



UNICUS

F I T N E S S

NUTRITION HANDBOOK

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TIMING OF MEALS

Healthy eating and exercising don't just feel good; they help you perform better on the job. Proper timing of meals can help you reap the benefits of any exercise program. Timing of meals is as important as what is eaten.

It is recommended to eat 5-6 meals per day, in which you eat every 3-4 hours. Eating this often helps your metabolism stay at a constant rate. If you only eat two meals per day, your metabolism tends to slow down and puts you at risk for weight gain and fatigue. These frequent meals supply a steady stream of insulin to preserve muscle, but less of an insulin release (and thus less fat gain) over 24 hours than if you ate three massive meals. If you go too long in between meals, the body will begin to use the glycogen from the muscle for energy use.

Please note that the timing of your meals may be different than others, since everyone tends to be on different schedules. Your first meal may be at 7:00a.m. but your neighbor who gets up at 9:00a.m. may have his first meal at 9:30a.m. Be sure to plan your meal times around the same time everyday and follow the "laws" listed below.

The Four Laws of Meal Timing:

- [1] Never go more than 60 minutes after waking up without breakfast. Numerous studies point to the importance of breaking the overnight fast with food. There's evidence to suggest that consuming food within an hour of waking up helps keep blood sugar levels even and insulin production steady and lowers hunger.
- [2] Never go more than 60 minutes after working out without a meal. A meal that consists of carbohydrate and protein after working out encourages muscle growth and helps to increase muscle glycogen re-synthesis (recovery from exercise).
- [3] Don't eat any solid food before your natural bedtime.
- [4] Don't go any longer than four hours with consuming a meal/snack.

HYDRATION

Water is a crucial nutrient for everyone, especially those engaged in physical activity. During physical activity, water losses via sweat and vapor are significant, and dehydration becomes a threat. Dehydration's first symptom is fatigue. A water loss of even 1 to 2 percent of body weight can reduce a person's capacity to do muscular work. At about 7 percent water loss, a person is likely to collapse. To prevent dehydration and the fatigue that accompanies it, drink plenty of liquids before, during, and after physical activity.

To find out how much fluid you need to drink, weigh yourself without clothing before working out and then again afterwards. Each pound loss is equal to 16 ounces of fluid that you need to replenish. Also, an easy way to see how much fluid you need is to check the color of your urine. It should be the color of lemonade, a pale yellow. If it is dark and scanty, you will need to drink more fluids.

What to Drink?

No single rehydration solution can meet the needs of all active individuals in all exercise situations. However, there are some general recommendations that can be made.

The ACSM position on exercise and fluid replacement recommends that during physical activity/exercise lasting longer than 1 hour, fluids containing both carbohydrates and electrolytes be consumed at 600-1050ml/hour. The sports drink should contain 4-8% carbohydrates and .5-.7 gm of sodium per liter. The carbohydrates provide energy, while the sodium improves palatability and replaces lost electrolytes. These fluids should be cool and taste good to increase consumption.

The beneficial effect of carbohydrate-containing sports drinks has been well established.

When to use a sports drink:

To provide adequate fluid intake before exercise in which dehydration may occur.

To provide adequate fluid, electrolytes, and carbohydrates during exercise or physical work under various environmental conditions, such as intense heat.

To provide rapid rehydration following exercise.

Hydration continued

Stores are filled with fluid replacement beverages, sports drinks, fruit juices and drinks, soda pop, and bottled water. Choosing the right beverage for the right situation can be confusing. What to choose is based on you individual preference, the type of exercise you are doing, and the environmental conditions.

What about Caffeine?

Caffeine beverages are popular in some athletes who believe caffeine enhances performance by making the effort seems easier. Caffeine appears to enhance exercise performance – and it appears to increase fat oxidation at rest – but it does not increase fat oxidation after the first few minutes of exercise. According to numerous recent reviews on caffeine and exercise, use of caffeine as a significant ‘fat burner’ is not substantiated by the research literature. High doses of caffeine can have significant side effects, especially in individuals who are not habitual users: it increases blood pressure at rest and during exercise and high doses can cause dizziness, headache, insomnia, increased heart rate, and gastrointestinal distress.

CARBOHYDRATE

What is it?

Starch and sugar are carbohydrates. Starch is found in breads, pasta, cereals, rice, potatoes, beans, peas and lentils. Naturally present sugars are found in fruits, vegetables and dairy products. Added sugars are in desserts, candy, jams, and syrups. All of these carbohydrates provide 4 calories per gram and can raise your blood glucose (sugar) level.

What is it doing?

When you eat carbohydrates, they breakdown into glucose that travels in your bloodstream. Insulin helps the glucose enter the cells where it can be used for energy or stored. Eating the same amount of carbohydrates daily at meals and snacks can help you keep your blood sugar levels within the target range. Carbohydrates are used as the main energy source during your workouts. Carbohydrates spare protein from being broken down to make glucose when needed. Since physical activity requires glucose, a diet lacking in carbohydrate necessitates the conversion of amino acids, or proteins, to glucose. The heart and brain run off carbohydrates and if we don't eat them, then the body will find a way to make glucose, usually in the protein stores.

Why is it important for firefighters?

Carbohydrates make up about 50-60% of the calories taken in daily. They are the main source for energy. During workouts/jobs, carbohydrates are the first to be used for fuel. Once depleted, protein in muscles will be used, hence breakdown of muscles. During workouts, it is a good idea to replenish carbohydrates to prevent muscle breakdown and fatigue.

Tips on eating carbohydrates:

- [1] Look for brown, whole-wheat products. Check food labels and see if the product has whole-wheat flour listed as an ingredient.
- [2] Foods from whole grains are good source of fiber. It is recommended to eat at least 25 gm of fiber daily. Fiber can also be found in fruits and vegetables. Fiber is filling and may help lower blood pressure.
- [3] Choose the starches that are lower in fat as often as possible.
- [4] Be sure to check serving sizes, since bagels, muffins, and bread can vary.
- [5] The servings listed below are measured after cooking.
- [6] Fresh, frozen, and dried fruits are usually a better choice than fruit juices because they contain more fiber and have no added sugars.
- [7] Fresh and frozen vegetables are a better choice than canned because they will still have most of the nutrients can be lost during processing and have no added salt.
- [8] Choose low-fat or fat free dairy products. If lactose intolerant, look for reduced-lactose or lactose-free products.

Carbohydrate continued

Sources:

STARCHES AND GRAINS:

It is recommended to eat at least 6-11 servings of carbohydrates per day. Each of the selections below contains about 15 grams of carbohydrates, 3 grams of protein, 0-1 gram of fat, and 80 calories.

- | | |
|-------------------------------------|--|
| 1/2 (1 oz) Bagel | 1 Waffle, 4.5 inches square, reduced fat |
| 1 slice Bread | 1/2 c Cereal, ready to eat, unsweetened, whole grain |
| 1/2 English muffin | 1/4 c Granola, low fat |
| 1/2 Hamburger or hot dog bun | 1/4 c Grape Nuts |
| 1/2 Pita, 6 inches across | 1/2 c Oatmeal, Grits, Kasha |
| 1 Roll, plain | 1/3 c Rice, brown or white |
| 1 slice Raisin bread, unfrosted | 1/2 c Pasta, brown or white |
| 1 Tortilla, 6 inches, corn or flour | 1/3 c Couscous |

CRACKERS/SNACKS:

- 3 Graham Crackers, 2.5 inch square
- 24 Oyster Crackers
- 3 c Popcorn, no added fat
- 3/4 oz Pretzels
- 2 Rice Cakes
- 6 Saltines
- 4 slices of Melba Toast

Some popular foods that are prepared with fat, therefore have more calories:

- 1 (1.5oz) Muffin, small
- 1 c Crouton
- 1 Biscuit, 2.5 inches across
- 2 Pancakes, 4 inches across

Carbohydrate continued

FRUITS:

It is recommended to try to eat 3-5 servings of fruit per day. Each of the selections below contains about 15 grams of carbohydrates, 0-1 gram of protein, 0 gram of fat, and 60 calories.

1 Apple, small	3/4 c Blueberries	2 Tangerines, small
1 Banana, small	8 halves, Apricots, dried	1 1/4 c Watermelon, cubed
1 c Cantaloupe, cubed	1/2 c Apricots, canned	1/2 c Peaches, canned
17 Grapes, small	4 whole Apricots, fresh	1/2 c Pineapples, canned
1 c Honeydew, cubed	1 c Papaya, cubed	1/2 c Fruit Cocktail, canned
1 Kiwi	1 c Melon, cubed	3/4 c Blueberries
1 Nectarine, small	1/2 Mango, small	1/2 c Apple juice
1 Orange, small	2 Plums, fresh	1/2 c Grapefruit juice
2 Tangerine, small	2 TBSP Raisins	1/2 c Orange juice
1 c Raspberry	1 1/4 c Strawberries, whole	1/3 c Fruit juice blends

VEGETABLES:

It is recommended to try to eat 3-5 servings of vegetables per day. Each of the selections below contains about 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat, and 25 calories. In the meal plan, use 3 vegetable servings to equal 1 carbohydrate choice.

Each of the vegetables has a serving size of 1 cup raw or 1/2 c cooked.

Asparagus	Cauliflower	Onions
Beans, green, waxed, Italian	Celery	Peas
Bean sprouts	Cucumber	Peppers, all varieties
Beets	Eggplant	Spinach
Broccoli	Leeks	Salad greens
Brussels Sprouts	Mixed vegetables, without corn, peas, or pasta	Squash
Cabbage	Mushrooms	Tomato
Carrots		Zucchini

STARCHY VEGETABLES

To be used as a carbohydrate in meal plan.

- 1/3 c Baked Beans
- 1/2 c Corn
- 1 (5oz) Corn on the Cob
- 1/2 c Plantain
- 1 small Potato, baked or boiled
- 1/2 c Potato, mashed
- 1/2 c Sweet potato
- 1/2 c Vegetable juice

DAIRY:

It is recommended to have at least 2-3 servings of low-fat dairy products per day. Each of the selections below contains about 12 grams of carbohydrates and 8 grams of protein. Their fat and calories differ.

