

# Daily Meal Plan: 1200 Calories

Diets with less than 1200 calories/day may not fulfill nutritional needs

1200

| Breakfast                    | Sample Menu 1                          | Sample Menu 2                          | Breakfast                  | Time  |
|------------------------------|--|--|----------------------------|-------|
| 1 Grain/Starch (List 1)      | 1 cup unsweetened cereal               | 1 mini (~ 43 g) whole wheat bagel      | .....                      | ..... |
| 1 Fruit (List 2)             | 1 small banana (or, ½ large banana)    | (or ½ sm./med bagel)                   | .....                      |       |
| 1 Dairy (List 5)             | 8 oz. skim or 1% milk                  | 1 small, fresh orange                  | .....                      |       |
| <u>or</u> 1 Protein (List 4) |  | 1 scrambled egg                        |                            |       |
|                              |  | butter spray (for bagel)*              |                            |       |
| <b>Lunch</b>                 |  |  | <b>Lunch</b>               |       |
| 1 Grain/Starch (List 1)      | 1 slice whole wheat bread              | 1 (6"-8") whole wheat tortilla         | .....                      | ..... |
| 2 Protein (2 oz. List 4)     | 2 oz. lean turkey breast lunch-meat    | ½ cup cooked black beans               | .....                      |       |
| 1 Vegetable (List 3)         | 12 baby carrots                        | 2 cup leafy green salad and salsa*     | .....                      |       |
| 1 Fruit (List 2)             | 1 fresh apple                          | 1 cup cubed fresh melon                | .....                      |       |
| 1 Fat (List 6)               | 1 Tbsp. reduced calorie mayonnaise     | 2 Tbsp. low-fat salad dressing         | .....                      |       |
| <b>Dinner</b>                |  |  | <b>Dinner</b>              |       |
| 1 Grain/Starch (List 1)      | 1 small dinner roll                    | ½ cup cooked quinoa or brown rice      | .....                      | ..... |
| 2 Protein (2 oz. List 4)     | 2 oz. baked chicken                    | 2 oz. flank steak (broiled or grilled) | .....                      |       |
| 1 Vegetable (List 3)         | ½ cup steamed broccoli                 | ½ cup steamed green beans              | .....                      |       |
| 1 Fruit (List 2)             | 1 cup fresh berries                    | 1 cup fresh pineapple                  | .....                      |       |
| 1 Dairy                      | 8 oz. skim or 1% milk                  | 8 oz. skim or 1% milk                  | .....                      |       |
| 1 Fat (List 6)               | 1 tsp margarine (for roll or broccoli) | 1 tsp margarine (for green beans)      | .....                      |       |
| <b>Snack (Choose Time)</b>   |  |  | <b>Snack (Choose Time)</b> |       |
| ½ Grain/Starch (List 1)      | 1 sheet, graham cracker                | 1 small, fresh apple (sliced)          | .....                      | ..... |
| <u>or</u> 1 Fruit (List 2)   |  |  |                            |       |
| 1 Dairy (List 5)             | 6 oz. flavored low-fat Greek yogurt    | 1 string cheese                        | .....                      |       |

