

MAINTENANCE LUNCH PLAN

Daily goal for maintenance: ~1,600–1,700 kcal/day

→ Target per meal

- **Breakfast:** ~400–550 kcal
- **Lunch:** ~350–500 kcal
- **Dinner:** ~400–600 kcal
- Optional dessert/snack: ~80–120 kcal

The goal is NOT “precision dieting”— it’s **consistency**.



SECTION 1 — Core Lunch Template

The most common, balanced lunch has 5 components:

✓ Base Structure (5 items)

- Greek Yogurt (unsweetened)** – 100 kcal
- Fruit** – 40–110 kcal (depends on type & weight)
- Bread, cracker, or tortilla** – 90–130 kcal
- Protein (egg, tofu, tuna, sardines)** – 70–200 kcal
- Nut / seed boost (walnuts, chia, hemp)** – 50–90 kcal

Typical lunch total: 380–460 kcal

Perfect for maintenance.

SECTION 2 — “Plug & Play” Ingredients Table

A) Greek Yogurts

Item	Serving	Kcal	Protein	Notes
Oikos unsweetened	170 g	100	18 g	Standard low-fat option
Oikos sweetened	123 g	95	11 g	Higher carbs, lower protein
Kuk-Y Greek yogurt full-fat	100 g	109	7.4 g	Creamier; more fat
Hori 乳業 full-fat (black & gold)	100 g	102	7.4 g	Mild flavor

B) Fruit Options

(All values per ~100 g unless noted)

Fruit	Kcal	Carbs	Fiber	Sugars
Fuyu persimmon	68	18	3	13
Apple	52	14	2	10
Asian pear	42	11	3	8
Strawberries	32	8	2	5
Banana	89	23	2	12
Mixed berries (7-11)	43	11	3	8
Blueberries	51	12	3	8

C) Carbohydrate Base

Food	Serving	Kcal	Notes
Kirkland bread	45 g slice	110	High fiber (4 g)
Baker & Bakery 食パン	45 g slice	112	Higher sugar (19 g)
Wheat-germ crackers	19 g pack	90	Good with cheese

Food	Serving	Kcal	Notes
Old El Paso Flour tortilla	41 g	122	Good for wraps

D) Proteins

Food	Serving	Kcal	Protein	Notes
Onsen tamago	50 g	72	6.5 g	Easy + reliable
Kinu tofu	150 g	92	7.8 g	High volume, low kcal
Sardines (King Oscar)	75 g	318	16.5 g	High fat, very filling
Hagoromo シーチキン Fancy	140 g	396	30 g	Use half a can for lunch
Hagoromo L フレークタイプ	70 g	189–206	12 g	Lighter, easier for daily use

E) Nuts / Seeds

Food	Serving	Kcal	Omega-3
Walnuts	10 g	70–75	0.90 g
Almonds	10 g	60	0 g
Peanut butter	16 g	94	0 g
Almond butter	16 g	98	0 g
Chia seeds	10 g	49	1.8 g
Hemp seeds	10 g	55	1.0 g
Sunflower seeds	10 g	60	0 g

SECTION 3 — Ready-Made Lunch Template Builder

✓ Base Formula (400–500 kcal)

Choose 1 item from each row:

1) Yogurt

- Oikos unsweetened — 100 kcal
- Kuk-Y full-fat — 110 kcal
- Hori full-fat — 102 kcal

2) Fruit

- 100 g berries — 40–50 kcal
- 100 g apple — 50 kcal
- 100 g persimmon — 68 kcal
- ½ banana — 45 kcal

3) Carb Base

4) Protein

- Onsen egg — 72 kcal
- 1/2 can Hagoromo L tuna — 95–103 kcal
- 120 g tofu — 74 kcal

5) Nut / Seed Add-on

- Chia 10 g — 49 kcal
- Walnuts 10 g — 70 kcal
- Hemp 10 g — 55 kcal

✿ SECTION 4 — EXAMPLE LUNCHES

Sample Lunch 1 (your example ingredients)

Item	Kcal
Greek yogurt	100
Chia seeds (10 g)	49
Blueberries (80 g)	41
Kirkland bread	110
Onsen tamago	72
Total	372 kcal

This is a perfect maintenance lunch.