Fat-free/low fat choices (90 calories, 0-3 grams of fat)

- 1 c (8 oz) Fat-free, 1/2%, or 1% milk
- 1/3 c Dry milk, nonfat
- 3/4 c Yogurt, plain, nonfat
- 1 c Yogurt, low fat, fruit flavored, made with sugar substitute

Reduced fat (120 calories, 5 grams of fat)

- 1 c 2% milk
- 3/4 c Low fat yogurt, plain

Full fat (150 calories, 8 grams of fat)

- 1 c Whole milk
- 1 c Goat's milk
- 1/2 c Evaporated milk

PROTEIN

What is it?

Protein is found in meats, meat substitutes, poultry, fish, milk and other dairy products, eggs, beans, peas, and lentils. Starches and vegetables also have small amounts of protein. Proteins provide 4 calories per gram. The body uses protein for muscle growth, maintenance, and repair, and also for energy.

What is it doing?

Protein is a nutrient that is crucial to both the structure and function of the body. Proteins in the body have many functions, such as:

- They are building materials for bone, muscles, ligaments, tendons, and organs.
- They are enzymes that facilitate reactions associated with energy production and fuel utilization, and the building and repair of body tissues, especially muscles.
- They help with the maintenance of fluid and electrolyte balance.
- They act as an energy source during and following physical activity, particularly in situations of low carbohydrate and energy status.

Why is it important for firefighters?

Protein is responsible for muscle building, maintenance, and repair. During a workout/job, muscle strength will help carry you through. You need the strength of your muscles for lifting, climbing, carrying, and rescuing. Protein is also used as a back-up energy source when carbohydrates and fat are no longer available.

Tips on eating protein:

- [1] Choose meats that are lean. Trim off any excess fat before cooking.
- [2] Limit the choices you make from the high-fat list to 2-3 times per week or less.
- [3] Look at the labels to find products that are low in fat and cholesterol.
- [4] Bake, boil, broil, grill, poach, or steam proteins, rather than frying.
- [5] The servings listed below are 1 oz each unless noted otherwise. This includes the meat, fish, poultry, and cheeses.
- [6] Weigh after cooking.

It is recommended to eat at least 8-12 servings of protein per day. Each of the following selections below contains about 0 Carbohydrates and 7 grams of protein. Fat and calories vary per group.

Sources and serving sizes:

VERY LEAN TO LEAN CHOICES (35-55 CALORIES, 0-3 GRAMS OF FAT)

Chicken, white or dark meat, skinless

Turkey, white or dark meat, skinless

Ham, fresh, canned, cured, or boiled.

Pork tenderloin

Pork Chop

Cod, fresh or frozen

Flounder, fresh or frozen

Haddock, fresh or frozen

Halibut, fresh or frozen

Salmon, fresh, canned, or frozen

Trout, fresh or frozen

Tuna, fresh or canned

USDA Select or Choice grades of lean beef, trimmed of fat

Processed lunchmeats with 3 grams of fat or less

Fat-free cheese, or cheese with less than 3 grams of fat

1/4 c Low fat or nonfat cottage cheese

2 Egg Whites

1/4 c Egg substitute, plain

1/2 c Beans, peas, and lentils

2 TBSP Peanut butter

Turkey sausage

Turkey bacon

MEDIUM TO HIGH FAT CHOICES (75-100 CALORIES, 5-8 GRAMS OF FAT)

Ground beef

Meatloaf

Corned Beef

Short Ribs

Prime grades of meat

Pork, top loin, cutlet, spareribs,

Pork, ground

Sausage, pork

Lamb rib roast

Lamb, ground

Veal cutlet, ground or cubed

Chicken, with skin, ground or fried

Turkey, with skin, ground or fried

Fish, any, fried

Cheese, processed -american, cheddar, monterey jack, swiss

1 Egg

3 Slices of bacon

FAT

What is it?

Fat is found in margarine, butter, oils, salad dressings, nuts, seeds, milk, cheese, fish, poultry, snack foods, ice cream, and desserts. Fat provides 9 calories per gram, more than twice than per gram of carbohydrate and protein, which have 4 calories.

There are different types of fat: monounsaturated, polyunsaturated, saturated, and trans. Eat less of the saturated fat found in meats, dairy products, coconut, palm or palm kernel, and hardened shortenings. Trans fats are fats that have been “hydrogenated” and are mainly found in hard margarines and bake dessert-type foods. Trans fat can be as harmful to the heart as saturated fat. Anything that is solid at room temperature (saturated and trans fats) is a potentially harmful fat. Saturated and trans fat can raise your blood levels of cholesterol. The healthiest fat is the monounsaturated fat found in canola oil, olive oil, olives, nuts, and avocado. The polyunsaturated fat found in corn oil, soybean oil, or sunflower oil is also a good choice. Omega-3 fat, which is a polyunsaturated fat, is a fat that can help protect the heart and is most commonly found in fish.

What is it doing?

Fat plays an important role in the diet of the physically active. It is a primary source of energy at rest and during exercise. It is twice as energy dense as carbohydrate and protein. Fat helps keep the skin and other tissues soft and pliable. Fat helps store vitamins such as A, D, E, and K. The body uses fat to store extra energy, which can be used as fuel for working muscles.

Why is it important for firefighters?

Dietary fat is important for good health and for providing energy to the working muscles. It acts as a source of energy during workouts/jobs. It should not be eliminated from the diet, but should be used in moderation.

Tips on eating/choosing fat sources:

- [1] Look at food labels to determine how much fat is in a food.
- [2] When selecting fats, consider replacing saturated fats with monounsaturated fats.
- [3] Nuts and seeds contain small amounts of fiber, protein, and magnesium, These make up good snacks.
- [4] Choose fats in the unsalted from to help lower sodium intake.

Sources:

MONOUNSATURATED FATS:

2 TBSP Avocado
1 tsp Olive oil
8 lg Olives, black
10 lg Olives, green and stuffed
6 Nuts, almonds, mixed
10 Peanuts
1 TBSP Sesame seeds

POLYUNSATURATED FATS:

1 tsp Margarine, stick, tub, or
squeeze
1 TBSP Margarine, lower fat
– (30-50% vegetable oil)
1 tsp Mayonnaise, regular
1 TBSP Mayonnaise, reduced fat
4 halves Walnuts
1 tsp Oil, corn, safflower,
soy bean
1 TBSP Salad dressing, regular
2 TBSP Salad dressing,
reduced fat
2 tsp Miracle Whip, regular
1 TBSP Miracle Whip,
reduced fat

SATURATED FATS:

1 tsp Bacon grease
1 tsp Butter, stick
2 tsp Butter, whipped
1 TBSP Butter, reduced fat
1 TBSP Cream cheese, regular
1 1/2 TBSP Cream cheese,
reduced fat
2 TBSP Cream, half and half
1 tsp Shortening or lard
2 TBSP Sour cream, regular
3 TBSP Sour cream, reduced fat

VITAMINS and MINERALS

All vitamins and minerals have specific functions that help the body grow, maintain, and repair. Listed below are a few vitamins and minerals that are important to firefighters as they can be in much more need of these due to the work that they do.

Antioxidants: Vitamin A, Vitamin C, Vitamin E

These antioxidants together can help in the prevention of cancer, heart disease, and stroke.

Vitamin A

Functions: helps with vision, night vision, growth and development, maintenance of healthy skin, hair, and mucous membranes, and has immune function.

Food sources: sweet potato, carrot, kale, mango, turnip greens, spinach, papaya, apricot, cantaloupe, milk, romaine lettuce, eggs, tomato, broccoli, green pepper orange

Vitamin C

Functions: helps in forming collagen (a protein that gives structure to bones, cartilage, muscle, and blood vessels), helps the absorption of iron, maintains capillaries, bone, teeth, immune function

Food sources: red pepper, papaya, orange, orange juice, broccoli, green pepper, strawberries, grapefruit, cantaloupe, tomato juice, mango, tangerine, potato (baked with skin), spinach.

Vitamins and Minerals continued

Vitamin E

Functions: helps the metabolism of all cells, protects vitamin A and essential fatty acids, prevents breakdown of body tissues

Food sources: eggs, almond oil, corn oil, olive oil, palm oil, peanut oil, safflower oil, soybean oil, sunflower oil, vegetable oil – spray, tomato juice, apple with skin, mango, macaroni pasta, spaghetti pasta, almonds, hazelnuts, peanut butter, peanut, walnuts, avocado, asparagus, spinach, tomato, sweet potato.

B-Vitamins: There is a complex of many.

Functions: bolster metabolism, maintain healthy skin and muscle tone, enhance immune and nervous systems, promote cell growth and division, help combat symptoms of stress, depression, and cardiovascular disease

Food sources: Grains, cereals, potatoes, banana, liver, lentils, turkey, tuna, Brewer's yeast, milk, oats

Calcium

Functions: build bones and teeth, bone maintenance, aids in muscle contraction, blood clotting, and cell membrane maintenance

Food sources: dairy products, spinach, tofu, cheese, salmon, rhubarb, almonds, whole wheat bread, apple, banana

CHOLESTEROL AND HIGH BLOOD PRESSURE

Elevated cholesterol and high blood pressure are two major risk factors for heart disease, one of the leading causes of death in the United States. With following some diet recommendations and exercise, the risk of heart disease may go down. However, there may need to be medical interventions, including medications. Speak with your doctor about these risks.

Cholesterol is a fat-like waxy substance found in the bloodstream and in all the body's cells. It is important to have cholesterol in the body to help with some of the bodily functions, such as producing cell membranes and hormones. Too much cholesterol in the body can lead to problems like strokes and heart attacks. Cholesterol can be "good" and "bad". It is important to understand the difference between these two. LDL cholesterol is considered the bad cholesterol because this can slowly build up in the walls of arteries and eventually cause a clog, which can lead to a stroke or heart attack. HDL is called the good cholesterol because high levels seem to protect against heart attacks.

The normal (goal) ranges for cholesterol are:

Total: under 200 mg/dl

LDL: less than 100 mg/dl

HDL: more than 40 mg/dl

You should consume no more than 300mg of cholesterol daily. Check food labels to see the amounts in each of the foods you eat. Since cholesterol is also found in high fat foods, particularly foods high in saturated fat, following a diet low in fat and cholesterol will help with heart health.

Blood pressure is the force in the arteries when the heart beats and when the heart is at rest. High blood pressure, also known as hypertension, is when an adult has a blood pressure reading of 140ml/Hg (or more) systolic pressure over 90mg/Hg (or more) diastolic pressure. Hypertension is a risk factor for heart disease, stroke, and heart attack. Many people have high blood pressure, but don't know it since it doesn't have many symptoms. Getting your blood pressure checked regularly will help identify if you are at risk for developing hypertension.

