

Sample Meal Plans for Adult Female with Cystic Fibrosis –
Approximately 2600 kcal/day
(Bolded items are added to increase calories.)

	Day One				Day Two			
Breakfast	1 ½ cup Toasted O’s cereal 1 slice whole wheat bread 1.5 Tablespoon. peanut butter 1 banana 1 cup whole milk				Egg sandwich: 2 scrambled eggs cooked in olive oil 2 slices 100% whole wheat bread 1 slice cheese 1 cup mixed fruit			
Snack	¾ cup grapes				1 oz. wheat crackers			
Lunch	Lunchmeat Wrap: 1 8” white flour tortilla 1 oz. deli turkey breast 1 slice cheese 2 Teaspoon. Mayonnaise Salad: 2 cups green salad 2.5 Tablespoon Italian salad dressing				Nachos: 2.5 oz. tortilla chips 2 Tablespoon. salsa 1 oz. cheese 3 oz. chicken breast cooked in olive oil 1 cup diced red peppers, cooked in olive oil 2 Tablespoon Greek yogurt			
Snack	1 oz. wheat crackers ½ avocado 1 orange				1 apple 1 Tablespoon peanut butter			
Dinner	Spaghetti with Chicken: 1 ½ cup spaghetti noodles 3 oz. cooked chicken breast, cooked in olive oil 1 cup mixed vegetables, cook in olive oil 2 Tablespoon pesto 1 dinner roll 1 cup whole milk				1 ¼ cup brown rice, cooked in chicken/vegetable broth 3 oz. pork tenderloin, basted with olive oil ½ cup mushrooms, ½ cup green peas, ½ cup carrots, cooked in 2 Tbsp. olive oil			
Snack	6 oz. plain Greek yogurt 1.5 tsp honey				¼ cup chocolate trail mix 1 cup strawberries			
Total	Calories	CHO (%)	Fat (%)	Protein (%)	Calories	CHO (%)	Fat (%)	Protein (%)
	2607	304g (44.5%)	109g (36%)	124g (19%)	2600	279g (42%)	117g (39.5%)	122g (18.5%)