**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 each  Banana – 1 medium  2% Milk – 240 ml |  | **Breakfast**  Blueberry Flaxseed Muffin (recipe B) – 2 each  Banana – 1 med  2% 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 seasoning  Apple – 1 med  Mozzarella 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, vinegar  Apple – 1 med  Mozzarella cheese stick – 28 g |
| **Snacks**  Sundried Tomato Bean Dip – 100 g  Carrot sticks – 10 each |  | **Snack**  Cilantro Bean Dip with Flaxseed – 100 g  Carrot sticks – 10 each |
| **Dinner**  Split Pea Soup – 500 g  Salad greens – 83 g  Creamy Blue Cheese Dressing – 29 g |  | **Dinner**  Split Pea Soup – 450g  Salad greens – 83 g  Creamy Blue Cheese Dressing – 29 g |
| **Dessert**  Mixed Fruit Cobbler – 150 g  Vanilla Ice cream – 177 ml |  | **Dessert**  Mixed Fruit Cobbler – 150 g  Vanilla 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) |