**Appendix 2.** Example Meal Plans

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| **L6 Diet Intervention**8368kJ [2000kcal] Meal Plan |  | **H3-L6 Diet Intervention**8368kJ [2000kcal] Meal Plan  |
| **Breakfast**Blueberry Flaxseed muffin (recipe A) – 2 eachBanana – 1 medium2% Milk – 240 ml |  | **Breakfast**Blueberry Flaxseed Muffin (recipe B) – 2 eachBanana – 1 med2% Milk – 180 ml |
| **Lunch**Tuna Sandwich 9th Street Bakery Whole Wheat Bread – 2 slices Chunk light tuna – 84 g Fat Free Mayo – 24 g Macadamia Nut Oil – 14g Herbs and seasoningApple – 1 medMozzarella cheese stick – 56 g |  | **Lunch**Salmon Salad Sandwich 9th St. Bakery Bread Whole Wheat Bread – 2 slices Vital Choice canned salmon – 133 g Trader Joe’s Extra Virgin Olive Oil – 9 g Celery, onion, dill, vinegarApple – 1 medMozzarella cheese stick – 28 g |
| **Snacks**Sundried Tomato Bean Dip – 100 gCarrot sticks – 10 each |  | **Snack**Cilantro Bean Dip with Flaxseed – 100 gCarrot sticks – 10 each |
| **Dinner**Split Pea Soup – 500 gSalad greens – 83 gCreamy Blue Cheese Dressing – 29 g |  | **Dinner**Split Pea Soup – 450g Salad greens – 83 gCreamy Blue Cheese Dressing – 29 g |
| **Dessert**Mixed Fruit Cobbler – 150 gVanilla Ice cream – 177 ml |  | **Dessert**Mixed Fruit Cobbler – 150 gVanilla Ice Cream – 118 ml |
| **Daily Total Nutrients –** 96g protein, 67g fat, 31g sat fat, 305g carbohydrate, 4.0g 18:2 (LA), 1.6g 18:3 (ALA), 20 mg 20:5 (EPA), 130 mg 22:6 (DHA), 20 mg 20:4 (AA) |  | **Daily Total Nutrients -** 97g protein, 64g fat, 28g sat fat, 278g carbohydrate, 4.6g 18:2 (LA), 4.0g 18:3 (ALA), 650 mg 20:5 (EPA), 1,008 mg 22:6 (DHA), 40 mg 20:4 (AA) |