To treat high pressure, a diet low in sodium along with exercise may help. However, some people will also need to take medications. A diet that has 2-3 grams of sodium is beneficial, even for those patients whose blood pressure is within normal ranges.

In summary, following a diet that is low in total fat, especially saturated fat, cholesterol, and sodium can help lower the risk factors for developing heart disease.

MEAL PLANS

To successfully achieve your goals with H.E.A.T., following a healthy eating plan is crucial. You will see results much quicker by focusing on what you are eating and making the appropriate changes in your diet. However, making too many changes at once can often be a set-up for feeling overwhelmed and even failure. Over the next year, you will be taking small steps to incorporate healthy eating into a way of life.

The following meal plans are based on 1800, 2500, and 3500 calorie levels. Every eight weeks, you will turn your focus to include a new change in your dietary lifestyle. A sample menu is given at each calorie level to be used as a guide when selecting the foods that you will eat. These menus will change to show the new focus so that meal planning is easier for you. By the end of the year, you will have the “ideal” meal plan/menu to work from.

Step 1 – Focus on Timing and Hydration

- On the sample menus water is listed with each meal. This is a reminder to be sure you are drinking enough throughout the day.
- I listed the meals as numbers instead of breakfast, lunch, dinner, and snacks as these can be different for each person.
- Try to set your meals for the same time daily.
- If you are only eating 1-2 meals per day, work up to the five/six meals.

Step 2 – Portion Control

- Now that you are eating 5-6 times a day and keeping yourself hydrated, it is time to work on how much food you should be eating.
- Use the serving sizes in this manual or look on Food Labels to determine what a serving size is for each food item.
- There will be times that you will double or triple the serving sizes, but be sure that these multiple serving sizes fit into the meal plan. Example: 2 Starch servings = 2, ½ cups of pasta (a total of 1 cup).
- Meal plans are in serving sizes and in grams. The grams will help you build the meal plan using food labels on most foods from the grocery store. The amount of grams is also listed in this booklet by the serving sizes.

Step 3 – Grains and Starches

- During the next eight weeks, you will be focusing on replacing white flour products with whole grain choices.
- Choose cereals that are unsweetened and made from whole grains.
- Replace white bread with 100% whole wheat bread.
- Exchange the white pastas and rice for the brown ones.

Step 4 – Proteins

- Proteins that are found in starches, dairy products, and vegetables are high nutritive. These proteins are already figured into your meal plan.
- The other proteins tend to contain more fat and sodium, so making the right choices is important.
- Chicken, turkey and meat substitutes also are found in the ground form for making hamburgers, meatloaf, tacos, and other foods containing ground meats.
- Trim off all fat on meats prior to cooking.
- You can change whole eggs for egg substitutes or egg whites.

Step 5 – Fats

- If using oils off the saturated fats list, exchange them with oils from the monounsaturated fats list.
- Instead of frying foods, bake, grill, boil or broil them.
- Choose leaner cuts of meat.
- Limit convenience foods as these tend to have a high amounts of fat in them.
- Use reduced fat or fat free salad dressing.

Step 6 – Fruits and Vegetables

- Use fresh or frozen vegetables to limit sodium intake and to get the most vitamins and minerals out of the food – which can be depleted with processing.
- If choosing fruit juices, be sure they are 100% fruit juice.
- If choosing canned fruits, choose ones packed in water or own juices. The fruits packed in heavy syrup contain extra calories and sugar that that you don't need.

Congratulations!

You are now officially on the road to better health and a better you!

1800 Calorie Meal Plan

225 grams Carbohydrates, 15 servings
135 grams Protein, 12 servings (protein is also found in carbohydrate foods)
40 grams Fat, 8 servings

Meal #1

4 Carbohydrate servings (*2 Starches, 1 Fruit, 1 Milk*)
2 Protein servings
1 Fat serving

Meal #2

4 Carbohydrate servings (*2 Starch, 1 Fruit, 3 Vegetables*)
2 Protein servings
1 Fat serving

Meal #3

2 Carbohydrate servings (*1 Fruit or 1 Starch, 1 Milk*)
2 Protein servings
1 Fat serving

Meal #4

4 Carbohydrate servings (*3 Starches, 3 Vegetables*)
3 Protein servings
1 Fat serving

Meal #5

2 Carbohydrate servings (*1 Fruit, 1 Starch, or 2 Starches*)
3 Protein servings
1 Fat serving

IN GRAMS:

Meal #1

60 grams Carbohydrates
32 grams Protein
8 grams Fat

Meal #2

60 grams Carbohydrates
25 grams Protein
8 grams Fat

Meal #3

30 grams Carbohydrates
20 grams Protein
8 grams Fat

Meal #4

60 grams Carbohydrates
32 grams Protein
8 grams Fat

Meal #5

30 grams Carbohydrates
25 grams Protein
8 grams Fat

1800 Calorie Meal Plan – Focus on timing and hydration

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	Cereal Milk Blueberries Hard boiled eggs Water	Pancakes Sausage Milk Orange Juice Water	Oatmeal Milk Raspberry Eggs Water	Bagel Peanut butter Grapefruit Yogurt Water	Eggs Toast Orange Juice Milk Water	Cereal Milk Banana Egg Whites Water	French Toast Orange Milk Water
Meal #2	Turkey and Cheese Sandwich Garden Salad with Dressing Apple Water	Soup Salad with Chicken CROUTONS Fruit Cocktail Water	Egg Salad Sandwich Carrots and Celery Sticks and Dressing Pear Water	Fish Baked Potato Green Beans Strawberries Water	Chef Salad with Dressing Breadstick Grapes Water	Tuna Salad Sandwich Raw Vegetables with Dressing Grape Juice Water	Pizza Cherries Side Salad with Dressing Water
Meal #3	Yogurt Peaches Tuna fish Water	Apple Peanut butter Milk Water	Cottage Cheese Pineapples Milk Water	Nuts Yogurt Peaches Water	Peanut butter and jelly sandwich Milk Water	Yogurt Fruit Cocktail Peanuts Water	Pear Peanut butter Milk Water
Meal #4	Grilled Steak Au Gratin Potatoes Roll Green Beans Water	Spaghetti Meatballs Garlic Bread Salad with Dressing Water	Pot Roast Mashed Potatoes Carrots Peas Water	Chicken Sweet Potato Broccoli Cauliflower Roll Water	Fish Macaroni and Cheese Zucchini Squash Water	Meatloaf Mashed Potato Carrots Roll Water	Roast beef Rice Corn Water
Meal #5	Pepperoni Cheese Crackers Water	Popcorn Parmesan Cheese Peanuts Water	Cereal Milk String cheese Water	Graham crackers Peanut butter Water	Pretzels Apple String cheese Water	Ham and Cheese Sandwich Cantaloupe Water	Tortilla Chips Salsa and Beans Peaches Water

1800 Calorie Meal Plan – Focus on portion control

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 eggs Water	1 Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Toast 4oz Orange Juice 1c Milk Water	1c Cereal 1c Milk 1 Banana 4 Egg whites Water	2 sl French Toast made with Eggs 1 Orange 1c Milk Water
Meal #2	Turkey and Cheese Sandwich (2oz Meat/cheese, 2 sl bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 2oz Chicken 1c Croutons 1/2 c Fruit Cocktail Water	Egg Salad Sandwich (2 eggs, mayo, mustard, 2 sl bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	2oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 2 oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (2oz Tuna fish, mayo, relish, 2 sl bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #3	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish Water	1 Apple 4 Tbsp Peanut butter 1c Milk Water	1/2c Cottage Cheese 1/2c Pineapple 1c Milk Water	2oz Nuts 1c Yogurt 1 Peach Water	1/2 Peanut butter and Jelly Sandwich (1 sl bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 2oz Peanuts Water	1 Pear 4 Tbsp Peanut butter 1c Milk Water
Meal #4	3oz Grilled Steak 1c Au Gratin Potatoes Roll 1 1/2c Green Beans Water	1c Spaghetti 3oz Meatballs 1 Garlic Bread 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Roll Water	3oz Fish 1c Macaroni and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf 1c Mashed Potato 1 1/2c Carrots 1 Roll Water	3oz Roast beef 2/3c Rice 3/4c Corn Water
Meal #5	2oz Pepperoni 1oz Cheese 10 Crackers Water	3c Popcorn 6 Tbsp Parmesan Cheese Water	1c Cereal 1c Milk 3oz String cheese Water	6 Graham Crackers 6 Tbsp Peanut butter Water	3/4oz Pretzels 1 Apple 3oz String cheese Water	1/2 Ham and Cheese Sandwich (1 sl bread, 2oz ham, 1 oz cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1.5c Beans 1/2c Peaches, canned Water

1800 Calorie Meal Plan – Focus on Better Grain Choices

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 eggs Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 4 Egg whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	Turkey and Cheese Sandwich (2oz Meat/cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 2oz Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (2 eggs, mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	2oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 2oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (2oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #3	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish Water	1 Apple 4 Tbsp Peanut butter 1c Milk Water	1/2c Cottage Cheese 1/2c Pineapple 1c Milk Water	2oz Nuts 1c Yogurt 1 Peach Water	1/2 Peanut butter and jelly sandwich (1 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 2oz Peanuts Water	1 Pear 4 Tbsp Peanut butter 1c Milk Water
Meal #4	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans Water	1c Spaghetti (Whole Wheat Pasta) 3oz Meatballs 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole Wheat Roll Water	3oz Fish 1c Macaroni (Whole Wheat Pasta) and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf 1c Mashed Potato 1 1/2c Carrots 1 Whole Wheat Roll Water	3oz Roast beef 2/3c Brown rice 3/4c Corn Water
Meal #5	2oz Pepperoni 1oz Cheese 10 Whole Grain Crackers Water	3c Popcorn 6 Tbsp Parmesan Cheese Water	1c Whole Grain Cereal 1c Milk 3oz String cheese Water	6 Graham Crackers 6 Tbsp Peanut butter Water	3/4oz Pretzels 1 Apple 3oz String cheese Water	1/2 Ham and Cheese Sandwich (1 sl Whole Wheat Bread, 2oz Ham, 1 oz Cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1 1/2c Beans 1/2c Peaches, canned Water

