

## WEEKLY SUGGESTED MEAL PLAN DURING COVID-19 (APRIL 13-19, 2020)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1 <sup>st</sup> Day	<b>Potato omelet with cheese and spring onion</b> (1 egg, 1 slice cheese) <b>Fried rice or plain rice</b> <b>Banana</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving) <u>*choose only one beverage*</u>	<b>Grilled chicken</b> (1 piece) & <b>grilled vegetables</b> (pineapple, potato, onion & bell pepper) (1/2 cup) <b>Rice</b> ( 1 cup/ 2 servings equivalent) <b>Apple</b> (1 small size)	<b>Mackarel sardines with petchay</b> (1/2 cup) <b>Rice</b> ( 1 cup/ 2 servings equivalent) <b>Sliced papaya</b> (3/4 cup)	<b>Bananacue</b> ( 2 pieces)
2 <sup>nd</sup> Day	<b>Toasted bread/Pan amerikano</b> (2 pcs) <b>or Pandesal</b> ( 3 pcs) <b>with butter</b> ( 2 teaspoons) <b>Sliced papaya</b> (3/4 cup) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving)	<b>Ampalaya</b> (1/2 cup) <b>with tofu</b> (1/2 cup) <b>in oyster sauce</b> <b>Rice</b> ( 1 cup/ 2 servings equivalent) <b>Sliced pakwan</b> ( 1 cup)	<b>Chicken liver and gizzard</b> (3/4 cup) <b>steak</b> ( ¼ cup) <b>with pineapple chunks</b> (1/4 cup) <b>Rice</b> <b>Banana</b> (1 small size)	<b>Sliced mamon</b> (1 piece)
3 <sup>rd</sup> Day	<b>Sauteed Tuna</b> (2 Tbsp) <b>with cucumber slices</b> (1/2 cup) <b>Sliced pinya</b> (1/2 cup) <b>Coffee/Milk/Green tea/Hot chocolate</b> (1 cup/serving)	<b>Pork steak</b> ( 1 matchbox size equivalent to 1 serving) <b>with buttered corn &amp; carrots</b> (1/2 cup) <b>Rice</b> <b>Sliced melon</b> ( 1-1/3 cup)	<b>Pesang manok</b> ( 1 smal lleg or ¼ breast) <b>with cabbage,potato and petchay</b> (1/2 cup) <b>Rice</b> <b>Grapes</b> ( 10 pcs)	<b>Ham and cheese sandwich</b> (2 pcs Pan amerikano, 1 slice Cheese, 1 slice Ham, 1 tsp mayonnaise)
4 <sup>th</sup> Day	<b>Chicken sotanghon</b> (1 cup) <b>with soft boiled egg</b> ( 1 pc) <b>Banana</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving) <u>*choose only one beverage*</u>	<b>Upo at carrots guisado</b> ( ½ cup equivalent to 1 serving) <b>with sardinas</b> (1-1/2 pieces) <b>Rice</b> <b>Ripened mango</b> (1/2 cup)	<b>Daing na bangus</b> ( 1 slice) <b>with eggplant salad</b> (1/2 cup) <b>Rice</b> <b>Grapes</b> ( 10 pcs)	<b>Ginataang mais</b> (1 cup)
5 <sup>th</sup> Day	<b>Corned beef guisado with potato</b> <b>Pandesal</b> ( 3pcs) <b>or Whole wheat bread</b> (2pcs) <b>Apple</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving)	<b>Pork monggo with ampalaya &amp; malunggay leaves</b> (1 cup) <b>Rice</b> <b>Sliced pakwan</b> ( 1cup)	<b>Tilapia curry</b> ( 1 pc) <b>and fresh vegetables sticks</b> (cucumber & carrots with garlic mayo dip) (1/2 cup) <b>Rice</b> <b>Sliced papaya</b> (3/4 cup)	<b>Sponge cake</b> (1 slice)
6 <sup>th</sup> Day	<b>Vegetable omelet</b> (1pc) <b>with (tomato, onion, kangkong &amp; talong)</b> – (1/2 cup) <b>Rice or Fried rice</b> <b>Banana</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving)	<b>Chicken binakol</b> ( 1 smal lleg or lean meat 1 slice or 1 matchbox size) <b>with sayote, dahon sili and buko juice</b> (1/2 cup) <b>Rice</b> <b>Apple</b> (1 small size)	<b>Tofu in black bean sauce with mushroom</b> (1/2 cup equivalent to 1 serving) <b>Rice</b> <b>Sliced papaya</b> ( 1cup)	<b>Eggplant spaghetti</b> (1 cup)

7 <sup>th</sup> Day	Chicken camote nuggets with malunggay leaves (3-4 pcs) Fried rice or Rice Ponkan (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Ginataang langka with tinapa flakes ( 1/2 cup equivalent to 1 serving) Rice Sliced melon (1-1/3 cup)	Inihaw na bangus (1 slice) & steamed vegetables (1/2 cup) (okra, talong at kangkong with bagoong) Rice Riped mango (1/2 cup)	Maruya (1 pc)
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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.

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

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