

## WEEKLY SUGGESTED MEAL PLAN DURING COVID-19 & LENTEN SEASON (APRIL 6-12, 2020)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1 <sup>st</sup> Day	<b>Peanut butter</b> (2 teaspoons) <b>Hot pandesal</b> (3 pcs) <b>Apple</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving) <u>*choose only one beverage*</u>	<b>Relyenong bangus</b> (1 slice) <b>Ensaladang pipino and pineapple tidbits</b> (1/2 cup) <b>Rice</b> ( 1 cup/ 2 servings equivalent) <b>Sliced pakwan</b> ( 1cup)	<b>Stir fry kangkong and eggplant with tofu</b> ( 1 cup) <b>Rice</b> ( 1 cup/ 2 servings equivalent) <b>Ponkan</b> (1 small size)	<b>Turon</b> ( 1 pc)
2 <sup>nd</sup> Day	<b>Salted egg</b> (1 pc) with kamatis & okra (1/2 cup vgs.) <b>dried dilis</b> (20 grams) <b>Rice</b> (1 cup/2 servings) <b>Sliced papaya</b> (3/4 cup) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving)	<b>Kalabasa at tuna flakes Shanghai</b> ( 3 pcs shanghai/reg. size) <b>Rice</b> <b>Banana</b> ( 1 small size)	<b>Sinaing na tulingan with kamias</b> ( 1 pc) <b>Ensaladang labanos</b> (1/2 cup) <b>Rice</b> <b>Sliced pinya</b> (1/2 cup)	<b>Pancit bihon with sardinas</b> (1cup)
3 <sup>rd</sup> Day	<b>Pancake</b> (4 inches across ¼ inch thick/ 1 serving) with jam or maple syrup (2teaspoons) <b>Banana</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> (1 cup/serving)	<b>Ginataang papaya with malunggay leaves</b> (1/2 cup) <b>Fried dilis</b> ( 20 grams) <b>Rice</b> <b>Sliced pakwan</b> ( 1cup)	<b>Tortang dilis</b> ( 1pc) <b>Repolyo guisado</b> (1/2 cup) <b>Rice</b> <b>Apple</b> (1 small size)	<b>Potato fries</b> (2 oz/serving)
4 <sup>th</sup> Day	<b>Dried fish (Ayunin)</b> (20grams) <b>Fried talong</b> (1/2 cup) <b>Rice or fried rice</b> <b>Sliced pinya</b> (1/2 cup) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving) <u>*choose only one beverage*</u>	<b>Tinolang tahong</b> (1/2 cup shelled/serving) with sayote and dahon ng sili (1/2 cup vgs.) <b>Rice</b> <b>Sliced papaya</b> (3/4 cup)	<b>Egg</b> ( 1 pc) caldereta with potato, carrots, bell pepper, green peas (1/2 cup vgs.) <b>Rice</b> <b>Banana</b> (1 small size)	<b>Tuna carbonara</b> (1 cup)
5 <sup>th</sup> Day	<b>Tuna flakes</b> (2 Tbsp) with Lettuce, tomato & cucumber (1/2 cup vgs.) <b>Pan amerikano</b> (2pcs) <b>Apple</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> ( 1 cup/serving)	<b>Fried bangus</b> ( 1 slice) with atcharang papaya (1/4 cup) <b>Rice</b> <b>Sliced pakwan</b> ( 1cup)	<b>Nilagang okra at inihaw na talong with bagoong</b> (1/2 cup) <b>Dried tuyo</b> (2-3 pcs) <b>Rice</b> <b>Sliced papaya</b> (3/4 cup)	<b>Minatamis na saba</b> (2 pcs)
6 <sup>th</sup> Day	<b>Vegetable omelet</b> (1pc) with (tomato, onion, kangkong & talong) – (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>Pocherong tilapia</b> (1 pc) with camote, cabbage, petchay, saba & baguio beans (1/2 cup) <b>Rice</b> <b>Sliced pinya</b> (1/2 cup)	<b>Ginisang togue with tofu and vegetables</b> (1 cup) <b>Rice</b> <b>Sliced pakwan</b> ( 1cup)	<b>Grilled cheese sandwich</b> ( Pan amerikano 2 pcs) (cheese- 1 slice)
7 <sup>th</sup> Day	<b>Sardines with sotanghon &amp; petchay</b> ( 1 cup)	<b>Chopsuey binakol with breast chicken &amp; chicken liver</b> ( 1 cup)	<b>Bulang-lang with malunggay leaves</b> (1/2 cup)	<b>Kamote fries</b> (2 oz/serving)

	<b>Rice</b> <b>Ponkan</b> (1 small size) <b>Coffee/Milk/Green tea/Hot chocolate</b> (1 cup/serving)	<b>Rice</b> <b>Sliced papaya</b> (3/4 cup/serving)	<b>Fried hasa-hasa</b> ( 1 pc) <b>Rice</b> <b>Apple</b> (1 small size)	
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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

