

MENU EXAMPLES

Meal Plan	Day 1	Day 2	Day 3	Day 4
<i>Breakfast:</i> 3 carbohydrates 1 protein (optional) 1 fat	1 slice Wheat toast 1 tsp margarine ¾ cup Rice Krispies 8 oz low-fat (1%) milk	2 slices toast ½ grapefruit 1 egg or ¼ C egg substitute 1 tsp margarine	2 waffles (4 in. square) ¼ cup applesauce 1 tbsp peanut butter 2 tbsp sugarfree syrup	1 cup oatmeal 1 cup low-fat (1%) milk 1 tbsp almonds/nuts
<i>Lunch:</i> 3 carbohydrates 2 protein 1 fat Vegetables Free foods	1 cup pasta 2 oz chicken (no skin) 1 cup cauliflower & broccoli 1 tsp olive oil for stir fry ½ cup grapes	½ sandwich: 1 sl bread 2 oz meat 1 tsp mayo 1 cup Healthy Choice vegetable soup Iced tea with artificial sweetener 1 medium pear	Carrot/celery sticks 1 cup tomato soup (made with milk) 6 Saltines ½ cup low-fat cottage cheese ½ cup peach slices	2 cups greens and raw vegies 1/3 cup garbanzos 2 oz cheese or meat ½ cup canned fruit Fat-free dressing 1 dinner roll 1 tsp margarine
<i>Snack:</i> 1 carbohydrate	2 plain popcorn cakes 2 tbsp Peanut butter	1 small low-fat muffin	Sugar-free Jell-O Apple	½ cup sugar-free pudding
<i>Supper:</i> 3 carbohydrates 2 protein 1 fat Vegetables Free foods	2 oz meat patty on bun with mustard or catsup 1 sliced tomatoes Salad with 2 tbsp low-fat dressing 1 apple or ½ cup apple juice	1 cup meat casserole (Lean Cuisine) 1 cup green beans Green salad 2 tbsp low-fat salad dressing Diet Jell-O 1 cup 1% milk	Shrimp stir fry: 2/3 cup rice 2 oz shrimp 2 cups stir fry vegetables 1 tsp oil Tea 1 cup 1% milk	1/3 of a 12 inch cheese pizza Add vegetables: Tomato Pepper Mushrooms Diet soft drink
<i>Bedtime Snack:</i> 1-2 carbohydrates 1 protein (optional) 1 fat	8 oz sugar-free yogurt Raw vegetables	½ bagel w/1 tbsp cream cheese ¼ cup low-fat cottage cheese	1 slice bread with 1 oz meat, mustard 1 tsp mayo 1 cup 1% milk	6 low-fat snack crackers 1 oz low-fat cheese

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Meal Plan	Day 5	Day 6	Day 7	Notes
Breakfast: 3 carbohydrates 1 protein (optional) 1 fat	$\frac{3}{4}$ cup Shredded Wheat 1 cup low-fat milk $\frac{3}{4}$ cup melon	2 4-in. pancakes 2 tbsp lite syrup 1 egg $\frac{1}{2}$ cup canned peaches	1 whole English muffin or bagel 4 oz juice 1 oz fat-free or low-fat cheese 1 tsp margarine or 1 strip of bacon (optional)	
Lunch: 3 carbohydrates 2 protein 1 fat Vegetables Free foods	1 cup chili w/beans Salad Sliced tomatoes 2 in. cube cornbread 2 tbsp lowfat salad dressing	1 cup spaghetti/meatballs Salad with 2 tbsp low-fat dressing 1 cup broccoli 1 slice french bread 1 cup 1% milk	2 small soft tacos Salad or vegetables as desired (no fat) 1 cup 2% milk	
Snack: 1 carbohydrate	1 cup raw vegetables 6 saltines	2 tbsp raisins	$\frac{1}{2}$ cup frozen yogurt (fat free, sugar free)	
Supper: 3 carbohydrates 2 protein 1 fat Vegetables Free foods	TV dinner (Lean Cuisine): 2 oz. Turkey/gravy $\frac{1}{2}$ c Mashed potatoes Cinnamon apples Add vegetables or salad 1 Dinner roll 1 tbsp LF margarine	2 oz pork chop $\frac{3}{4}$ cup Yams $\frac{1}{2}$ cup peas or corn 1 tsp margarine $\frac{1}{2}$ cup cooked carrots	2-3 oz fish fillet $\frac{2}{3}$ cup brown rice 1 small dinner roll 1 cup spinach with lemon 1 tsp margarine	
Bedtime Snack: 1-2 carbohydrates 1 protein (optional) 0-1 fat	8 oz low-fat milk blended with 4 heaping tbsp sugar-free pudding and ice cubes	1 cup fruit or juice bar $\frac{1}{4}$ cup low-fat cottage cheese	1 cup sugar-free pudding	