1800 Calorie Meal Plan – Focus on Better Protein Choices

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 4 Egg whites Water	2 sl. French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	Turkey and Cheese Sandwich (2oz Meat/low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 2oz Grilled or baked Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (2 eggs, mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	2oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 2oz meat/low fat cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (2oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #3	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish Water	1 Apple 4 Tbsp Peanut butter 1c Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple 1c Milk Water	2oz Nuts 1c Yogurt 1 Peach Water	1/2 Peanut butter and Jelly Sandwich (1 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 2oz Peanuts Water	1 Pear 4 Tbsp Peanut butter 1c Milk Water
Meal #4	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans Water	1c Spaghetti (Whole Wheat Pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Grilled or baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole Wheat Roll Water	3oz Baked Fish 1c Macaroni (Whole Wheat Pasta) and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf, made with ground turkey or with <7% fat meat 1c Mashed Potato 1 1/2c Carrots 1 Whole Wheat Roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn Water
Meal #5	2oz Pepperoni, reduced fat 1oz Low fat Cheese 10 Whole Grain Crackers Water	3c Popcorn 6 Tbsp Parmesan Cheese Water	1c Whole Grain Cereal 1c Milk 3oz String cheese, part skim Water	6 Graham Crackers 6 Tbsp Peanut butter Water	3/4oz Pretzels 1 Apple 3oz String cheese, part skim Water	1/2 Ham and Cheese Sandwich (1 sl Whole Wheat Bread, 2oz ham, 1 oz low fat cheese) 1 c Cantaloupe Water	15 Tortilla Chips Salsa and 1 1/2c Beans 1/2c Peaches, canned Water

1800 Calorie Meal Plan – Focus on Fat Control

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c <2% Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c <2% Milk 4oz Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberry 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Low- or Non-fat Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c <2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	Turkey and Cheese Sandwich (2oz lean meat/low fat cheese, 2 sl whole wheat bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	1c Soup, broth based with noodles and vegetables 3c Salad with 2oz Grilled or baked Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (2 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced fat Dressing 1 Pear Water	2oz Fish 1 Baked Potato with 1 Tbsp unsalted butter 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 2oz lean meat/low fat cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (2oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #3	1c Low- or Non-fat Yogurt 1/2c Peaches, canned 2oz Tuna fish Water	1 Apple 4 Tbsp Peanut butter 1c <2% Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple 1c <2% Milk Water	2oz Nuts 1c Low- or Non-fat Yogurt 1 Peach Water	1/2 Peanut butter and Jelly Sandwich (1 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c <2% Milk Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail 2oz Peanuts Water	1 Pear 4 Tbsp Peanut butter 1c <2% Milk Water
Meal #4	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole wheat roll 1 1/2c Green Beans Water	1c Spaghetti (whole wheat pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp reduced fat dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Grilled or baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole wheat roll Water	3oz Baked Fish 1c Macaroni (whole wheat pasta) and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf, made with ground turkey or with <7% fat meat 1c Mashed Potato 1 1/2c Carrots 1 Whole wheat roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn Water
Meal #5	2oz Pepperoni, reduced fat 1 oz Low fat Cheese 10 Whole Grain Crackers Water	3c Popcorn 6 Tbsp Parmesan Cheese Water	1c Whole Grain Cereal 1c <2% Milk 3oz String cheese, part skim Water	6 Graham Crackers 6 Tbsp Peanut butter Water	3/4oz Pretzels 1 Apple 3oz String cheese, part skim Water	1/2 Ham and Cheese Sandwich (1 sl Whole Wheat Bread, 2oz ham, 1 oz low fat cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1 1/2c Beans 1/2c Peaches, canned Water

1800 Calorie Meal Plan – Focus Fruits and Vegetables

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c. <2% Milk 3/4c Blueberries, fresh 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c. <2% Milk 4oz 100% Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberry, fresh 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Low- or Non-fat Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz 100% Orange Juice 1c <2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	Turkey and Cheese Sandwich (2oz lean meat/low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	1c Soup, broth based with noodles and vegetables 3c Salad with 2oz Grilled or baked Chicken 1c Croutons 1/2c Fruit Cocktail, canned in water or own juices Water	Egg Salad Sandwich (2 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced fat Dressing 1 Pear Water	2oz Fish 1 Baked Potato with 1 Tbsp unsalted butter 1 1/2c Green Beans, fresh or frozen 1 1/4c Whole Strawberries, fresh Water	Chef Salad (3c salad, 2oz lean meat/low fat cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (2oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz 100% Grape Juice Water	Pizza (2 slices, 1oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #3	1c Low- or Non-fat Yogurt 1/2c Peaches, canned in water or own juices 2oz Tuna fish Water	1 Apple 4 Tbsp Peanut butter 1c <2% Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple, fresh 1c <2% Milk Water	2oz Nuts 1c Low- or Non-fat Yogurt 1 Peach, fresh Water	1/2 Peanut butter and Jelly Sandwich (1 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c <2% Milk Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail, canned in water or own juices 2oz Peanuts Water	1 Pear 4 Tbsp Peanut butter 1c <2% Milk Water
Meal #4	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans, fresh or frozen Water	1c Spaghetti (Whole Wheat Pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Reduced Fat Dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots, fresh or frozen 1/2c Peas, fresh or frozen Water	3oz Grilled or baked Chicken 1c Sweet Potato 1c Broccoli, fresh or frozen 1/2c Cauliflower, fresh or frozen 1 Whole Wheat Roll Water	3oz Baked Fish 1c Macaroni (Whole Wheat Pasta) and Cheese (use Reduced Fat Cheese) 3/4c Zucchini, fresh or frozen 3/4c Squash, fresh or frozen Water	3oz Meatloaf, made with ground turkey or with <7% fat meat 1c Mashed Potato 1 1/2c Carrots, fresh or frozen 1 Whole Wheat Roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn, fresh or frozen Water
Meal #5	2oz Pepperoni, reduced fat 1 oz Low fat Cheese 10 Whole Grain Crackers Water	3c Popcorn 6 Tbsp Parmesan Cheese Water	1c Whole Grain Cereal 1c <2% Milk 3oz String cheese, part skim Water	6 Graham Crackers 6 Tbsp Peanut butter Water	3/4oz Pretzels 1 Apple 3oz String cheese, part skim Water	1/2 Ham and Cheese Sandwich (1 sl Whole Wheat Bread, 2oz Ham, 1 oz low fat cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1.5c Beans 1/2c Peaches, canned Water

2500 Calorie Meal Plan

315 grams Carbohydrates, 21 servings
180 grams Protein, 14 servings (protein is also found in carbohydrate foods)
55 grams Fat, 11 servings

Meal #1

4 Carbohydrate servings (*2 Starches, 1 Fruit, 1 Milk*)
2 Protein servings
1 Fat serving

Meal #2

3 Carbohydrate servings (*2 Starch, 1 Fruit*)
2 Protein servings
1 Fat serving

Meal #3

4 Carbohydrate servings (*2 Starches, 3 Vegetables, 1 Fruit*)
3 Protein servings
1 Fat serving

Meal #4

3 Carbohydrate servings (*3 Starches or mix of Starch, Fruit, Milk*)
2 Protein servings
1 Fat serving

Meal #5

4 Carbohydrate servings (*3 Starches, 3 Vegetables*)
3 Protein servings
1 Fat serving

Meal #6

3 Carbohydrate servings (*2 Starches, 1 Milk or 1Fruit*)
2 Protein servings
1 Fat serving

IN GRAMS:

Meal #1

60 grams Carbohydrates
32 grams Protein
7 grams Fat

Meal #2

45 grams Carbohydrates
25 grams Protein
10 grams Fat

Meal #3

60 grams Carbohydrates
39 grams Protein
10 grams Fat

Meal #4

45 grams Carbohydrates
25 grams Protein
10 grams Fat

Meal #5

60 grams Carbohydrates
34 grams Protein
10 grams Fat

Meal #6

45 grams Carbohydrates
25 grams Protein
8 grams Fat

2500 Calorie Sample Menu – Focus on timing and hydration

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	Cereal Milk Blueberries 2 hard boiled eggs Water	Pancakes Sausage Milk Orange Juice Water	Oatmeal Milk Raspberry 2 eggs Water	Bagel Peanut butter Grapefruit Yogurt Water	Eggs Toast Orange Juice Milk Water	Cereal Milk Banana Egg whites Water	French Toast Orange Milk Water
Meal #2	Peanut butter crackers Apple Juice Water	Cheese and crackers Melon Water	Beans Rice Plum Water	Tortilla with cheese quesadilla Fruit Juice Water	Chicken Salad with Crackers Raisins Water	Cottage Cheese Pineapple Melba Toast Water	Dried Fruit Animal Cookies Nuts Water
Meal #3	Turkey and Cheese Sandwich Garden Salad with Dressing Apricot Water	Soup Salad with Chicken Croutons Fruit Cocktail Water	Egg Salad Sandwich Carrots and Celery Sticks and Dressing Pear Water	Fish Baked Potato Green Beans Breadstick Strawberries Water	Chef Salad with Dressing Breadstick Grapes Water	Tuna Salad Sandwich Raw Vegetables with Dressing Grape Juice Water	Pizza Cherries Side Salad Dressing Water
Meal #4	Yogurt Peaches Tuna Fish Crackers Water	Apple Peanut butter 2 Milk Water	Cottage Cheese Pineapples Orange Juice Goldfish Crackers Water	Nuts Yogurt Blueberries Granola Water	Peanut butter and jelly sandwich Milk Water	Yogurt Fruit Cocktail Granola String cheese Water	Pear and banana Peanut butter Milk Water
Meal #5	Grilled Steak Au Gratin Potatoes Roll Green Beans Water	Spaghetti Meatballs Garlic Bread Salad Dressing Water	Pot Roast Mashed Potatoes Carrots Peas Water	Chicken Sweet Potato Broccoli Cauliflower Roll Water	Fish Macaroni and Cheese Zucchini Squash Water	Meatloaf Mashed Potato Carrots Roll Water	Roast beef Rice Corn Bread Water
Meal #6	Pepperoni Cheese Crackers Cranberry juice Water	Popcorn Parmesan Cheese Peanuts Watermelon Water	Cereal Milk String cheese Water	Graham crackers Peanut butter Milk Water	Pretzels Apple String cheese Water	Ham and cheese sandwich Cantaloupe Water	Tortilla Chips Salsa and beans Peaches Water

