesday 1,400 calories
BREAKFAST	1 small Boiled Saba 1 Scrambled Egg w/ Tomatoes 2 slices Wheat Bread w/ 1 tsp Mayo 1 c. Charantia Tea 4 Tbsp Milk (non-fat)	2 slices Papaya 1 Tokwa w/ Tausi 1 c. Oatmeal 1 c. Charantia Tea 2 Tbsp Milk (non-fat)	1 slice Watermelon Fried Egg & Fish - ½ MBS Fish - 1 Egg 2 slices Bread w/ 1 tsp Butter 1 c. Charantia Tea 4 Tbsp Milk (non-fat))
AM SNACK	1 small Apple 1 c. Charantia Tea	1 c. Pancit Bihon w/ Tokwa 1 c. Charantia Tea	1 c. Molded Gulaman 1 c. Charantia Tea
LUNCH	1 c. Atsara 1 MBS Chicken Curry 1 c. Steamed Rice 1 glass Gulaman Drink 1 c. Charantia Tea	1 c. Pechay Guisado 1 MBS Fish Estofado ½ c. Steamed Rice 1 slice Mango 1 c. Charantia Tea	1 c. French Onion Soup 1 MBS Beef Afritada 1 c. Steamed Rice 1 small Banana 1 c. Charantia Tea
PM SNACK	1 c. French Fries	1 c. Fruit Salad	1 ¼ c. Potato Salad
DINNER	1 c. Squash Ukoy 1 MBS Tuna w/ w/ Egg ½ c. Steamed Rice 1 slice Pineapple 1 c. Charantia Tea	2 c. Coleslaw 1 MBS Beef Menuudo ½ c. Steamed Rice 1 slice Papaya 1 c. Charantia Tea	1 c. Vegetable Sinigang ½ MBS Chicken Barbeque ½ c. Steamed Rice 1 small Apple 1 c. Charantia Tea
BEFORE BEDTIME	4 Tbsp Milk (non-fat)	2 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)

Legend:

MBS - Matchbox Size  
c - Cup

Tbsp - Tablespoon  
tsp - teaspoon

# Week 2

Wednesday 1,500 calories	Thursday 1,550 calories	Friday 1,600 calories	Saturday 1,650 calories
<p>1 small Ponkan 1 MBS Fried Vegetocino 1 c. Corn-Carrot Niblets 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>2 small Banana 1 MBS VG Tapa Guisado 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>2 slices Papaya 1 MBS Gluten Steak w/ ½ c. Green Peas 1 c. Vegetarian Omelet 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)</p>	<p>1 slice Watermelon 1 c. Mami Soup Choplets Rarebit - 1 MBS VG choplets - 1 c. whole Corn Kernel - 1/2 c. Milk Evap, Cream of Corn) 1 c. Steamed Rice 1 c. Charantia Tea</p>
<p>1 slice Pineapple 1 c. Charantia Tea</p>	<p>1 c Pancit canton guisado (vegetarian) 1 c. Charantia Tea</p>	<p>2 reg slice Bibingka 1 c. Charantia Tea</p>	<p>½ c. Fresh fruit Platter 1 c. Charantia Tea</p>
<p>1 c. Cheese Chowder 1 c. Baked Squash 1 MBS Gluten Loaf 1 c. Steamed Rice 1 small Atis 1 c. Charantia Tea</p>	<p>1 c. Vegetable Soup Russian Stroganoff 1 MBS-gluten-cubelets ½ c. Mushrooms 1/8 c. Cheese 1 c. Steamed Rice 3 pcs Mangosteen 1 c. Charantia Tea</p>	<p>1 c. Mandarin Soup (VG choplets, mushrooms, carrots, cornstarch, egg) Quial's Egg Pastel - 3 pcs Quail Egg - ½ c. Potatoes, Carrots, VG frank 1 c. Steamed Rice 2 pcs Chico</p>	<p>1 c. Vegetable Medley or Squash w/ Bagoio Beans 1 MBS Chili Con Gluten 1 c. Steamed Rice 1 small Orange 1 c. Charantia Tea</p>
<p>3 pcs Skyflakes 1 glass Fruit Juice</p>	<p>2 pc Boiled Sweet Camote</p>	<p>1 pc Meatless Lumpia</p>	<p>1 small Apple</p>
<p>1 c. Mock Bird's Nest Soup (eggwhite + cream of corn) 1 MBS Fish Tapa ½ c. Steamed Rice 1 slice Melon 1 c. Charantia Tea</p>	<p>1 c. Native Pechay Guisado ¾ c. Burger Patties (beef &amp; vegetables) ½ c. Steamed Rice 7 pcs Lanzones 1 c. Charantia Tea</p>	<p>1 c. Shell Macaroni Soup 1 MBS Marinated Chicken ½ c. Steamed Rice 1 c. Buko Water 1 c. Charantia Tea</p>	<p>Beef con White Beans - 1 MBS Beef - 1 c. white beans ¾ c. Steamed Rice 3 Tbsp Fruit Cocktail 1 c. Charantia Tea</p>
<p>4 Tbsp Milk (non-fat)</p>	<p>2 Tbsp Milk (non-fat)</p>	<p>4 Tbsp Milk (non-fat)</p>	<p>4 Tbsp Milk (non-fat)</p>

