

SAMPLE MENU FOR 1000 CALORIE PLAN

Meal 1	1 VL or Lean Protein 1 Starch	55 100	Meal 4	1 – 15 g Protein Shake	100
Meal 2	1 -15 g Protein Bar	155	Meal 5	3 VL or Lean Protein 1 Salad 1 Veggie	165 50 50
Meal 3	3 VL or Lean protein 1 Starch 1 Fruit	165 100 100		Total =	1040

***** On the 1000 Calorie plan you may only choose from either VL = Very Lean protein or the Lean protein group*****

Day 1	<p>Meal 1: Protein: 2 Scrambled egg whites (Flavored with tomatoes and onions) Starch: 1 whole grain English Muffin (muffin toasted and sprayed with zero calorie butter spray)</p> <p>Meal 2: Protein: Protein Bar or 1/2 cup of fat free cottage cheese with 1 small fruit</p> <p>Meal 3: Protein: 3 oz. beef patty (extra lean 96/4) Starch: 1 light whole grain bun Fruit: 1 cup melon *** Lettuce/ Tomato/ onion for hamburger is allowed</p> <p>Meal 4: Protein: Protein Shake</p> <p>Meal 5: Protein: 3 oz. grilled white meat chicken (<i>No Skin</i>) Salad: 1 cup leafy greens with 1 cup of either or a combination of celery/ cucumber/ mushrooms/ radishes Veggie: 1 cup seasoned green beans</p>
Day 2	<p>Meal 1: Protein: 1 oz. Shredded low fat cheese toasted on Starch: 1 1/2 slices whole grain bread</p> <p>Meal 2: Protein: Protein Bar</p> <p>Meal 3: Protein: 3 oz. tuna seasoned with spices and fat free mayonnaise Starch: 6 Triscuit crackers Fruit: 30 grapes</p> <p>Meal 4: Protein: Protein Shake</p> <p>Meal 5: Protein: 3 oz. grilled fresh fish Salad: 1 cup leafy greens and 1 cup veggie (celery/ cucumber/ mushrooms/ radishes) Veggie: 1 cup cooked vegetable</p>
Day 3	<p>Meal 1: Protein: 4 oz. milk (<i>this will accommodate for protein</i>) Starch: 1 cup Special K dry cereal</p> <p>Meal 2: Protein: Protein Bar</p> <p>Meal 3: Protein: 3 oz. grilled chicken (<i>use salt <u>FREE</u> spices for flavor</i>) Starch: 1/2 whole grain pita bread *<i>may use fat free salad dressing for the pita sandwich</i> Fruit: 1 small orange</p> <p>Meal 4: Protein: Protein Shake</p> <p>Meal 5: Protein: 3 oz. pork tenderloin Salad: 1 cup spinach salad (<i>avoid bacon</i>) Veggie: 1 cup cooked carrots</p>

Day 4	Meal 1: Protein: 1/4 cup egg substitute omelet (<i>May Add: onions or green peppers</i>) Starch: 100 calorie bagel Meal 2: Protein: Protein Bar Meal 3: Protein: 3 oz. beef tenderloin Starch: 4 oz. baked potato (<i>may use fat free butter spray or 2 T. salsa</i>) Fruit: 1 cup strawberries Meal 4: Protein: Protein Shake Meal 5: Protein: 3 oz. rotisserie chicken (<i>No Skin</i>) Salad: 1 cup salad greens with 1 cup free veggies Veggie: 1 cup steamed broccoli
Day 5	Meal 1: Protein: 4 oz. nonfat yogurt (<i>may be sweetened with Splenda</i>) Starch: 2 squares of graham crackers Meal 2: Protein: Protein Bar Meal 3: Protein: 3 oz. chicken salad (<i>made with fat free mayonnaise, walnuts, grapes, and spices</i>) Starch: 1 1/2 whole grain pita Fruit: 1 small banana Meal 4: Protein: Protein Shake Meal 5: Protein: 3 oz. lean meatballs with 1/4 cup fat free marinara sauce Salad: 1 cup salad green with optional free veggies Veggie: 1 cup grilled asparagus
Day 6	Meal 1: Protein: 2 hardboiled egg whites Starch: 1 1/2 slices whole grain toast with fat free butter spray Meal 2: Protein: Protein bar Meal 3: Protein: 3 oz. shredded grilled chicken Starch: 1 1/2 whole grain tortilla (<i>use to make a wrap or sandwich</i>) ***may add free veggies: celery/ cucumber/ mushrooms/ radishes and fat free salad dressing to wrap Fruit: 1 medium apple Meal 4: Protein: Protein Shake Meal 5: Protein: 3 oz. chicken drumstick (<i>No Skin</i>) Salad: 1 cup greens with 1 cup free veggies Veggie: 1 cup cauliflower
Day 7	Meal 1: Protein: 4 oz. skim milk Starch: 1 whole grain English muffin (spray with fat free butter) Meal 2: Protein: Protein Bar Meal 3: Protein: 3 oz. select lean beef steak Starch: 2/3 cup of corn Fruit: 1 cup melon Meal 4: Protein: Protein shake Meal 5: Protein: 3 oz. baked fish Starch: 1 cup salad greens with 1 cup free veggies Veggie: 1 cup steamed broccoli

***** When using fat free mayonnaise or fat free salad dressing for sandwiches or salads use a 1 tablespoon serving.**