# Daily Meal Plan: 1500 Calories

| Breakfast                  | Sample Menu 1                       | Sample Menu 2  | Breakfast                  | Time  |
|----------------------------|-------------------------------------|--|----------------------------|-------|
| 1 Grain/Starch (List 1)    | 1 slice whole wheat toast           | 1 mini whole wheat bagel <small>(or, ½ sm./med. bagel)</small>                             | .....                      | ..... |
| 1 Protein (1 oz. List 4)   | 1 scrambled egg                     | 1 Tbsp. peanut butter  | .....                      |       |
| 1 Fruit (List 2)           | 1 small banana (or, ½ large banana) | 1 small, fresh orange  | .....                      |       |
| 1 Dairy (List 5)           | 8 oz. skim or 1% milk               | 6 oz. (flavored) or 8 oz. (plain) low-fat Greek yogurt                                     | .....                      |       |
| 1 Fat (List 6)             | 1 tsp margarine                     | (omit fat due to fat in the peanut butter)   | .....                      |       |
| <b>Lunch</b>               |                                     |  | <b>Lunch</b>               |       |
| 2 Grains/Starch (List 1)   | 2 slices whole wheat bread          | 1 (6"-8") whole wheat tortilla, ½ cup cooked rice  | .....                      | ..... |
| 2 Protein (2 oz. - List 4) | 2 oz. lean turkey breast lunchmeat  | ½ cup cooked black beans   | .....                      |       |
| 1 Vegetable (List 3)       | 12 baby carrots                     | 2 cup leafy green salad and salsa* 1 cup cubed, fresh melon 2 Tbsp. low-fat salad dressing | .....                      |       |
| 1 Fruit (List 2)           | 1 fresh apple                       |  | .....                      |       |
| 1 Fat (List 6)             | 1 Tbsp. reduced-calorie mayonnaise  |  | .....                      |       |
| <b>Dinner</b>              |                                     |  | <b>Dinner</b>              |       |
| 1 Grain/Starch (List 1)    | 1 small dinner roll                 | ½ c. cooked quinoa   | .....                      | ..... |
| 3 Protein (3 oz. - List 4) | 3 oz. baked chicken                 | 3 oz. flank steak (broiled or grilled)   | .....                      |       |
| 1 Vegetable (List 3)       | ½ cup steamed broccoli              | ½ cup cooked green beans   | .....                      |       |
| 1 Fruit (List 2)           | 1 cup fresh berries                 | 1 cup fresh pineapple  | .....                      |       |
| 1 Dairy (List 5)           | 8 oz. skim or 1% milk               | 8 oz. skim or 1% milk  | .....                      |       |
| 2 Fats (List 6)            | 2 tsp margarine                     | 1 tsp. margarine (for green beans)   | .....                      |       |
| <b>Snack (Choose Time)</b> |                                     |  | <b>Snack (Choose Time)</b> |       |
| 1 Grain/Starch (List 1)    | 2 sheets of graham crackers         | 1 fresh apple (sliced)   | .....                      | ..... |
| <i>or</i> 1 Fruit (List 2) |                                     |  | .....                      |       |
| 1 Dairy (List 5)           | 6 oz. flavored low-fat Greek yogurt | 1 string cheese  | .....                      |       |

1500

Key: oz. = ounce    Tbsp. = tablespoon    tsp = teaspoon    c. = cup(s)    sm. = small    med = medium \* From List 7 – Free Foods

# Daily Meal Plan: 1800 Calories

| Breakfast                  | Sample Menu 1                      | Sample Menu 2  | Breakfast | Time  |
|----------------------------|------------------------------------|--|-----------|-------|
| 1 Grain/Starch (List 1)    | 1 slice whole wheat toast          | 1 mini (43 g) whole wheat bagel                        | .....     | ..... |
| 1 Protein (1 oz. - List 4) | 1 scrambled egg                    | 1 Tbsp. peanut butter                                  | .....     |       |
| 1 Fruit (List 2)           | 1 small banana (or ½ large banana) | 1 small, fresh orange                                  | .....     |       |
| 1 Dairy (List 5)           | 8 oz. skim or 1% milk              | 6 oz. (flavored) or 8 oz. (plain) low-fat Greek yogurt | .....     |       |
| 1 Fat (List 6)             | 1 tsp margarine                    | (omit fat due to fat in the peanut butter)             | .....     |       |

| Lunch                         |                                     |   | Lunch |       |
|-------------------------------|-------------------------------------|---|-------|-------|
| 2 Grains/Starch (List 1)      | 2 slices whole wheat bread          | 1 (6"-8") whole wheat tortilla            | ..... | ..... |
| 1) 3 Protein (3 oz. - List 4) | 3 oz. lean turkey breast lunch meat | ½ cup cooked rice                         | ..... |       |
| 4) 2 Vegetable (List 3)       | 12 baby carrots                     | ½ cup black beans, 1 oz. cooked chicken   | ..... |       |
| 1 Fruit (List 2)              | 2 cups leafy green salad            | 1 cup sliced cucumbers                    | ..... |       |
| 1 Fat (List 6)                | 1 fresh apple                       | 2 cups leafy green salad w/2 Tbsp. Salsa* | ..... |       |
|                               | 2 Tbsp. low fat salad dressing      | 1 cup cubed, fresh melon                  | ..... |       |
|                               | 1 Tbsp. mustard*                    | 2 Tbsp. low-fat salad dressing            | ..... |       |

| Dinner                     |                                      |   | Dinner |       |
|----------------------------|--------------------------------------|---|--------|-------|
| 2 Grains/Starch (List 1)   | 1 small dinner roll, ½ c. brown rice | 1 c. quinoa                                 | .....  | ..... |
| 3 Protein (3 oz. - List 4) | 3 oz. baked chicken                  | 3 oz. flank steak (broiled or grilled)      | .....  |       |
| 2 Vegetable (List 3)       | 1 cup steamed broccoli               | 1 cup steamed green beans                   | .....  |       |
| 1 Fruit (List 2)           | 1 cup berries                        | 1 cup fresh pineapple                       | .....  |       |
| 1 Dairy (List 5)           | 8 oz. skim or 1% milk                | 8 oz. skim or 1% milk                       | .....  |       |
| 2 Fats (List 6)            | 2 tsp margarine                      | 2 tsp margarine (for quinoa or green beans) | .....  |       |

