

THE TAMANG HEALTHY LANG

DIET GUIDE

~2000 CALORIES PER DAY*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 cup Rice 1 pc Longanisa + Egg 3-in-1 Coffee 1 pc Banana	3 Large Pan de sal 2 slices Cheese Tea + 3 tsp Sugar 1 pc Apple	1 cup Rice 2slices DaingnaBangus 3-in-1 Coffee 1 slice Mango	1 pc Ham & Cheese Sandwich Tea + 3 tsp Sugar 1 pc Apple	3/4 cup Oats+2tsp Sugar 1 slice Toast Scrambled egg 1 pc Banana
LUNCH	1 cup Rice 1 Small Grilled Tilapia 1 cup Ensalada	1 cup Rice 2 MBS Beef Steak 1 cup Vegetables	1 cup Rice 4 MBS Pork Adobo	1 cup Rice 2 cups Chopsuey 1 pc Egg	1 cup Rice 1/2 cup Monggo with 1 MBS Pork
SNACK	1 pack Noodles Fresh fruit shake	2 pcs Ensaymada Fresh fruit shake	1 pc Peanut butter Sandwich Fresh fruit shake	1 slice Biko Fresh fruit shake	2 slices Toasted Bread 1 tsp Butter each slice Fresh fruit shake
EXERCISE	1 HOUR BRISK WALK		1 HOUR DANCE	1 HOUR BODY WEIGHTS	
DINNER	1 cup Rice 2 MBS** Beef Nilaga 1 cup Nilaga gulay	1 cup Rice 2 pcs Tokwa 1 cup vegetables	1 cup Rice 2 cups Ginataang Sitaw- Kalabasa	1 cup Rice 3 servings Roast Chicken	2 cups Pancit 2 pcs Fried Chicken 1 cup Iced Tea
BEDTIME	1 cup Low fat milk	1/2 cup Yogurt	1/2 cup Yogurt	1 cup Low fat Milk	1 cup Low fat milk

*DISCLAIMER

This diet guide is for information/education purposes only. Your calorie and nutrient needs may vary based on many factors. For a personalized diet plan, please consult a licensed dietitian.

**MBS = Matchbox size

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