

WEEKLY SUGGESTED MEAL PLAN DURING COVID-19 (MARCH 29- APRIL 5, 2020)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1 st Day	Scrambled egg with caramelized onion & tomato Rice or Bread Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*choose only one beverage*</u>	Ginataang manok with kalabasa at sitaw Rice Sliced pinya	Paksiw na bangus with ampalaya Rice Ponkan	Peanutbutter sandwich
2 nd Day	Pancake longanisa Banana Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Pork and beans with potato, carrots cabbage & baguio beans Rice Sliced papaya	Fried galunggong Ensaladang talong with kamatis Rice Apple	Boiled kamoteng kahoy
3 rd Day	Ginisang sardinas with petchay Rice or bread Sliced pinya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Chicken with malunggay leaves, sayote and corn soup Rice Sliced pakwan	Pork menudo with pork liver, potato and carrots and bell pepper Rice Banana	Tuna spaghetti
4 th Day	Sunny side up egg Tuyo with kamatis Fried rice Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving) <u>*Choose only one beverage*</u>	Pork lumpiang shanghai with carrots, celery, onion Rice Banana	Pesang tilapia with patchay and cabbage Rice Apple	Biscuits or crackers
5 th Day	Corned beef guisado Rice or bread Apple Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Patola with misua and boiled egg Rice Sliced pakwan	Adobong atay with patatas Rice Sliced pinya	Fried saba
6 th Day	Liverspread with sliced pipino Pandesal Banana Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Tinolang baboy with sayote at malunggay leaves Rice Sliced pakwan	Ampalaya guisado Dried daing Rice Grapes (10 pcs/serving- 2cm)	Pizza pandesal
7 th Day	Tinapa Kamatis & pipino Fried rice Sliced papaya Coffee/Milk/Green tea/Hot chocolate (1 cup/serving)	Piniyahang manok with potato, carrots and bell pepper Rice Banana	Adobong bangus with okra and ampalaya leaves Rice Ponkan	Champorado

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