| Snack (Choose Time)     |                                     |                           | Snack (Choose Time) |       |
|-------------------------|-------------------------------------|---------------------------|---------------------|-------|
| 1 Grain/Starch (List 1) | 2 sheets of graham crackers         | 3 cups air-popped popcorn | .....               | ..... |
| 1 Dairy (List 5)        | 1 cup flavored low-fat Greek yogurt | 1 string cheese           | .....               |       |

| Snack (Choose Time) |              |                        | Snack (Choose Time) |       |
|---------------------|--------------|------------------------|---------------------|-------|
| 1 Fruit (List 2)    | 1 fresh kiwi | 1 fresh apple (sliced) | .....               | ..... |

Key: oz. = ounce    Tbsp. = tablespoon    tsp = teaspoon    c. = cup(s)    sm. = small    med = medium \* From List 7 – Free Foods

1800

# Daily Meal Plan: 2100 Calories

2100

## Breakfast

### Sample Menu 1

### Sample Menu 2

## Breakfast

- 2 Grains/Starch (List 1)
- 1 Protein (1 oz. – List 4)
- 1 Fruit (List 2)
- 1 Dairy (List 5)
- 2 Fats (List 6)

- 1 cup unsweetened cereal
- 1 slice whole wheat toast
- 1 hard-boiled egg
- 1 small banana (or, ½ large banana)
- 8 oz. skim or 1% milk
- 2 tsp margarine

- 1 small – medium whole wheat bagel
- 1 Tbsp. peanut butter
- 1 small, fresh orange
- 6 oz. (flavored) or 8 oz. (plain) low-fat Greek yogurt
- (omit fats due to fat in peanut butter)

- .....
- .....
- .....
- .....
- .....

## Lunch

- 2 Grains/Starch (List 1)
- 3 Protein (3 oz. – List 4)
- 2 Vegetables (List 3)
- 1 Fruit (List 2)
- 1 Fat (List 6)

- 2 slices whole wheat bread
- 3 oz. lean turkey breast lunch-meat
- 12 baby carrots
- 2 cups leafy green salad
- 1 fresh apple
- 2 Tbsp. low-fat salad dressing
- 1 Tbsp. mustard\*

- 1 (6"-8") whole wheat tortilla, ½ cup rice
- ½ cup black beans, 1 oz. cooked chicken
- 1 cup sliced cucumbers
- 2 cups leafy green salad w/2 Tbsp. Salsa\*
- 1 cup melon
- 2 Tbsp. low-fat salad dressing

## Lunch

- .....
- .....
- .....
- .....
- .....
- .....

## Dinner

- 2 Grains/Starch (List 1)
- 3 Protein (3 oz. - List 4)
- 2 Vegetables (List 3)
- 1 Fruit (List 2)
- 1 Dairy (List 5)
- 2 Fats (List 6)

- 1 small dinner roll, ½ cup brown rice
- 3 oz. baked chicken
- 1 cup steamed broccoli
- 1 cup berries
- 8 oz. skim or 1% milk
- 1 tsp. margarine
- 2 Tbsp. low-fat salad dressing

- 1 cup cooked quinoa
- 3 oz. flank steak (broiled or grilled)
- 1 cup steamed green beans
- 1 cup pineapple
- 8 oz. skim or 1% milk
- 2 tsp. margarine (for quinoa or green beans)

## Dinner

- .....
- .....
- .....
- .....
- .....
- .....

## Snack 1 (Choose Time)

- 1 Grain/Starch (List 1)
- 1 Fruit (List 2)
- 1 Dairy (List 5)

- 2 sheets of graham crackers
- 1 fresh kiwi
- 6 oz. flavored low-fat Greek yogurt

- 3 cups air-popped popcorn
- 1 fresh apple (sliced)
- 1 string cheese

## Snack 1 (Choose Time)

- .....
- .....
- .....

## Snack 2 (Choose Time)

- 1 Vegetable (List 3)
- 1 Protein (1 oz. List 4)

- 1 cup fresh, celery sticks
- 1 Tbsp. peanut butter

- 12 baby carrots
- 2 Tbsp. hummus

## Snack 2 (Choose Time)

- .....
- .....

