

**Sample Meal Plans for 15-year old Male with Cystic Fibrosis -**  
*(Bolded items are methods of increasing nutrient density of the diet to achieve 120-200% more calories than an average 15-year old male.)*

	Day One				Day Two			
<b>Breakfast</b>	1 medium banana 2 cups whole grain oat cereal 8 oz. <b>whole</b> milk + <b>1 oz. heavy cream</b>				3 blueberry toaster waffles <b>1 Tablespoon butter</b> 2 tbsp. maple syrup 2 turkey sausage breakfast links 8 oz. <b>whole</b> milk			
<b>Snack</b>	<b>Protein bar</b> 1 medium apple				1 cup grapes <b>4 peanut butter cracker sandwiches (homemade with 8 round crackers + 2 Tablespoon peanut butter)</b>			
<b>Lunch</b>	2 slices 100% whole wheat bread 3 oz. deli turkey breast 2 slices tomato 1 slice leaf lettuce <b>1 Tablespoon. mayonnaise</b> <b>1 oz. potato chips</b> 5 oz. <b>whole milk</b> fruited Greek-style yogurt				<u>School Lunch Meal</u> 2 slices cheese pizza 1 cup watermelon 8 oz. <b>whole</b> milk ¾ cup baby carrots			
<b>Snack</b>	<b>Commercial protein shake</b> Peanut butter (2 tbsp.) and jelly (1 tbsp.) sandwich on 100% whole wheat bread				1 serving trail mix <b>Commercial high protein shake</b>			
<b>Dinner</b>	5 oz. grilled chicken 1 medium baked potato with <b>1 tbsp. butter, 2 Tablespoon sour cream, ¼ cup shredded cheddar cheese</b> 1 cup steamed broccoli with <b>1 Tbsp. butter</b> 8 oz. <b>whole</b> milk				2 cups spaghetti with meat sauce 1.5 cups romaine lettuce ½ cup cucumber 5 cherry tomato 2 Tablespoon. <b>full fat ranch dressing</b>			
<b>Snack</b>	1 cup <b>full fat</b> ice cream ½ cup strawberries				1 small orange <b>1 Mozzarella cheese stick</b>			
<b>Total</b>	<b>Calories</b>	<b>CHO (%)</b>	<b>Fat (%)</b>	<b>Protein (%)</b>	<b>Calories</b>	<b>CHO (%)</b>	<b>Fat (%)</b>	<b>Protein (%)</b>
	3649 kcal	427g (45%)	152g (36%)	183g (19%)	3630 kcal	413g (45%)	163g (40%)	149g (15.2%)