

**Sample Meal Plans for 3-year old Girl with Cystic Fibrosis -**  
*approximately 1200-1300 kcal/day*  
*(Bolded items are added to increase calories.)*

	Day One				Day Two			
<b>Breakfast</b>	½ cup sliced banana 1 cup crispy rice cereal ½ cup <b>whole</b> milk				1 scrambled egg cooked with <b>milk and butter</b> ½ cup cooked oatmeal with ¼ cup <b>whole</b> milk ¼ cup <b>whole</b> milk			
<b>Snack</b>	½ small apple 1 string cheese				1 slice 100% whole wheat toast with 1 teaspoon butter and 1 teaspoon cinnamon sugar ½ small apple			
<b>Lunch</b>	1 slice 100% whole wheat bread 1oz. deli turkey breast <b>1 Tablespoon mayonnaise</b> 1 slice Swiss cheese ¼ cup grated carrots ¼ cup diced celery				1 small tortilla 1 oz. cooked ground beef 3 Tablespoon shredded cheese ¼ cup shredded lettuce ¼ cup chopped tomatoes			
<b>Snack</b>	½ cup yogurt ¼ cup 100% fruit juice				1 string cheese ½ cup peaches			
<b>Dinner</b>	2 oz. baked or grilled salmon ½ cup egg noodles ½ cup cooked spinach ½ cup whole milk + <b>1 tablespoon heavy cream</b>				2 meatballs (2 oz.) ½ cup cooked noodles ¼ cup tomato sauce ½ cup <b>whole</b> milk			
<b>Snack</b>	½ cup yogurt ¼ cup chopped strawberries				½ cup yogurt ¼ cup blueberries			
<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>
	<b>1353</b>	<b>158g (47%)</b>	<b>52g (34%)</b>	<b>64g (19%)</b>	<b>1266</b>	<b>133g (42%)</b>	<b>55g (39%)</b>	<b>61g (19%)</b>