2500 Calorie Sample Menu – Portion Control

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 eggs Water	1 Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Toast 4oz Orange Juice 1c Milk Water	1c Cereal 1c Milk 1 Banana 4 Egg whites Water	2 sl French Toast made with Eggs 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 6 Crackers 1 Apple 4oz Fruit juice Water	2oz Cheese 10 Crackers 1c Melon Water	1c Beans 2/3c Rice 1 Plum Water	2 Tortilla with 2oz cheese quesadilla 4oz Fruit juice Water	2oz Chicken Salad 10 Crackers 2 Tbsp Raisins Water	1/2c Cottage cheese 1/2c Pineapple, canned 8 sl Melba toast Water	1/4c Dried fruit 16 Animal crackers 2oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (3oz Meat/cheese, 2 sl bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 3oz Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (3 eggs, mayo, mustard, 2 sl bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	3oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 3oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (3oz Tuna fish, mayo, relish, 2 sl bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1.5oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish 6 Saltines Water	1 Apple 4 Tbsp Peanut butter 2c Milk Water	1/2c Cottage Cheese 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers Water	2oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola Water	Peanut butter and Jelly Sandwich (2 sl bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 2oz Peanuts Water	1 Pear 1 Banana 4 Tbsp Peanut butter 1c Milk Water
Meal #5	3oz Grilled Steak 1c Au Gratin Potatoes Roll 1 1/2c Green Beans Water	1c Spaghetti 3oz Meatballs 1 Garlic Bread 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Roll Water	3oz Fish 1c Macaroni and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf 1c Mashed Potatoes 1 1/2c Carrots 1 Roll Water	3oz Roast beef 2/3c Rice 3/4c Corn Water
Meal #6	1oz Pepperoni 1oz Cheese 10 Crackers 4oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2 1/2c Watermelon Water	1 1/2c Cereal 1 1/2c Milk 2oz String cheese Water	6 Graham Crackers 4 Tbsp Peanut butter 1c Milk Water	1 1/2oz Pretzels 1 Apple 2oz String cheese Water	Ham and Cheese Sandwich (2 sl bread, 1oz ham, 1oz cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1c beans 1c Peaches, canned Water

2500 Calorie Sample Menu – Focus on better Grain choices

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 Eggs Water	1 Whole wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 6 Whole Grain Crackers 1 Apple 4oz Fruit juice Water	2oz Cheese 10 Whole Grain Crackers 1c Melon Water	1c Beans 2/3c Brown Rice 1 Plum Water	2 Wheat Tortilla with 2oz cheese quesadilla 4oz Fruit juice Water	2oz Chicken Salad 10 Whole Wheat Crackers 2 Tbsp Raisins Water	1/2c Cottage cheese 1/2c Pineapple, canned 8 sl Melba toast Water	1/4c Dried fruit 16 Animal crackers 2oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (3oz Meat/cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 3oz Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (3 eggs, mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	3oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 3oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (3oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4 Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1.5oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish 6 Saltines Water	1 Apple 4 Tbsp Peanut butter 2c Milk Water	1/2 c Cottage Cheese 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers Water	2oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola Water	Peanut butter and Jelly Sandwich (2 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 2oz Peanuts Water	1 Pear 1 Banana 4 Tbsp Peanut butter 1c Milk Water
Meal #5	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans Water	1c Spaghetti (Whole Wheat Pasta) 3oz Meatballs 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole Wheat Roll Water	3oz Fish 1c Macaroni (Whole Wheat Pasta) and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf 1c Mashed Potatoes 1 1/2c Carrots 1 Whole Wheat Roll Water	3oz Roast beef 2/3c Brown rice 3/4c Corn Water
Meal #6	1oz Pepperoni 1oz Cheese 10 Whole Grain Crackers 4oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2.5c Watermelon Water	1.5c Whole Grain Cereal 1 1/2c Milk 2oz String cheese Water	6 Graham Crackers 4 Tbsp Peanut butter 1c Milk Water	1 1/2oz Pretzels 1 Apple 2oz String cheese Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 1oz ham, 1oz cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1c beans 1c Peaches, canned Water

2500 Calorie Sample Menu – Focus on better protein choices

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberry 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 6 Whole Grain Crackers 1 Apple 4oz Fruit juice Water	2oz Low fat cheese 10 Whole Grain Crackers 1c Melon Water	1c Beans 2/3c Brown Rice 1 Plum Water	2 Wheat Tortilla with 2oz cheese quesadilla 4oz Fruit juice Water	2oz Chicken Salad 10 Whole Wheat Crackers 2 Tbsp Raisins Water	1/2c Cottage cheese 1/2c Pineapple, canned 8 sl Melba toast Water	1/4c Dried fruit 16 Animal crackers 2oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (3oz lean meat/low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	1c Soup 3c Salad with 3oz Grilled or baked Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (3 eggs, mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing 1 Pear Water	3oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 3oz lean meat/low fat cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (3oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1.5oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	1c Yogurt 1/2c Peaches, canned 2oz Tuna fish 6 Saltines Water	1 Apple 4 Tbsp Peanut butter 2c Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers Water	2oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola Water	Peanut butter and Jelly Sandwich (2 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c Milk Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 2oz Peanuts Water	1 Pear 1 Banana 4 Tbsp Peanut butter 1c Milk Water
Meal #5	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans Water	1c Spaghetti (made with Whole Wheat Pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole Wheat Roll Water	3oz Baked Fish 1c Macaroni and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf, made with ground turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots 1 Whole Wheat Roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn Water
Meal #6	1oz Pepperoni, reduced fat 1 oz low fat cheese 10 Whole Grain Crackers 4oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2 1/2c Watermelon Water	1.5c Whole Grain Cereal 1 1/2c Milk 2oz String cheese, part skim Water	6 Graham Crackers 4 Tbsp Peanut butter 1c Milk Water	1 1/2oz Pretzels 1 Apple 2oz String cheese, part skim Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 1oz lean ham, 1oz low fat cheese) 1 c Cantaloupe Water	15 Tortilla Chips Salsa and 1c Beans 1c Peaches, canned Water

2500 Calorie Sample Menu – Focus on reducing fat

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c <2% Milk 3/4c Blueberries 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c <2% Milk 4oz Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberry 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Low- or Non-fat Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz Orange Juice 1c <2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	4 Tbsp Peanut butter 6 Whole Grain Crackers 1 Apple 4oz Fruit juice Water	2oz Low fat cheese 10 Whole Grain Crackers 1c Melon Water	1c Beans 2/3c Brown Rice 1 Plum Water	2 Wheat Tortilla with 2oz low fat cheese quesadilla 4oz Fruit juice Water	2oz Chicken Salad 10 Whole Wheat Crackers 2 Tbsp Raisins Water	1/2c Cottage cheese 1/2c Pineapple, canned 8 sl Melba toast Water	1/4c Dried fruit 16 Animal crackers 2oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (3oz lean meat/low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	1c Soup, broth based with noodles and vegetables 3c Salad with 3oz Grilled or Baked Chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (3 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced Fat Dressing 1 Pear Water	3oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 3oz lean meat/low fat cheese) 2 Tbsp Reduced Fat Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (3oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz Grape Juice Water	Pizza (2 slices, 1.5oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #4	1c Low- or Non-fat Yogurt 1/2c Peaches, canned 2oz Tuna fish 6 Saltines Water	1 Apple 4 Tbsp Peanut butter 2c <2% Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers Water	2oz Nuts 1c Low- or Non-fat Yogurt 3/4c Blueberries 1/4c Granola Water	Peanut butter and Jelly Sandwich (2 sl whole wheat bread, 4 Tbsp Peanut butter) 1c <2% Milk Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail 1/4c Granola 2oz Peanuts Water	1 Pear 1 Banana 4 Tbsp Peanut butter 1c <2% Milk Water
Meal #5	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans Water	1c Spaghetti (made with Whole Wheat Pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp Reduced Fat Dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots 1/2c Peas Water	3oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 1 Whole Wheat Roll Water	3oz Baked Fish 1c Macaroni and Cheese 3/4c Zucchini 3/4c Squash Water	3oz Meatloaf, made with ground turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots 1 Whole Wheat Roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn Water
Meal #6	1oz Pepperoni, reduced fat 1oz low fat cheese 10 Whole Grain Crackers 4oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2 1/2c Watermelon Water	1.5c Whole Grain Cereal 1 1/2c <2% Milk 2oz String cheese, part skim Water	6 Graham Crackers 4 Tbsp Peanut butter 1c <2% Milk Water	1 1/2oz Pretzels 1 Apple 2oz String cheese, part skim Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 1oz lean ham, 1oz low fat cheese) 1c Cantaloupe Water	15 Tortilla Chips Salsa and 1c Beans 1c Peaches, canned Water

