

Daily Meal Plan/1500 Calories

Sample Menu 1

Breakfast

½ cup bran flakes cereal
½ banana
8 oz. skim or 1% milk
1 tsp. margarine

AM Snack (see List Below)

Lunch

2 slices 100% whole wheat bread
2 oz. sliced lean ham
Carrot sticks
1 apple
1 Tbsp. reduced calorie mayo
Or 1 tsp. margarine

PM Snack (see List Below) choose 1

Dinner

1 small dinner roll
1/3 cup brown rice
3 oz. baked chicken
½ cup cooked broccoli
1 cup raspberries
1 tsp. margarine
1 Tbsp. regular salad dressing
Green Salad

Snack

3 cups of hot air popcorn
8 oz. sugar-free hot cocoa

Sample Menu 2

Breakfast

1 bagel (whole wheat or pumpernickel)
¾ cup mandarin oranges, drained & mixed
with 1 cup lemon nonfat yogurt
1 Tbsp. cream cheese

AM Snack (see List Below)

Lunch

2 slices rye bread
2 oz. sliced turkey
sliced tomato, lettuce on sandwich
1 ¼ cups watermelon
1 Tbsp. reduced calorie mayo

PM Snack (see List Below) choose 1

Dinner

1 small dinner roll or tortilla
½ cup corn
3 oz. flank steak, broiled or grilled
½ cup green beans
1 cup cantaloupe/honey dew melon salad
1 tsp. margarine for corn
1 Tbsp. slivered almonds for green beans

Snack

1 oz. (1 ½ cups) puffed wheat or rice cereal
8 oz. skim or 1%



Daily Meal Plan/1800 Calories

Sample Menu 1

Breakfast

½ cup bran flakes cereal
1 slice whole wheat toast
½ banana
8 oz. skim or 1% milk
1 tsp. margarine

AM Snack (see List below) choose 1

Lunch

2 slices 100% whole wheat bread
3 oz. sliced lean ham
Carrot sticks
1 apple
1 Tbsp. reduced calorie mayo
Or 1 tsp. margarine

PM Snack (see List below) choose 1

Dinner

1 small dinner roll
2/3 cup brown rice
3 oz. baked chicken
1 cup cooked broccoli
1 cup raspberries
1 tsp. margarine
1 Tbsp. regular salad dressing
Green Salad

Snack

3 graham cracker squares
8 oz. sugar-free hot cocoa
1 small peach or pear

Sample Menu 2

Breakfast

1 bagel (whole wheat or pumpernickel)

¾ cup mandarin oranges, drained & mixed
with 1 cup lemon nonfat yogurt
1 Tbsp. cream cheese

PM Snack (see List below) choose 1

Lunch

2 slices rye bread
3 oz. sliced turkey
sliced tomato, lettuce on sandwich
1 ¼ cups watermelon

PM Snack (see List Below) choose 1

Dinner

1 small dinner roll or tortilla
½ cup corn
3 oz. flank steak, broiled or grilled
1 cup green beans
1 cup cantaloupe/honey dew melon salad
2 tsp. margarine for corn

Snack

1 oz. (1 ½ cups) puffed wheat or rice cereal
8 oz. skim or 1%
½ banana



Daily Meal Plan/2000 Calories

Sample Menu 1

Breakfast

Large Bagel
2 Tbsp. Peanut Butter
8 oz. Fat free Milk

AM Snack (see List below) choose 1

Lunch

3 oz. Turkey Breast
2 slices Whole Wheat Bread
Lettuce, Tomato, mustard
1 cup baby carrots

PM Snack (see List Below) choose 1

Dinner

3 cups lettuce
3 oz. chicken breast
2 Tbsp. dressing
1 bread stick
12 oz. fruit juice

Snacks

Large Apple
1 oz. string cheese
Small banana

Sample Menu 2

Breakfast

1 ½ cups Cheerios
2 Scrambled Eggs
8 oz. Orange Juice

PM Snack (see List below) choose 1

Lunch

3 oz. Turkey Breast
2 slices Wheat Bread
Lettuce, tomato, mustard
1 large apple

PM Snack (see List below) choose 1

Dinner

1 large slice grilled Veggie Pizza
2 cups salad greens
1 cup mixed veggies w/kidney beans
2 Tbsp. fat free Italian dressing

Snacks

Fat Free Greek Yogurt
1 cup frosted shredded wheat
2 oz. Raw Almonds