Key: oz. = ounce    Tbsp. = tablespoon    tsp = teaspoon

c. = cup(s)    \* From List 7 – Free Foods

# Daily Meal Plan: 2400 Calories

2400

| Breakfast                  | Sample Menu 1                            | Sample Menu 2                                   | Breakfast             | Time  |
|----------------------------|--|---|-----------------------|-------|
| 2 Grains/Starch (List 1)   | 1 cup whole wheat unsweetened cereal     | 1 small-medium whole wheat bagel                | .....                 | ..... |
| 2 Protein (2 oz. - List 4) | 1 slice whole wheat toast with margarine | 2 Tbsp. peanut butter                           | .....                 |       |
| 1 Fruit (List 2)           | 2 hard-boiled eggs                       | 1 small, fresh orange                           | .....                 |       |
| 1 Dairy (List 5)           | 1 small banana,                          | 6 oz. (flavored) or 8 oz. (plain) low-fat Greek | .....                 |       |
| 2 Fats (List 6)            | 8 oz. skim or 1% milk                    | yogurt  | .....                 |       |
| Lunch                      |  |   | Lunch                 |       |
| 2 Grains/Starch (List 1)   | 2 slices whole wheat bread               | 1 (6"-8") whole wheat tortilla                  | .....                 | ..... |
| 3 Protein (3 oz. - List 4) | 3 oz. lean turkey breast lunch-meat      | ½ cup rice                                      | .....                 |       |
| 2 Vegetables (List 3)      | 12 baby carrots                          | ½ cup black beans                               | .....                 |       |
| 2 Fruits (List 2)          | 2 cups leafy green salad                 | 1 oz. cooked chicken                            | .....                 |       |
| 2 Fats (List 6)            | 1 fresh apple, ¼ c. raisins              | 1 cup sliced cucumbers                          | .....                 |       |
|                            | 2 Tbsp. low-fat salad dressing           | 2 cups leafy green salad w/2 Tbsp. Salsa*       | .....                 |       |
|                            | 1 Tbsp. mustard*                         | 1 cup cubed melon, 1 small banana (½ lg.)       | .....                 |       |
|                            |  | 2 Tbsp. low-fat salad dressing                  | .....                 |       |
| Dinner                     |  |   | Dinner                |       |
| 2 Grains/Starch (List 1)   | 1 small dinner roll, ½ c. brown rice     | 1 cup cooked quinoa                             | .....                 | ..... |
| 4 Protein (4 oz. - List 4) | 4 oz. baked chicken                      | 4 oz. flank steak (broiled or grilled)          | .....                 |       |
| 2 Vegetables (List 3)      | 1 cup steamed broccoli                   | 1 cup steamed green beans                       | .....                 |       |
| 1 Fruit (List 2)           | 1 cup fresh berries                      | 1 cup fresh pineapple                           | .....                 |       |
| 1 Dairy (List 5)           | 8 oz. skim or 1% milk                    | 8 oz. skim or 1% milk                           | .....                 |       |
| 2 Fats (List 6)            | 1 tsp margarine                          | 2 tsp margarine (for quinoa or green beans)     | .....                 |       |
|                            | 2 Tbsp. low-fat salad dressing           |   | .....                 |       |
| Snack 1 (Choose Time)      |  |   | Snack 1 (Choose Time) |       |
| 1 Grain/Starch (List 1)    | 2 sheets of graham crackers              | 3 cups air-popped popcorn                       | .....                 | ..... |
| 1 Fruit (List 2)           | 1 fresh kiwi                             | 1 fresh apple (sliced)                          | .....                 |       |
| 1 Dairy (List 5)           | 6 oz. flavored low-fat Greek yogurt      | 1 string cheese                                 | .....                 |       |
| Snack 2 (Choose Time)      |  |   | Snack 2 (Choose Time) |       |
| 1 Vegetable (List 3)       | 1 cup fresh, celery sticks               | 12 baby carrots                                 | .....                 | ..... |
| 1 Protein (1 oz. - List 4) | 1 Tbsp. peanut butter                    | 2 Tbsp. hummus                                  | .....                 |       |
| Snack 3 (Choose Time)      |  |   | Snack 3 (Choose Time) |       |
| 1 Fruit (List 2)           | 1 handful of fresh grapes                | ¼ cup raisins (small handful)                   | .....                 | ..... |

Key: oz. = ounce    Tbsp. = tablespoon    tsp = teaspoon    c. = cup(s)    \* From List 7 – Free Foods