2500 Calorie Sample Menu – Focus on Fruits and Vegetables

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c <2% Milk 3/4c Blueberries, fresh 2 Hard boiled eggs Water	4, 4 inch Pancakes 2oz Turkey Sausage 1c <2% Milk 4oz 100% Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberry, fresh 2 Eggs, or Egg Whites Water	1 Whole Wheat Bagel 4 Tbsp Peanut butter 1/2 Grapefruit 1c Low- or Non-fat Yogurt Water	2 Eggs 2 sl Whole Wheat Toast 4oz 100% Orange Juice 1c <2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 4 Egg Whites Water	2 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	4 Tbsp Peanut butter 6 Whole Grain Crackers 1 Apple 4oz Fruit juice Water	2oz Low fat cheese 10 Whole Grain Crackers 1c Melon, fresh Water	1c Beans 2/3c Brown Rice 1 Plum, fresh Water	2 Wheat Tortilla with 2oz low fat cheese quesadilla 4oz 100% Fruit juice Water	2oz Chicken Salad 10 Whole Wheat Crackers 2 Tbsp Raisins Water	1/2c Cottage cheese 1/2c Pineapple, canned in water or own juices 8 sl Melba toast Water	1/4c Dried fruit 16 Animal crackers 2oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (3oz lean meat/low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	1c Soup, broth based with noodles and vegetables 3c Salad with 3oz Grilled or Baked Chicken 1c Croutons 1/2c Fruit Cocktail, canned in water or own juices Water	Egg Salad Sandwich (3 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced Fat Dressing 1 Pear, fresh Water	3oz Fish 1 Baked Potato 1 1/2c Green Beans, fresh or frozen 1 1/4c Whole Strawberries, fresh Water	Chef Salad (3c salad, 3oz lean meat/low fat cheese) 2 Tbsp Reduced Fat Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (3oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 4oz 100% Grape Juice Water	Pizza (2 slices, 1.5oz cheese on each slice, vegetable) 12 Cherries, fresh 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #4	1c Low- or Non-fat Yogurt 1/2c Peaches, canned in water or own juices 2oz Tuna fish 6 Saltines Water	1 Apple 4 Tbsp Peanut butter 2c <2% Milk Water	1/2c Cottage Cheese, low fat 1/2c Pineapple 4oz 100% Orange juice 12 Goldfish crackers Water	2oz Nuts 1c Low- or Non-fat Yogurt 3/4c Blueberries, fresh or frozen 1/4c Granola Water	Peanut butter and Jelly Sandwich (2 sl Whole Wheat Bread, 4 Tbsp Peanut butter) 1c <2% Milk Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail, canned in water or own juices 1/4c Granola 2oz Peanuts Water	1 Pear, fresh 1 Banana 4 Tbsp Peanut butter 1c <2% Milk Water
Meal #5	3oz Grilled Steak 1c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans, fresh or frozen Water	1c Spaghetti (made with Whole Wheat Pasta) 3oz Meatballs, made with ground turkey or with <7% fat meat 1 Garlic Bread, whole wheat 3c Salad with 4 Tbsp reduced fat dressing Water	3oz Pot Roast, trimmed of excess fat 1c Mashed Potatoes 1c Carrots, fresh or frozen 1/2c Peas, fresh or frozen Water	3oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli, fresh or frozen 1/2c Cauliflower, fresh or frozen 1 Whole Wheat Roll Water	3oz Baked Fish 1c Macaroni and Cheese 3/4c Zucchini, fresh or frozen 3/4c Squash, fresh or frozen Water	3oz Meatloaf, made with ground turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots, fresh or frozen 1 Whole Wheat Roll Water	3oz Roast beef, lean 2/3c Brown rice 3/4c Corn, fresh or frozen Water
Meal #6	1oz Pepperoni, reduced fat 1 oz low fat cheese 10 Whole Grain Crackers 4oz 100% Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2 1/2c Watermelon, fresh Water	1 1/2c Whole Grain Cereal 1 1/2c <2% Milk 2oz String cheese, part skim Water	6 Graham Crackers 4 Tbsp Peanut butter 1c <2% Milk Water	1 1/2oz Pretzels 1 Apple 2oz String cheese, part skim Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 1oz lean ham, 1oz low fat cheese) 1c Cantaloupe, fresh Water	15 Tortilla Chips Salsa and 1c Beans 1c Peaches, canned in water or own juices Water

3500 Calorie Meal Plan

435 grams Carbohydrates, 28 servings

260 grams Protein, 23 servings (protein is also found in carbohydrate foods)

75 grams Fat, 11 servings

Meal #1

5 Carbohydrate servings (*3 Starches, 1 Fruit, 1 Milk*)

4 Protein servings

1 Fat serving

Meal #2

5 Carbohydrate servings (*3 Starch, 1 Fruit, 1 Milk*)

4 Protein servings

1 Fat serving

Meal #3

4 Carbohydrate servings (*2 Starches, 3 Vegetables, 1 Fruit*)

4 Protein servings

1 Fat serving

Meal #4

4 Carbohydrate servings (*3 Starches or mix of Carbohydrates, 3 Vegetables*)

4 Protein servings

1 Fat serving

Meal #5

5 Carbohydrate servings (*4 Starches, 1 Fruit, 3 Vegetables*)

4 Protein servings

1 Fat serving

Meal #6

5 Carbohydrate servings (*3 Starches, 2 Milks or 1-2 Fruits*)

3 Protein servings

1 Fat serving

IN GRAMS:

Meal #1

75 grams Carbohydrates

48 grams Protein

15 grams Fat

Meal #2

75 grams Carbohydrates

41 grams Protein

15 grams Fat

Meal #3

60 grams Carbohydrates

41 grams Protein

10 grams Fat

Meal #4

75 grams Carbohydrates

41 grams Protein

10 grams Fat

Meal #5

75 grams Carbohydrates

48 grams Protein

15 grams Fat

Meal #6

75 grams Carbohydrates

41 grams Protein

10 grams Fat

3500 Calorie Sample Menu – Focus on timing and hydration

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	Cereal Milk Blueberries Hard boiled eggs Toast Water	Pancakes Sausage Milk Orange Juice Water	Oatmeal Milk English Muffin Raspberries Eggs Water	Bagel Peanut butter Grits Hard Boiled Eggs Grapefruit Yogurt Water	Eggs with ham and cheese Toast Orange Juice Milk Water	Cereal Milk Toast Banana Egg whites Water	French Toast Orange Milk Water
Meal #2	Peanut butter Cheese slices Crackers Apple Juice Water	Cheese Crackers Melon Milk Water	Beans Rice Cheese Plum Water	Tortillas with cheese quesadillas Fruit Juice Water	Chicken Salad Crackers Raisins Milk Water	Cottage Cheese Pineapple Melba Toast Milk Water	Dried Fruit Nuts Animal Cookies Milk Water
Meal #3	Turkey and Cheese Sandwich Garden Salad with Dressing Apple Water	Soup Salad with Chicken Croutons Fruit Cocktail Water	2 Egg Salad Sandwiches Carrots and Celery Sticks and Dressing Water	Fish Baked Potato Green Beans Breadstick Strawberries Water	Chef Salad with Dressing Breadstick Grapes Water	Tuna Salad Sandwich Raw Vegetables with Dressing Grape Juice Water	Pizza Cherries Side Salad Dressing Water
Meal #4	2 Yogurt Peaches Tuna fish Crackers Water	Apple Celery and Carrot Sticks Peanut butter 2 Milk Water	Cottage Cheese Pineapples Orange Juice Goldfish Crackers Tossed Greens Salad with Dressing Water	Nuts Yogurt Blueberries Granola Raw Vegetables with Vegetable Dip Water	Peanut butter and jelly sandwich Milk Carrot Sticks Water	Yogurt Fruit Cocktail Granola String cheese Vegetable juice Water	Pear Banana Peanut butter Milk Cucumber and Tomato salad Water
Meal #5	Grilled Steak Au Gratin Potatoes Roll Green Beans Cantaloupe Water	Spaghetti Meatballs Garlic Bread Salad Dressing Croutons Tangerines Water	Pot Roast Mashed Potatoes Carrots Peas Applesauce Water	Chicken Sweet Potato Broccoli Cauliflower Rolls Apricots Water	Fish Macaroni and Cheese Zucchini Squash Tropical Fruit Salad Water	Meatloaf Mashed Potato Carrots Rolls Grapes Water	Roast beef Rice Corn Bread Fruit Salad Water
Meal #6	Pepperoni Cheese variety Crackers Cranberry juice Water	Popcorn Parmesan Cheese Peanuts Watermelon Cookie Water	Cereal Milk Strawberries String cheese Water	Graham crackers Peanut butter Apple Milk Water	Pretzels Apple String cheese Milk Water	Ham and cheese sandwich Cantaloupe Pretzels Milk Water	Tortilla Chips Salsa Beans Peaches Yogurt Water

3500 Calorie Sample Menu – Focus on portion control

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Cereal 1c Milk 3/4c Blueberries 2 sl Toast 4 Hard boiled eggs Water	6, 4 inch Pancakes 4oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberries 1 English muffin 4 Eggs Water	1 Bagel 4 Tbsp Peanut butter 1c Grits 1c Milk 1/2 Grapefruit 1c Yogurt Water	2 Eggs with ham and cheese 2 sl Toast 8oz Orange Juice 1c Milk Water	1c Cereal 1c Milk 1 Banana 1 sl Toast 4 Egg whites Water	3 sl French Toast made with Eggs 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 2oz Cheese slice 12 Crackers 8oz Apple juice Water	4oz Cheese 15 Crackers 1c Melon 1c Milk Water	1c Beans 1c Rice 2oz Cheese 1 Plum Water	3 Tortilla with 4oz cheese quesadilla 4oz Fruit juice Water	4oz Chicken Salad 15 Crackers 2 Tbsp Raisins 1c Milk Water	1c Cottage cheese 1c Pineapple, canned 8 sl Melba toast 1c Milk Water	3/4c Dried fruit 8 Animal crackers 4oz Nuts 1c Milk Water
Meal #3	Turkey and Cheese Sandwich (2oz Meat, 2oz cheese, 2 sl bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	2c Soup 3c Salad with 4oz Chicken 1c Croutons 1/2c Fruit Cocktail Water	2 Egg Salad Sandwiches (4 eggs, mayo, mustard, 4 sl bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing Water	4oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 4oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (4oz Tuna fish, mayo, relish, 2 sl bread) 3c Raw Vegetables with 4Tbsp Dressing 8oz Grape Juice Water	Pizza (2 slices, 2oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	2c Yogurt 1/2c Peaches, canned 4oz Tuna fish 10 Crackers Water	1 Apple 3c Carrot and Celery Sticks 6 Tbsp Peanut butter 2c Milk Water	1c Cottage Cheese 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers 3c Tossed Salad with 4 Tbsp Dressing Water	4oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola 3c Raw vegetables with vegetable dip Water	1 1/2Peanut butter and Jelly Sandwiches (2 sl bread, 6 Tbsp Peanut butter) 1c Milk 3c Carrot Sitcks Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 4oz String cheese 1 1/2c Vegetable juice Water	1 Pear 1 Banana 6 Tbsp Peanut butter 1c Milk 3c Cucumber and Tomato salad Water
Meal #5	4oz Grilled Steak 1 1/2c Au Gratin Potatoes 1 Roll 1 1/2c Green Beans 1c Cantaloupe Water	1 1/2c Spaghetti 4oz Meatballs 1 Garlic Bread 2c Salad with 2 Tbsp Dressing 1c Croutons 2 Tangerines Water	4oz Pot Roast 1 1/2c Mashed Potatoes 1c Carrots 1/2c Peas 1/2c Applesauce Water	4oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 2 Rolls 4 Apricots Water	4oz Fish 1c Macaroni and Cheese 1c Zucchini 1c Squash 1/2c Tropical Fruit Salad, canned Water	4oz Meatloaf 1c Mashed Potatoes 1 1/2c Carrots 2 Rolls 17 Grapes Water	4oz Roast beef 1c Rice 3/4c Corn 1/2c Fruit Salad 1 sl Bread Water
Meal #6	2oz Pepperoni 1oz Cheese 15 Crackers 8oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2oz Peanuts 2 1/2c Watermelon 1 Bakery cookie Water	2c Cereal 2c Milk 1 1/4c Strawberries 3oz String cheese Water	9 Graham Crackers 6 Tbsp Peanut butter 1c Milk 1 Apple Water	2 1/4oz Pretzels 1 Apple 3oz String cheese 1c Milk Water	Ham and cheese sandwich (2 sl bread, 2oz ham, 1 oz cheese) 1c Cantaloupe 3/4oz Pretzels 1c Milk Water	30 Tortilla Chips Salsa and 1 1/2c Beans 1c Peaches, canned 1c Yogurt Water

