

WEEKLY SUGGESTED MEAL PLAN DURING COVID-19 (APRIL 27- MAY 3, 2020)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1 st Day	Salted egg (1 pc) with fresh tomato (1 pc) Fried rice or Rice (1cup) Banana (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Sardines fishball with sweet and sour sauce (3-4 pieces) & fresh cucumber (1/2 cup) Rice (1 cup/ 2 servings equivalent) Apple (1 small size)	Adobong kangkong (1/2 cup) with tofu (1/2 cup) Rice (1 cup/ 2 servings equivalent) Sliced papaya (3/4 cup)	Cheese stick (4-6 pcs)
2 nd Day	Corned beef guisado (3 Tbsp) with potato Rice or fried rice (1 cup) or Pandesal (3 pcs) Sliced papaya (3/4 cup) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Sinigang na bangus (1 slice) with raddish, okra, tomato, kangkong (1/2 cup) Rice (1 cup/ 2 servings equivalent) Sliced pakwan (1 cup)	Talong at tuna torta (1 pc) With fried saba (2 pcs) Rice Banana (1 small size)	Graham crackers (1 pck or 30 grams) & yogurt (1 pck or 180 ml)
3 rd Day	French toast – Pan amerikano (2 pcs), Pan de limon (1 pc) or Pandesal (3 pcs) Chicken or pork sausage (3 pcs) Sliced mango (1/2 cup) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Ground pork menudo (1/2 cup) with soft boiled egg (1 pc) Rice Sliced melon (1-1/3 cup)	Mushroom chicken adobo (1 matchbox size or 1 small leg equivalent to 1 serving) Rice Grapes (10 pcs)	Potato salad (1 cup)
4 th Day	Chicken adobo flakes (2 Tbsp) Pan amerikano (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>	Ukoy with togue (1 pc) Ensaladang labanos (1/2 cup) Rice Apple (1 small size)	Pork (1 matchbox size) with ampalaya and tomato guisado (1/2 cup equivalent to 1 serving) Rice Sliced pakwan (1 cup)	Toasted Pizza pandesal (3 pieces)
5 th Day	Cheesy spanish omelete (Egg-1 pc) Pandesal (3pcs) or Rice (1cup) Apple (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Grilled chicken (1 matchbox size or 1 small leg equivalent to 1 serving) steamed baguio beans, carrots & corn (1/2 cup) Rice Riped mango (1/2cup)	Banana heart sisig (1/2 cup) Fried galunggong (1 pc) Rice Sliced papaya (3/4 cup)	Fresh banana (1 pc) strips and toasted bread (1 pck 30 grams)
6 th Day	Pancit bihon with tuna flakes (1 cup) Banana (1 small size) Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Meatballs (2 pcs) & noodle soup (1cup) Rice Apple (1 small size)	Paksiw na dilis (1/2 cup) with kamatis, sibuyas at indian mango (1/2 cup) with bagoong Rice	Boiled camote (1 pc)

			Sliced papaya (1cup)	
7th Day	Breakfast cereals (1/2 cup) Milk (1cup) Ponkan (1 small size)	Nilagang tilapia (1 pc) with cabbage, petchay, saba, potato (½ cup) Rice Sliced melon (1-1/3 cup)	Gising gising (1/2 cup) with fried chicken (1 matchbox size or 1 small leg equivalent to 1 serving) Rice Sliced pinya (1/2 cup)	Tuna sandwich (2 pcs - Pan amerikano & 2 Tbsp Tuna flakes)

*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

