# Meal Plan for Men Ages 30-49

According to USDA MyPlate guidelines

| 2800 calories | 30-60 mins physical activity | 10 ounces whole grains | 2 1/2 cups fruit | 3 1/2 cups vegetables | 3 cups dairy | 7 ounces protein |

## Breakfast (pick one from each group)

**Grains**: 2 slices toast | 2 pancakes | whole English muffin | 2 cups cereal/oatmeal

**Protein**: 2 eggs | 2 tbsp peanut butter | ½ cup beans | 2 oz cooked meat

**Dairy**: 8 oz milk | 3 slices cheese | 1 cup yogurt

**Fruit**: 1 whole fruit | 8 oz glass 100% fruit juice | 1 cup fruit to add to pancakes/cereal

## Lunch (pick one from each group)

**Grains**: 2 slices whole wheat bread | 1 whole wheat frybread | 2 small tortillas

**Protein**: 2 slices deli meat | 2 oz cooked meat | 2 tbsp peanut butter | ½ can of tuna

**Vegetables**: 3 cups leafy greens | 18 baby carrots | 3 stalks celery

**Fruit**: ½ orange | ½ apple | half cup any whole fruit

## Dinner (pick one from each group)

**Grains**: 2 cups cooked rice | 2 cups cooked pasta

**Protein**: 3 oz cooked meat | ¼ cup beans

**Vegetables**: 3 cups leafy greens | 1 ½ cup squash | 1 ½ cup broccoli

## Snacks (Twice a day, 1 from each group)

**Dairy**: 1 cup yogurt | 3 slices cheese

**Fruit**: ½ orange | ½ apple | ½ cup any fruit | 4 oz 100% fruit juice

**Grains**: 10 whole wheat crackers | 1 whole wheat frybread
Meal Plan for Men Ages 50-60
According to USDA MyPlate guidelines

Breakfast (pick one from each group)
- **Grains**: 1 slice bread | 1 pancake | half English muffin | 1 cup cereal/oatmeal
- **Protein**: 2 eggs | 2 tbsp peanut butter | ½ cup beans | 2 oz cooked meat
- **Dairy**: 8 oz milk | 3 slices cheese | 1 cup yogurt
- **Fruit**: half whole fruit | 4 oz glass 100% fruit juice | half cup fruit to add to pancakes/cereal/breakfast grains

Lunch (pick one from each group)
- **Grains**: 2 slices whole wheat bread | 1 whole wheat frybread | 2 small tortillas
- **Protein**: 2 slices deli meat | 2 oz cooked meat | 2 tbsp peanut butter | ½ can of tuna
- **Vegetables**: 3 cups leafy greens | 18 baby carrots | 3 stalks celery
- **Fruit**: ½ orange | ½ apple | half cup any whole fruit

Dinner (pick one from each group)
- **Grains**: 2 cups cooked rice | 2 cups cooked pasta
- **Protein**: 3 oz cooked meat | ¼ cup beans
- **Vegetables**: 3 cups leafy greens | 1 ½ cup squash | 1 ½ cup broccoli

Snacks (Twice a day, 1 from each group)
- **Dairy**: 1 cup yogurt | 3 slices cheese
- **Fruit**: ½ orange | ½ apple | ½ cup any fruit | 4 oz 100% fruit juice
- **Grains**: 10 whole wheat crackers | 1 whole wheat frybread

2600 calories
30-60 mins physical activity
9 ounces whole grains
2 cups fruit
3 1/2 cups vegetables
3 cups dairy
7 ounces protein

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