



Daily Meal Plan: 1200 Calories

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

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 (or ½ sm./med bagel)
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	1 scrambled egg	
<i>or</i> 1 Protein (List 4)		butter spray (for bagel)*	
Lunch				
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 c. cooked black beans	
1 Vegetable (List 3)	12 baby carrots	2 c. leafy green salad w/2 Tbsp. 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	
Dinner				
1 Grains/Starch (List 1)	1 small dinner roll	½ c. 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)	
Snack (Choose Time)				
1/2 Grain/Starch (List 1)	1 sheet, graham cracker	1 small, fresh apple (sliced)
<i>or</i> 1 Fruit (List 2)			
1 Dairy (List 5)	6 oz. flavored low-fat Greek yogurt	1 string cheese	

1200



Daily Meal Plan: 1500 Calories

1500

Breakfast	Sample Menu 1	Sample Menu 2	Breakfast	Time
1 Grains/Starch (List 1)	1 slice whole wheat toast	1 mini whole wheat bagel (or, ½ sm./med. 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, ½ cup cooked rice
2 Protein (2 oz. - List 4)	2 oz. lean turkey breast lunchmeat	½ c. cooked black beans	
1 Vegetable (List 3)	12 baby carrots	2 c. leafy green salad w/2 Tbsp. 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	
Dinner			Dinner	
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 gr. beans)	
Snack (Choose Time)			Snack (Choose Time)	
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	

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



Daily Meal Plan: 1800 Calories

1800

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 (or ½ sm./med 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, ½ cup cooked rice
3 Protein (3 oz. - List 4)	3 oz. lean turkey breast lunch-meat	½ cup black beans, 1 oz. cooked chicken	
2 Vegetable (List 3)	12 baby carrots	1 cup sliced cucumbers	
	2 cups leafy green salad	2 cups leafy green salad w/2 Tbsp. Salsa*	
1 Fruit (List 2)	1 fresh apple	1 cup cubed, fresh melon	
1 Fat (List 6)	2 Tbsp. low-fat salad dressing	2 Tbsp. low-fat salad dressing	
	1 Tbsp. mustard*		
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

Daily Meal Plan: 2100 Calories



Breakfast

Sample Menu 1	Sample Menu 2	Breakfast	Time
2 Grains/Starch (List 1)	1 small - medium whole wheat bagel
1 Protein (1 oz. - List 4)	1 Tbsp. peanut butter	
1 Fruit (List 2)	1 small, fresh orange	
1 Dairy (List 5)	6 oz. (flavored) or 8 oz. (plain) low-fat Greek yogurt	
2 Fats (List 6)	(omit fats due to fat in peanut butter)	

Lunch

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

Dinner

2 Grains/Starch (List 1)	1 small dinner roll, ½ c. brown rice	1 c. cooked quinoa
3 Protein (3 oz. - List 4)	3 oz. baked chicken	3 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 berries	1 cup 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)

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)

1 Vegetable (List 3)	1 c. fresh, celery sticks	12 baby carrots
1 Protein (1 oz. List 4)	1 Tbsp. peanut butter	2 Tbsp. hummus

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

2100

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 slice whole wheat toast	1 small-medium whole wheat bagel
2 Protein (2 oz. - List 4)	2 hard-boiled eggs	2 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	
2 Fats (List 6)	2 tsp margarine	(omit fats due to fat in peanut butter)	

Lunch			Lunch	
2 Grains/Starch (List 1)	2 slices whole wheat bread	1 (6"-8") whole wheat tortilla, ½ cup rice
3 Protein (3 oz. - List 4)	3 oz. lean turkey breast lunch-meat	½ cup black beans, 1 oz. cooked chicken	
2 Vegetables (List 3)	12 baby carrots 2 cups leafy green salad	1 cup sliced cucumbers 2 cups leafy green salad w/2 Tbsp. Salsa*	
2 Fruits (List 2)	1 fresh apple, ¼ c. raisins	1 cup cubed melon, 1 small banana (1/2 lg.)	
2 Fats (List 6)	2 Tbsp. low-fat salad dressing 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. 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 Tbsp. low-fat salad dressing	2 tsp margarine (for quinoa or green beans)	

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 c. 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