# Meal Plan Week 3

## WHAT SHOULD I EAT?

	Sunday 1,200 calories	Monday 1,350 calories	Tuesday 1,400 calories
<b>BREAKFAST</b>	1 small Banana 3 tsp Corned Beef 1c. Potato-Green Peas Combination 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)	1 slice Papaya 1 MBS Chicken Tocino 1 c. Steamed Rice 1 c. Charantia Tea 2 Tbsp Milk (non-fat)	1 slice Watermelon ½ c. Tortang Talong 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)
<b>AM SNACK</b>	1 c. Mais con Yelo 1 c. Charantia Tea	1 slice Fresh/ Dried Fruit 1 c. Charantia Tea	1 slice Pineapple Ring 1 c. Charantia Tea
<b>LUNCH</b>	½ c. Bean Sprout Chopsuey ½ MBS Beef Menudo ½ c. Steamed Rice 1 small Banana 1 c. Charantia Tea	1 c. Camote Tops Salad ½ MBS Broiled Fish 1 c. Steamed Rice 1 slice Mango 1 c. Charantia Tea	1 MBS Fish Sinigang sa Miso -fish -1 c. Vegetables 1 c. Steamed Rice 1 small Banana 1 c. Charantia Tea
<b>PM SNACK</b>	1 pc Custard	Gelatin Dessert	1 ½ pcs Bran Muffin
<b>DINNER</b>	½ c. Squash Ukoy ½ MBS Pinangat na Hasa-Hasa ½ c. Steamed Rice 1 slice Pineapple 1 c. Charantia Tea	1 c. Eggplant Salad 1 MBS Chicken Curry ½ c. Steamed Rice 1 slice Papaya 1 c. Charantia Tea	½ c. Okra-Corn Creole 1 MBS Breaded Chicken ½ c. Steamed Rice 1 small Apple 1 c. Charantia Tea
<b>BEFORE BEDTIME</b>	4 Tbsp Milk (non-fat)	2 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)

Legend:

MBS - Matchbox Size  
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tsp - teaspoon

# Week 3

Wednesday 1,500 calories	Thursday 1,550 calories	Friday 1,600 calories	Saturday 1,650 calories
1 small Ponkan 2 slices Whole Wheat Bread w/ 1 MBS Beef & Lettuce Filling Corn Cereals w/ Raisins 1 c. Charantia Tea 4 Tbsp Milk	2 small Banana 1/3 c. Cheese Bread 1 c. Oatmeal 1 c. Charantia Tea 4 Tbsp Milk	2 slices Papaya 1 MBS Beef Loaf Omelet 5 pcs Pandesal 1 c. Charantia Tea 4 Tbsp Milk	1 slice Watermelon 1 c. Corn Flakes w/ Milk 1 c. Mashed Potato 1 c. Charantia Tea
1 slice Bucu Lumpia 1 c. Charantia Tea	1 c Fresh Miki Guisado 1 c. Charantia Tea	1 c. Arroz Caldo 1 c. Charantia Tea	1 c. Burger Patties 1 c. Charantia Tea
1 c. Eggplant Salad 1 MBS Roasted Chicken 1 c. Steamed Rice 1 small Atis 1 c. Charantia Tea	Fish Picadillo -1 MBS fish -1 c. Vegetables 1 c. Steamed Rice 3 pcs Mangosteen 1 c. Charantia Tea	1 c. Sitao Guisado 1 MBS Gluten Caldereta -Gluten -Vegetables 1 c. Steamed Rice 3 pcs Chico	1 c. Boiled Okra w/ Soy Sauce & Tomato 1 MBS Ground Meat Patties 1 c. Steamed Rice 1 small Orange 1 c. Charantia Tea
Chicken/ Vegemeat 1 pc Siopao 1/3 c. Unsweetened Juice	1 c. Palabok	3 pcs Lumpiang Shanghai	2 slices Bread w/ Spread 1 glass Fruit Juice
1 c. Vegetable Medley 1 MBS Chicken Tinola 1 c. Steamed Rice 1 slice Melon 1 c. Charantia Tea	1 c. Cucumber w/ Pineapple Salad 1 MBS Grilled Beef ½ c. Steamed Rice 7 pcs Lanzones 1 c. Charantia Tea	1 c. Adobong Kangkong 1 MBS Relyenong Bangus 1 c. Steamed Rice 1 c. Bucu Water 1 c. Charantia Tea	1 c. Boiled Baguio Beans 1 MBS Fish in Tausi sauce ½ c. Steamed Rice 6 Tbsp Fruits Cocktail 1 c. Charantia Tea
4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)

