

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+: Calories: 667+ Fiber: 9.5 grams Protein: 33 grams Saturated Fat: less than 8 grams Carbohydrates: 92 grams Sodium: less than 1200 mg *Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on: 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)				1		2		3	
				Calories	852	Calories	740	Calories	941
				Fat	25g	Fat	21g	Fat	32g
				Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	7g
				Protein	34g	Protein	34g	Protein	47g
				Total Carbohydrates	130g	Total Carbohydrates	109g	Total Carbohydrates	114g
				Fiber	11g	Fiber	10g	Fiber	11g
Sodium	958mg	Sodium	958mg	Sodium	1014mg				
6		7		8		9		10	
Calories	983	Calories	785	Calories	849	Calories	643	Calories	811
Fat	36g	Fat	26g	Fat	23g	Fat	21g	Fat	22g
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	10g	Saturated Fat	5g	Saturated Fat	6g
Protein	49g	Protein	41g	Protein	48g	Protein	32g	Protein	53g
Total Carbohydrates	121g	Total Carbohydrates	93g	Total Carbohydrates	111g	Total Carbohydrates	114g	Total Carbohydrates	104g
Fiber	12g	Fiber	9g	Fiber	13g	Fiber	9g	Fiber	10g
Sodium	750mg	Sodium	647mg	Sodium	742mg	Sodium	817mg	Sodium	931mg
13		14		15		16		17	
Calories	1002	Calories	840	Calories	829	Calories	744	Calories	688
Fat	47g	Fat	18g	Fat	30g	Fat	24g	Fat	23g
Saturated Fat	2g	Saturated Fat	3g	Saturated Fat	11g	Saturated Fat	4g	Saturated Fat	6g
Protein	55g	Protein	40g	Protein	42g	Protein	27g	Protein	32g
Total Carbohydrates	82g	Total Carbohydrates	133g	Total Carbohydrates	102g	Total Carbohydrates	110g	Total Carbohydrates	88g
Fiber	10g	Fiber	16g	Fiber	12g	Fiber	15g	Fiber	11g
Sodium	972mg	Sodium	830mg	Sodium	897mg	Sodium	908mg	Sodium	1144mg
20		21		22		23		24	
Calories	1042	Calories	565	Calories	1012	Calories	1013	Calories	783
Fat	38g	Fat	18g	Fat	44g	Fat	37g	Fat	30g
Saturated Fat	8g	Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	9g	Saturated Fat	8g
Protein	39g	Protein	32g	Protein	43g	Protein	52g	Protein	51g
Total Carbohydrates	141g	Total Carbohydrates	69g	Total Carbohydrates	115g	Total Carbohydrates	123g	Total Carbohydrates	74g
Fiber	17g	Fiber	11g	Fiber	11g	Fiber	11g	Fiber	10g
Sodium	1076mg	Sodium	1169mg	Sodium	616mg	Sodium	667mg	Sodium	941mg
27		28		29		30		31	
Calories	770	Calories	874	Calories	738	Calories	873	Calories	2056
Fat	12g	Fat	27g	Fat	19g	Fat	41g	Fat	73g
Saturated Fat	3g	Saturated Fat	7g	Saturated Fat	3.5g	Saturated Fat	13g	Saturated Fat	21g
Protein	41g	Protein	34g	Protein	44g	Protein	35g	Protein	176g
Total Carbohydrates	90g	Total Carbohydrates	131g	Total Carbohydrates	103g	Total Carbohydrates	98g	Total Carbohydrates	179g
Fiber	12g	Fiber	10g	Fiber	12.5g	Fiber	12g	Fiber	27g
Sodium	958mg	Sodium	1035mg	Sodium	909mg	Sodium	1550mg	Sodium	1121mg
♥ Heart Healthy diet (<800mg sodium, lower fat and saturated fat) 🍏 Diabetic Friendly (<800mg sodium, carbs 65-67g)									