3500 Calorie Sample Menu – Focus on better grain choices

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 sl Whole Wheat Toast 4 Hard boiled eggs Water	6, 4 inch Pancakes 4oz Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberries 1 English muffin 4 Eggs Water	1 Whole Grain Bagel 4 Tbsp Peanut butter 1c Milk 1c Grits 1/2 Grapefruit 1c Yogurt Water	2 Eggs with 1oz ham and 1oz cheese 2 sl Whole Wheat Toast 8oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 1 sl Wheat Toast 4 Egg Whites Water	3 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 2oz Cheese slice 12 Whole Grain Crackers 1 Apple 8oz Apple juice Water	4oz Cheese 15 Whole Grain Crackers 1c Melon 1c Milk Water	1c Beans 1c Brown rice 2oz Cheese 1 Plum Water	3 Wheat Tortillas with 4oz cheese quesadillas 4oz Fruit juice Water	4oz Chicken Salad 15 Whole Grain Crackers 2 Tbsp Raisins 1c Milk Water	1c Cottage cheese 1c Pineapple, canned 8 sl Melba toast 1c Milk Water	3/4c Dried fruit 8 Animal crackers 4oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (2oz Meat, 2oz cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	2c Soup 3c Salad with 4oz Chicken 1c Croutons 1/2c Fruit Cocktail Water	2 Egg Salad Sandwiches (4 eggs, mayo, mustard, 4 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing Water	4oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries 1 Breadstick Water	Chef Salad (3c salad, 4oz meat/cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (4oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 8oz Grape Juice Water	Pizza (2 slices, 2oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	2c Yogurt 1/2c Peaches, canned 4oz Tuna fish 10 Crackers Water	1 Apple 3c Carrot and Celery Sticks 6 Tbsp Peanut butter 2c Milk Water	1c Cottage Cheese 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers 3c Tossed Salad with 4 Tbsp Dressing Water	4oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola 3c Raw vegetables with vegetable dip Water	1 1/2Peanut butter and Jelly Sandwiches (3 sl Wheat Bread, 6 Tbsp Peanut butter) 1c Milk 3c Carrot Sticks Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 4oz String cheese 1 1/2c Vegetable juice Water	1 Pear 1 Banana 6 Tbsp Peanut butter 1c Milk 3c Cucumber and Tomato salad Water
Meal #5	4oz Grilled Steak 1 1/2c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans 1c Cantaloupe Water	1 1/2c Spaghetti (Whole Grain Pasta) 4oz Meatballs 1 Garlic Bread, whole wheat 2c Salad with 2 Tbsp Dressing 1c Croutons 2 Tangerines Water	4oz Pot Roast 1 1/2c Mashed Potatoes 1c Carrots 1/2c Peas 1/2c Applesauce Water	4oz Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 2 Whole Wheat Rolls 4 Apricots Water	4oz Fish 1 1/2c Macaroni (Whole Wheat Pasta) and Cheese 1c Zucchini 1c Squash 1/2c Tropical Fruit Salad, canned Water	4oz Meatloaf 1c Mashed Potatoes 1 1/2c Carrots 2 Whole Wheat Rolls 17 Grapes Water	4oz Roast beef 1c Brown rice 3/4c Corn 1/2c Fruit Salad 1 sl Whole Wheat Bread Water
Meal #6	2oz Pepperoni 1oz Cheese 15 Whole Wheat Crackers 8oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2oz Peanuts 2 1/2c Watermelon 1 Bakery cookie Water	2c Whole Grain Cereal 2c Milk 1 1/2c Strawberries 3oz String cheese Water	9 Graham Crackers 6 Tbsp Peanut butter 1c Milk 1 Apple Water	2 1/4oz Pretzels 1 Apple 3oz String cheese 1c Milk Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 2oz ham, 1oz cheese) 1c Cantaloupe 3/4oz Pretzels 1c Milk Water	30 Tortilla Chips Salsa and 1 1/2c Beans 1c Peaches, canned 1c Yogurt Water

3500 Calorie Sample Menu – Focus on Protein

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c Milk 3/4c Blueberries 2 sl Whole Wheat Toast 4 Hard boiled eggs Water	6, 4 inch Pancakes 4oz Turkey Sausage 1c Milk 4oz Orange Juice Water	1c Oatmeal 1c Milk 1c Raspberries 1 English muffin 4 Eggs, or Egg Whites Water	1 Whole Grain Bagel 4 Tbsp Peanut butter 1c Milk 1c Grits 1/2 Grapefruit 1c Yogurt Water	2 Eggs with 1oz ham, 1oz cheese 2 sl Whole Wheat Toast 8oz Orange Juice 1c Milk Water	1c Unsweetened Whole Grain Cereal 1c Milk 1 Banana 1 sl Wheat Toast 4 Egg Whites Water	3 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c Milk Water
Meal #2	4 Tbsp Peanut butter 2oz Low fat cheese slice 12 Whole Grain Crackers 8oz Apple juice Water	4oz Low fat cheese 15 Whole Grain Crackers 1c Melon 1c Milk Water	1c Beans 1c Brown rice 2oz Low fat cheese 1 Plum Water	3 Wheat tortillas with 4oz low fat cheese quesadillas 4oz Fruit juice Water	4oz Chicken Salad 15 Whole Grain Crackers 2 Tbsp Raisins 1c Milk Water	1c Cottage cheese, low fat 1c Pineapple, canned 8 sl Melba toast 1c Milk Water	3/4c Dried fruit 8 Animal crackers 4oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (2oz. lean meat, 2oz low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Dressing 1 Apple Water	2c Soup 3c Salad with 4oz Grilled or Baked chicken 1c Croutons 1/2c Fruit Cocktail Water	2 Egg Salad Sandwiches (4 eggs, mayo, mustard, 4 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Dressing Water	4oz Fish 1 Baked Potato 1 Breadstick 1 1/2c Green Beans 1 1/4c Whole Strawberries Water	Chef Salad (3c salad, 4oz lean meat, low fat cheese) 2 Tbsp Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (4oz Tuna fish, mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Dressing 8oz Grape Juice Water	Pizza (2 slices, 2oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Dressing Water
Meal #4	2c Yogurt 1/2c Peaches, canned 4oz Tuna fish 10 Crackers Water	1 Apple 3c Carrot and Celery Sticks 6 Tbsp Peanut butter 2c Milk Water	1c Cottage Cheese, low fat 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers 3c Tossed Salad with 4 Tbsp Dressing Water	4oz Nuts 1c Yogurt 3/4c Blueberries 1/4c Granola 3c Raw vegetables with vegetable dip Water	1 1/2 Peanut butter and Jelly Sandwich (2 sl bread, 6 Tbsp Peanut butter) 1c Milk 3c Carrot Sticks Water	1c Yogurt 1/2c Fruit Cocktail 1/4c Granola 4oz String cheese, part skim 1 1/2c Vegetable juice Water	1 Pear 1 Banana 6 Tbsp Peanut butter 1c Milk 3c Cucumber and Tomato salad Water
Meal #5	4oz Grilled Steak 1 1/2c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans 1c Cantaloupe Water	1 1/2c Spaghetti (Whole Grain Pasta) 4oz Meatballs made with ground turkey or <7% fat meat 1 Garlic Bread, whole wheat 2c Salad with 2 Tbsp Dressing 1c Croutons 2 Tangerines Water	4oz Pot Roast, trimmed of excess fat 1 1/2c Mashed Potatoes 1c Carrots 1/2c Peas 1sl Wheat Bread 1/2c Applesauce Water	4oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 2 Whole Wheat Rolls 4 Apricots Water	4oz Fish 1 1/2c Macaroni (Whole Wheat Pasta) and Cheese 1c Zucchini 1c Squash 1/2c Tropical Fruit Salad, canned Water	4oz Meatloaf, made with turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots 2 Whole Wheat Rolls 17 Grapes Water	4oz Roast beef, lean 1c Brown rice 3/4c Corn 1/2c Fruit Salad 1 sl Whole Wheat Bread Water
Meal #6	2oz Pepperoni, reduced fat 1oz low fat cheese 15 Whole Wheat Crackers 8oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2oz Peanuts 2 1/2c Watermelon 1 Bakery cookie Water	2c Whole Grain Cereal 2c Milk 1 1/4c Strawberries 3oz String cheese, part skim Water	9 Graham Crackers 6 Tbsp Peanut butter 1c Milk 1 Apple Water	2 1/4oz Pretzels 1 Apple 3oz String cheese, part skin 1c Milk Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 2oz lean ham, 1oz low fat cheese) 1c Cantaloupe 3/4oz Pretzels 1c Milk Water	30 Tortilla Chips Salsa and 1.5c Beans 1c Peaches, canned 1c Yogurt Water

