







Hurricane Meal Plan

| DAY ONE |  Breakfast |  Lunch |  Dinner | |
|---|--|--|--|--|
| | <ul style="list-style-type: none"> > Power Almond Butter Breakfast Wrap > ½ cup Unsweetened Applesauce <hr/> <p>AM SNACK:</p> <ul style="list-style-type: none"> > 1 cup Canned Peaches | <ul style="list-style-type: none"> > Tahini Tuna With Crackers > Sweet Beet Salad > ½ cup Canned Cherries <hr/> <p>PM SNACK:</p> <ul style="list-style-type: none"> > ¼ cup Tropical Paradise Trail Mix > 1 cup Shelf-Stable Milk | <ul style="list-style-type: none"> > Pita Pizza Pocket > ½ cup Black Bean and Chickpea Salad > ½ cup Canned Pears <hr/> <p>SNACK:</p> <ul style="list-style-type: none"> > Fluff-a-Nutter > 1 cup Shelf-Stable Milk | |
| <p>Nutrition</p> <ul style="list-style-type: none"> > Total kcal: 2030 > CHO: 303g | | | <ul style="list-style-type: none"> > Protein: 71g > Fat: 65g | <ul style="list-style-type: none"> > Sodium: 2160mg > Fiber: 44g |

| DAY TWO |  Breakfast |  Lunch |  Dinner | |
|---|---|--|--|--|
| | <ul style="list-style-type: none"> > Whole Grain Cereal With Shelf-Stable Milk > ¾ cup Canned Pineapple <hr/> <p>AM SNACK:</p> <ul style="list-style-type: none"> > 1 cup Canned Pears | <ul style="list-style-type: none"> > Hearty Bruschetta Focaccia > 1 cup Parsley Lima Beans > ¾ cup Canned Mandarin Oranges <hr/> <p>PM SNACK:</p> <ul style="list-style-type: none"> > Coconut Rolled Dates > 1 cup Shelf-Stable Milk | <ul style="list-style-type: none"> > 2oz. Sweet Chili Salmon Stir-Fry > Hearty Marinated Salad > ¾ cup Canned Fruit Cocktail <hr/> <p>SNACK:</p> <ul style="list-style-type: none"> > 5 Graham Crackers > 1 cup Shelf-Stable Milk | |
| <p>Nutrition</p> <ul style="list-style-type: none"> > Total kcal: 1950 > CHO: 252g | | | <ul style="list-style-type: none"> > Protein: 81g > Fat: 75g | <ul style="list-style-type: none"> > Sodium: 2250mg > Fiber: 39g |

The Villages Health

| |  Breakfast |  Lunch |  Dinner |
|-----------|---|--|---|
| DAY THREE | <ul style="list-style-type: none"> > Chocolate and Mango Oatmeal | <ul style="list-style-type: none"> > 2 Southwest Tacos > ½ cup Canned Refried Beans > ½ cup Canned Peaches | <ul style="list-style-type: none"> > Jerky Green Bean Salad > ½ cup Parmesan Peas > ½ cup Canned Mandarin Oranges |
| | <p>AM SNACK:</p> <ul style="list-style-type: none"> > ½ cup Applesauce | <p>PM SNACK:</p> <ul style="list-style-type: none"> > 2 Lemon Blueberry Energy Bites > 1 cup Shelf-Stable Milk | <p>SNACK:</p> <ul style="list-style-type: none"> > 8 Vanilla Wafers > 1 cup Shelf-Stable Milk |
| | <p>Nutrition</p> <ul style="list-style-type: none"> > Total kcal: 2020 > CHO: 286g | | |
| | <ul style="list-style-type: none"> > Protein: 81g > Fat: 71g | | |
| | <ul style="list-style-type: none"> > Sodium: 2130mg > Fiber: 47g | | |