

WEEKLY SUGGESTED MEAL PLAN DURING COVID-19 (APRIL 20-26, 2020)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1 st Day	Whole wheat bread (2 pcs), Pan ameriakno (2 pcs) or Pandesal (3 pcs) Jam or mayo spread (1 tsp) Banana (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Monggo burger (1 piece) & vegetables salad (Lettuce, cucumber & lemon juice (1/2 cup) Rice (1 cup/ 2 servings equivalent) Apple (1 small size)	Tochong bangus (1 slice) with black beans & ampalaya Rice (1 cup/ 2 servings equivalent) Sliced papaya (3/4 cup)	Fried saba (2 pcs)
2 nd Day	Tuna flakes (2 Tbsp) omelet (egg 1 pc) with spring onion Rice or fried rice (1 cup) Sliced papaya (3/4 cup) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Pork adobo (1 matchbox size equivalent to 1 serving) at ensaladang pipino (1/2 cup) Rice (1 cup/ 2 servings equivalent) Sliced pakwan (1 cup)	Sinabawang talbos ng camote with kamatis at sibuyas (1/2 cup) Fried tuyo (2-3 pcs) Rice Banana (1 small size)	Inihaw na mais (1 piece)
3 rd Day	Oatmeal or breakfast cereals (1/2 cup) with Milk Sliced mango (1/2 cup)	Tortang dilis (1 pc) with pineapple salsa (1/2 cup) Rice Sliced melon (1-1/3 cup)	Ginisang petchay at giniling with oyster sauce Rice Grapes (10 pcs)	Nilagang kamoteng kahoy (1 pc small)
4 th Day	Mushroom omelet - Egg (1 pc) for omelet Pan ameriakno (2 pcs) or Rice or fried rice (1 cup) Sliced pinya (1/2 cup) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Sayote guisado (1/2 cup) with fried chicken (1 matchbox size or 1 small leg equivalent to 1 serving) Rice Apple (1 small size)	Pork alondigas (1 pc) with patola & misua (1 cup) Rice Sliced pakwan (1 cup)	Biscuit or crackers (1 pack or 30 grams)
5 th Day	Sardines guisado (1-1/2 pieces) with malunggay leaves Pandesal (3 pcs) or Rice (1 cup) Apple (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Kilawing labanos (1/2 cup) with pork liver (3/4 cup) Rice Sliced mango (1/2 cup)	Dineng-deng with coconut milk (1/2 cup) & fried galunggong (1 pc) Rice Sliced papaya (3/4 cup)	Boiled peanuts (1/2 cup)
6 th Day	Kesong puti or cheese cheddar (1 slice) Hot pandesal (3 pcs) Banana (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Kangkong in garlic sauce (1/2 cup) with tinapa flakes (1 pc equivalent to 1 serving) Rice Apple (1 small size)	Paksiw na tilapia (1 piece) with okra & talong (1/2 cup) Rice Sliced papaya (1 cup)	Pancit guisado (1 cup)
7 th Day	Soft boiled egg (1 pc) and noodle soup (1 cup) Ponkan (1 small size)	Ginisang baguio beans at carrots (1/2 cup equivalent to 1 serving) with pork (1	Inihaw na bangus (1 slice) & steamed talong with okra (1/2 cup) & bagoong	Peanut butter sandwich (2 pcs - Pan amerikano & 1 tsp peanut butter)

	Coffee/Milk/Green tea/Hot chocolate [1 cup/serving]	matchbox size equivalent to 1 serving) Rice Sliced melon [1-1/3 cup]	Rice Sliced pinya [1/2 cup]	
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*Increase intake of Protein-rich foods (Meat, Seafood, Milk, Yogurt, Egg, Legumes etc), Vegetables and Fruits to boost your immune system.

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Recommended intake of eggs 2-3 pieces per week. *Drink at least 8-10 glasses of water everyday. STAY HYDRATED...

Source: (Food Exchange Lists) -FNRI-DoST