3500 Calorie Sample Menu – Focus on Fat control

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c <2% Milk 3/4c Blueberries 2 sl Whole Wheat Toast 4 Hard boiled eggs Water	6, 4 inch Pancakes 4oz Turkey Sausage 1c <2% Milk 4oz Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberry 1/2 English muffin 4 Eggs, or Egg Whites Water	1 Whole Grain Bagel 4 Tbsp Peanut butter 1c <2% Milk 1/2 Grapefruit 1c Grits 1c Low- or Non-fat Yogurt Water	2 Eggs with 1oz lean ham, 1oz low fat 2 sl Whole Wheat Toast 8oz Orange Juice 1c >2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 1 sl Wheat Toast 4 Egg Whites Water	3 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	4 Tbsp Peanut butter 2oz Low fat cheese slice 12 Whole Grain Crackers 8oz Apple juice Water	4oz Low fat cheese 15 Whole Grain Crackers 1c Melon 1c <2% Milk Water	1c Beans 1c Brown rice 2oz Low fat cheese 1 Plum Water	3 Wheat tortillas with 4oz low fat cheese quesadillas 4oz Fruit juice Water	4oz Chicken Salad 15 Whole Grain Crackers 2 Tbsp Raisins 1c <2% Milk Water	1c Cottage cheese, low fat 1c Pineapple, canned 8 sl Melba toast 1c <2% Milk Water	3/4c Dried fruit 8 Animal crackers 4oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (2oz lean meat, 2oz low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	2c Soup 3c Salad with 4oz Grilled or Baked chicken 1c Croutons 1/2c Fruit Cocktail Water	Egg Salad Sandwich (4 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced Fat Dressing Water	4oz Fish 1 Baked Potato 1 1/2c Green Beans 1 1/4c Whole Strawberries 1 Breadstick Water	Chef Salad (3c salad, 4oz lean meat, low fat cheese) 2 Tbsp Reduced Fat Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (4oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Reduced Fat Dressing 8oz Grape Juice Water	Pizza (2 slices, 2oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #4	2c Low- or Non-fat Yogurt 1/2c Peaches, canned 4oz Tuna fish 10 Crackers Water	1 Apple 3c Carrot and Celery Sticks 6 Tbsp Peanut butter 2c <2% Milk Water	1c Cottage Cheese, low fat 1/2c Pineapple 4oz Orange juice 12 Goldfish crackers 3c Tossed Salad with 4 Tbsp Reduced Fat Dressing Water	4oz Nuts 1c Low- or Non-fat Yogurt 3/4c Blueberries 1/4c Granola 3c Raw vegetables with vegetable dip Water	1 1/2 Peanut butter and Jelly Sandwich (2 sl bread, 6 Tbsp Peanut butter) 1c <2% Milk 3c Carrot Sticks Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail 1/4c Granola 4oz String cheese, part skim 1 1/2c Vegetable Juice Water	1 Pear 1 Banana 6 Tbsp Peanut butter 1c <2% Milk 3c Cucumber and Tomato salad Water
Meal #5	4oz Grilled Steak 1 1/2c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans 1c Cantaloupe Water	1 1.2c Spaghetti (Whole Grain Pasta) 4oz Meatballs made with ground turkey or <7% fat meat 1 Garlic Bread, whole wheat 2c Salad with 2 Tbsp Reduced Fat Dressing 1c Croutons 2 Tangerines Water	4oz Pot Roast, trimmed of excess fat 1 1/2c Mashed Potatoes 1c Carrots 1/2c Peas 1sl Wheat Bread 1/2c Applesauce Water	4oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli 1/2c Cauliflower 2 Whole Wheat Rolls 4 Apricots Water	4oz Fish 1 1/2c Macaroni (Whole Wheat Pasta) and Cheese (low fat cheese) 1c Zucchini 1c Squash 1/2c Tropical Fruit Salad, canned Water	4oz Meatloaf, made with turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots 2 Whole Wheat Rolls 17 Grapes Water	4oz Roast beef, lean 1c Brown rice 3/4c Corn 1/2c Fruit Salad 1 sl Whole Wheat Bread Water
Meal #6	2oz Pepperoni, reduced fat 1oz low fat cheese 15 Whole Wheat Crackers 8oz Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2oz Peanuts 2 1/2c Watermelon 1 Bakery cookie Water	2c Whole Grain Cereal 2c <2% Milk 1 1/4c Strawberries 3oz String cheese, part skim Water	9 Graham Crackers 6 Tbsp Peanut butter 1c <2% Milk 1 Apple Water	2 1/4oz Pretzels 1 Apple 3oz String cheese, part skin 1c <2% Milk Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 2oz lean ham, 1oz low fat cheese) 1c Cantaloupe 3/4oz Pretzels 1c <2% Milk Water	30 Tortilla Chips Salsa and 1 1/2c Beans 1c Peaches, canned 1c Low- or Non-fat Yogurt Water

3500 Calorie Sample Menu – Focus on Fruits and Vegetables

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal #1	1c Bran Cereal 1c <2% Milk 3/4c Blueberries, fresh 2 sl Whole Wheat Toast 4 Hard boiled eggs Water	6, 4 inch Pancakes 4oz Turkey Sausage 1c <2% Milk 4oz 100% Orange Juice Water	1c Oatmeal 1c <2% Milk 1c Raspberries, fresh 1 English muffin 4 Eggs, or Egg Whites Water	1 Whole Grain Bagel 4 Tbsp Peanut butter 1c <2% Milk 1/2 Grapefruit 1c Grits 1c Low- or Non-fat Yogurt Water	2 Eggs with 1oz lean ham, 1oz low fat cheese 2 sl Whole Wheat Toast 8oz 100% Orange Juice 1c >2% Milk Water	1c Unsweetened Whole Grain Cereal 1c <2% Milk 1 Banana 1 sl Wheat Toast 4 Egg Whites Water	3 sl French Toast made with Eggs, Whole Wheat Bread 1 Orange 1c <2% Milk Water
Meal #2	4 Tbsp Peanut butter 2oz Low fat cheese slice 12 Whole Grain Crackers 8oz 100% Apple juice Water	4oz Low fat cheese 15 Whole Grain Crackers 1c Melon, fresh 1c <2% Milk Water	1c Beans 1c Brown rice 2oz Low fat cheese 1 Plum, fresh Water	3 Wheat tortillas with 4oz low fat cheese quesadillas 4oz 100% Fruit juice Water	4oz Chicken Salad 15 Whole Grain Crackers 2 Tbsp Raisins 1c <2% Milk Water	1c Cottage cheese, low fat 1c Pineapple, canned in water or own juices 8 sl Melba toast 1c <2% Milk Water	3/4c Dried fruit 8 Animal crackers 4oz Nuts Water
Meal #3	Turkey and Cheese Sandwich (2oz lean meat, 2oz low fat cheese, 2 sl Whole Wheat Bread) 3c Garden Salad with 2 Tbsp Reduced Fat Dressing 1 Apple Water	2c Soup 3c Salad with 4oz Grilled or Baked chicken 1c Croutons 1/2c Fruit Cocktail, canned in water or own juices Water	2 Egg Salad Sandwiches (4 eggs, light mayo, mustard, 2 sl Whole Wheat Bread) 3c Carrots and Celery Sticks and 4 Tbsp Reduced Fat Dressing Water	4oz Fish 1 Baked Potato 1 1/2c Green Beans, fresh or frozen 1 1/4c Whole Strawberries, fresh 1 Breadstick Water	Chef Salad (3c salad, 4oz lean meat, low fat cheese) 2 Tbsp Reduced Fat Dressing 1 Breadstick 17 Grapes Water	Tuna Salad Sandwich (4oz Tuna fish, light mayo, relish, 2 sl Whole Wheat Bread) 3c Raw Vegetables with 4Tbsp Reduced Fat Dressing 8oz 100% Grape Juice Water	Pizza (2 slices, 2oz cheese on each slice, vegetable) 12 Cherries 1 1/2c Side Salad with 2 Tbsp Reduced Fat Dressing Water
Meal #4	2c Low- or Non-fat Yogurt 1/2c Peaches, canned in water or own juices 4oz Tuna fish 10 Whole Grain Crackers Water	1 Apple 3c Carrot and Celery Sticks 6 Tbsp Peanut butter 2c <2% Milk Water	1c Cottage Cheese, low fat 1/2c Pineapple, fresh 4oz 100% Orange juice 12 Goldfish crackers 3c Tossed Salad with 4 Tbsp Reduced Fat Dressing Water	4oz Nuts 1c Low- or Non-fat Yogurt 3/4c Blueberries, fresh or frozen 1/4c Granola 3c Raw vegetables with vegetable dip Water	1 1/2 Peanut butter and Jelly Sandwich (2 sl bread, 6 Tbsp Peanut butter) 1c <2% Milk 3c Carrot Sticks Water	1c Low- or Non-fat Yogurt 1/2c Fruit Cocktail, canned in water or own juices 1/4c Granola 4oz String cheese, part skim 1 1/2c 100% Vegetable juice Water	1 Pear, fresh 1 Banana 6 Tbsp Peanut butter 1c <2% Milk 3c Cucumber and Tomato salad Water
Meal #5	4oz Grilled Steak 1 1/2c Au Gratin Potatoes 1 Whole Wheat Roll 1 1/2c Green Beans, fresh or frozen 1c Cantaloupe, fresh Water	1 1/2c Spaghetti (Whole Grain Pasta) 4oz Meatballs made with ground turkey or <7% fat meat 1 Garlic Bread, whole wheat 2c Salad with 2 Tbsp Reduced Fat Dressing 1c Croutons 2 Tangerines Water	4oz Pot Roast, trimmed of excess fat 1 1/2c Mashed Potatoes 1c Carrots, fresh or frozen 1/2c Peas, fresh or frozen 1sl Wheat Bread 1/2c Applesauce Water	4oz Grilled or Baked Chicken 1c Sweet Potato 1c Broccoli, fresh or frozen 1/2c Cauliflower, fresh or frozen 2 Whole Wheat Rolls 4 Apricots, fresh Water	4oz Fish, baked 1 1/2c Macaroni (Whole Wheat Pasta) and Cheese (low fat cheese) 1c Zucchini, fresh or frozen 1c Squash, fresh or frozen 1/2c Tropical Fruit Salad, canned in water or own juices Water	4oz Meatloaf, made with turkey or <7% fat meat 1c Mashed Potatoes 1 1/2c Carrots, fresh or frozen 2 Whole Wheat Rolls 17 Grapes Water	4oz Roast beef, lean 1c Brown Rice 3/4c Corn, fresh or frozen 1/2c Fruit Salad, fresh 1 sl Whole Wheat Bread Water
Meal #6	2oz Pepperoni, reduced fat 1oz low fat cheese 15 Whole Wheat Crackers 8oz 100% Cranberry juice Water	3c Popcorn 4 Tbsp Parmesan Cheese 2oz Peanuts 2 1/2c Watermelon, fresh 1 Bakery cookie Water	2c Whole Grain Cereal 2c <2% Milk 1 1/4c Strawberries, fresh 3oz String cheese, part skim Water	9 Graham Crackers 6 Tbsp Peanut butter 1c <2% Milk 1 Apple Water	2 1/4oz Pretzels 1 Apple 3oz String cheese, part skin 1c <2% Milk Water	Ham and Cheese Sandwich (2 sl Whole Wheat Bread, 2oz lean ham, 1oz low fat cheese) 1c Cantaloupe 3/4oz Pretzels 1c <2% Milk Water	30 Tortilla Chips Salsa and 1 1/2c Beans 1c Peaches, canned in water or own juices 1c Low- or Non-fat Yogurt Water

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