# Meal Plan Week 4

## WHAT SHOULD I EAT?

	Sunday 1,200 calories	Monday 1,350 calories	Tuesday 1,400 calories
BREAKFAST	1 small Banana 1 MBS Tapa 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk (non-fat)	2 slices Papaya 6 pcs Pandesal w/ 1/3 c. Cheese 1 c. Arroz Caldo 1 c. Charantia Tea 2 Tbsp Milk (non-fat)	1 slice Watermelon 1 small Steamed Hotdog 2 c. Lomi 1 c. Charantia Tea 4 Tbsp Milk (non-fat)
AM SNACK	½ c Fresh Fruit Cup 1 c. Charantia Tea	1 slice Pullman Bread 1 c. Charantia Tea	1 Boiled Saba 1 c. Charantia Tea
LUNCH	½ MBS Nilagang Bangus -fish -1 c Vegetables 1 c. Steamed Rice 1 small Banana 1 c. Charantia Tea	1 c Raddish Salad Beef Ribs Pochero -1 MBS beef -1 c. Vegetables 1 c Steamed Rice Jelly Ace 1 c. Charantia Tea	1 c. Egg Drop Soup ½ MBS Fried Fish 1 c. Steamed Rice 1 small Banana 1 c. Charantia Tea
PM SNACK	1 Slice Papaya	1 Slice Pineapple	1 Slice Mango
DINNER	1 c. Dinengdeng ½ MBS Grilled Fish ½ c. Steamed Rice 1 slice Pineapple 1 c. Charantia Tea	1 MBS Meat Ball Sarciado ½ c. Steamed Rice 1 slice Papaya 1 c. Charantia Tea	½ MBS Ground Meat with 1 c. Chayote Guisado 1 c. Steamed Rice 1 small Apple 1 c. Charantia Tea
BEFORE BEDTIME	4 Tbsp Milk (non-fat)	2 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)

Legend:

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tsp - teaspoon

# Week 4

Wednesday 1,500 calories	Thursday 1,550 calories	Friday 1,600 calories	Saturday 1,650 calories
2 small Ponkan 1 c. Bihon Guisado 2 slices Bread 1 c. Charantia Tea 4 Tbsp Milk	2 small Banana ½ c. Potato-Egg Omelet 1 c. Pancit Molo 1 c. Charantia Tea 4 Tbsp Milk	2 slices Papaya 1 MBS Steamed Fish w/ Mayo 1 c. Steamed Rice 1 c. Charantia Tea 4 Tbsp Milk	1 slice Watermelon 1 MBS Fish Escabeche 1 c. Steamed Rice 1 c. Charantia Tea
2 pcs Butchi 1 c. Charantia Tea	½ c. Buco Meat 1 c. Charantia Tea	8 pcs Rambutan 1 c. Charantia Tea	1 ½ c. Cereal 1 c. Charantia Tea
1 c. Coleslaw 1 c. Monggo Guisado 1 c. Steamed Rice 1 small Atis 1 c. Charantia Tea	Onion Soup 1 MBS Chicken Stir Fry 1 c. Steamed Rice 3 pcs Mangosteen 1 c. Charantia Tea	Pesang Manok -1 MBS Chicken -1 c. Vegetables 1 c. Steamed Rice 1 pc Chico	Beef Lauya -1 MBS Beef -1 c. Vegetables 1 c. Steamed Rice 2 small Orange 1 c. Charantia Tea
Maja Blanca	1 pc Corn on the Cob	1 c. Fried-Miki Palabok	2 Pear
1 MBS Chicken Nilaga with 1 c. Vegetables ½ c. Steamed Rice 1 slice Melon 1 c. Charantia Tea	1 MBS Fish w/ Misua ½ c. Steamed Rice 7 pcs Lanzones 1 c. Charantia Tea	1 c. Bulanglang w/ Patani ½ c. Steamed Rice 1 c. Buco Water 1 c. Charantia Tea	1 c. Meatless Chopsuey 1 MBS Pocherong Isda 1 c. Steamed Rice 3 Tbsp Fruits Cocktail 1 c. Charantia Tea
4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)	4 Tbsp Milk (non-fat)