

**CTM / MTM Meal Plan Design and Recommended Servings according to the USDA MyPlate recommendations for each food group.:**

**7 Day Breakfast Meal Plan**

- 1 Yogurt Bread Spread Vegetables
- 2 Milk Yogurt Roll & Spread, Cut fruit
- 3 Milk Yogurt Bagel Spread Sliced Peppers
- 4 Milk Mini Rolls & spread, banana & cucumbers
- 5 Milk bread, cheese, Tomatoes
- 6 Yogurt, Bread Spread, cheese, Vegetables
- 7 Milk Yogurt Bagel Spread Sliced Peppers

**7 Day Lunch Meal Plan**

- 1 Milk, Apples, Rice Krispies, cheese
- 2 Breaded salmon Orzo with vegetable Mixed vegetable
- 3 Cottage Cheese, Orange, Crackers/mini rolls
- 4 Grilled salmon Mashed potatoes Garlic string beans
- 5 Moroccan Tilapia White rice, Fruit mix, cheese
- 6 Tilapia fish Spanish rice Mixed vegetable & fruit
- 7 Milk Mini Rolls & spread, banana & cucumbers, cheese

**14 Day Dinner Meal Plan**

- 1 Dark breaded chicken cutlet Mashed potatoes Garlic string beans
- 2 Dark grilled chicken cutlet Farfel Roasted vegetable
- 3 Chicken nuggets Yerushalmi kugel Garden vegetables
- 4 Breaded chicken cutlets Shishkes Mixed vegetable
- 5 White grilled chicken cutlets Cubed potatoes Sweet carrots and pineapple
- 6 Baked salmon Spanish rice Garlic string beans
- 7 Breaded tilapia Potato knish Quinoa salad
- 8 Sesame chicken Mock liver blintz Garlic string beans
- 9 Teriyaki chicken Vegetable lo Mein Roasted vegetable
- 10 Chicken shawarma French fries Garden vegetables
- 11 Hot poppers Sweet noodle kugel Mixed vegetable
- 12 Meat balls Egg roll Sweet carrots and pineapple
- 13 Broccoli chicken Potato kugel Steamed vegetables
- 14 Crispy chicken fingers Rice with mushrooms Roasted squash

**For MTM for conditions or diseases follow the FIMC Clinical Committee Guidelines see chart below:**

**Please note:** A dish or product can be changed only as long as the amount for each day for each Food group stays the same as the USDA MyPlate recommendations for each food group each day.

**USDA MyPlate recommendations for each food group daily amount.**

**Grains** 5 to 8 ounces. 1 ounce is equal to: 1 slice of bread; 1 small (6-inch) tortilla; 1 cup of dry cereal; 1/2 cup of cooked rice, cooked pasta, or cooked cereal.

**Vegetables** 2 to 3 cups. 1 cup is equal to: 1 cup of raw or cooked vegetables; 2 cups of raw, leafy greens; 1 cup (8 fl oz) vegetable juice.

**Fruits** 1½ cups to 2 cups. 1 cup is equal to: 1 cup of fresh, frozen, or canned fruit; 1 small apple; 1 large orange or 1 large banana; 1 cup (8 fl oz) 100% fruit juice; 1/2 cup of dried fruit.

**Dairy** 3 cups. 1 cup is equal to: 1 cup (8 fl oz) milk or yogurt; 1 1/2 ounces of hard cheese; 1/3 cup of shredded cheese; 1 ounce of processed cheese.

**Protein foods** 5 to 6½ ounces. 1 ounce is equal to: 1 ounce of meat, poultry, or fish; 1 egg; 1 tablespoon of peanut butter; 1/2 ounce of nuts (12 almonds or 7 walnut halves); 1/4 cup of cooked beans, peas, or lentils; 1/4 cup of tofu

Diet Type	Per Meal	Per Day	Conditions/ Diseases
<b>Regular:</b> Heart Healthy Based on DGA for micronutrients Macronutrients based on EAL for HIV/AIDS	500-700 kcal (25-30 kcal/kg) 25 g protein (1g /kg) 23-31 g total fat (35% kcal) 6-9 g saturated fat (10% kcal) < 800 mg sodium 8-9 g dietary fiber (14g/1000kcal)	1500-2100 kcal 70-80 g protein 70-74 g total fat 21 g saturated fat 1500-2000 mg sodium 25-28 g dietary fiber (14g/ 1000 kcal)	HIV/AIDS Hepatitis C Breast Cancer CVD Overweight/obesity Heart failure End stage liver failure Ascites
<b>Diabetic Friendly:</b> 2019 update: fat 20=35% Fiber 14 g/1000 kcal CHO- individualized	500-700 kcal (25-30 kcal/kg) 55-60 g carbohydrate 25g protein (15-20%) 23-31 g total fat 4-5 g saturated fat < 800 mg sodium 8-9 g dietary fiber (14g/1000 kcal)	1500-2100 kcal 165-180 g carbohydrate 75 g protein 69-93 g total fat 12-15 g saturated fat 2300 mg sodium 25-28 g dietary fiber (14g/1000 kcal)	Pre-diabetes Diabetes Heart disease Weight loss CKD GFR<30
<b>Dialysis – ESKD</b>	500-700 kcal (25-30 kcal/kg) 35 g protein 23-31 g total fat (35% kcal) 6-9 g saturated fat (10% kcal) 8-9 g dietary fiber (14g/1000kcal) 700 gm sodium <b>No Phosphorus Parameters rec: limit dairy to one 4 oz serving/ day and not Phosphate additives. Whole grains may be used as long as potassium remains at or below the limit.</b> 900 mg potassium	1500-2100 kcal 70-80 g protein 70-74 g total fat 21 g saturated fat 2100 mg /day sodium 25-28 g dietary fiber (14g/1000 kcal) &lt;1200 mg/day phosphorus 2730 mg/day potassium	CKD stages 4-5 or on dialysis
<b>Chronic Kidney Disease</b> 500-700 kcal (25-30 kcal/kg)	500-700 kcal (25-30 kcal/kg) < or = 20 g protein 23-31 g total fat (35% kcal) 6-9 g saturated fat (10% kcal) 700 mg sodium 8-9 g dietary fiber (14g/1000 kcal) 1200 mg potassium No phosphorus parameters, limit foods with phosphorus additives	1500-2100 kcal < 64 g protein 70-74 g total fat 21 g saturated fat 2100 mg per day sodium 25-28 g dietary fiber (14g/1000 kcal) 3500 mg/day potassium 2 dairy exchanges /day (i.e., 4 fl oz dairy or 1 oz cheese)	CKD stages 3-4
<b>GI-Friendly</b> Lower fiber without strong odors or acidic foods.	500-700 kcal 25 g protein 23-31 g total fat (35% kcal) 6-9 g saturated fat (10% kcal) < 800 mg sodium 4-6.5 g dietary fiber	1500-2100 kcal 75 g protein 70-74 g total fat 21 g saturated fat 2300 mg sodium 13-20g fiber	Nausea/vomiting Diarrhea Cancer treatment side effects Post GI surgery IBD/IBS