

SAMPLE ONE WEEK MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
1 st Day	Vegetable omelet (Tomato & cabbage) Rice or (bread & bakery products) Banana Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Sinampalukang manok (fresh sampalok fruit & leaves) Rice Sliced papaya	Laswa with malunggay leaves Fried fish or dried fish Rice Ponkan	Crackers or biscuits
2 nd Day	Plain lugaw with boiled egg Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Pork nilaga Rice Sliced pinya	Pinangat na isda sa calamansi with camote tops Rice Banana	Boiled mani
3 rd Day	Oatmeal or cereals with tuna or chicken flakes Milk Banana	Chicken tinola with malunggay leaves Rice Orange	Steamed talong, okra, kangkong & tomato Salted egg Rice Apple	Boiled mais
4 th Day	Chicken sopas with boiled egg Apple Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Pork pochero Rice Sliced pinya	Ginisang carrots at upo with tuna flakes Rice Sliced papaya	Pancake or cheese sandwich
5 th Day	Champorado with dried dilis or tuyo Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Guisadong monggo Fried galunggong Rice Banana	Pinakbet Fried tilapia Rice Ponkan	Boiled saba
6 th Day	Tortang sayote or talong Rice Ponkan Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Misua patola with sardines Rice Sliced papaya	Ukoy with kalabasa at togue Rice Sliced pinya	Sponge cake
7 th Day	Tuna omelet Rice Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Pangat na isda sa kamatis w/ alugbati leaves Rice Sliced pinya	Petchay with tofu in oyster sauce Rice Banana	Boiled camote

*Increase intake of Protein-rich foods (Meat, Milk, Yogurt, Egg, Legumes etc), Vegetables and Fruits to boost your immune system. *Drink at least 8-10 glasses of water everyday. STAY HYDRATED...

--	--	--	--	--