

Sample Menu for 1400 Calorie Plan

Meal 1	1 Lean Protein 1 Starch 1 Fruit 1/2 Skim Dairy	55 100 100 45	Meal 4	1 – 15 gram Protein Shake	155
Meal 2	1 – 15 gram Protein Shake	100	Meal 5	3 Lean Protein 1 Starch 1 Veggie 1 Salad	165 100 50 50
Meal 3	3 Lean Protein 1 Starch 1 Veggie or Salad	165 100 50	Meal 6	1 Starch 1 Lean Protein	100 55
				TOTAL	=1390

******ON THE 1400 CALORIE PLAN YOU MAY CHOOSE YOUR PROTEIN FROM EITHER THE VERY LEAN PROTEIN, LEAN PROTEIN OR MEDIUM PROTEIN GROUP. THERE WILL BE A SLIGHT VARIATION OF CALORIES AT THE END OF THE DAY DEPENDING ON WHICH GROUP YOU CHOOSE******

Day 1	<p>Meal 1 Protein 2 Scrambled egg whites (<i>flavored with tomatoes and onions</i>) Starch: 1 – 100 calorie bagel Fruit: 1 cup strawberries Dairy: 4 oz. Skim Milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 2 oz. Lean turkey breast shaved with 1 oz. low fat cheese Starch: 1/2 whole grain pita Veggie: 1 cup baby carrots</p> <p>Meal 4 Protein: 1 protein bar or 1/4 cup fat free cottage cheese and 1 fruit</p> <p>Meal 5 Protein: 3 oz. grilled chicken Veggie: 1 cup seasoned green beans Starch: 1/2 cup cooked wild rice Salad: 1 cup leafy green and 1 cup optional veggies</p> <p>Meal 6 Protein: 1 oz. low fat cheese for popcorn Starch: 3 cups popcorn (94% fat free)</p>
Day 2	<p>Meal 1 Protein: 1 oz. Lean Canadian bacon Starch: 1 whole grain English muffin Fruit: 6” banana Dairy: 4 oz. Skim Milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. Lean beef patty (Extra Lean 96/4) Starch: 1 light whole grain hamburger bun Veggie: 1 cup fresh veggies: carrots/ cauliflower/ broccoli <i>**tomato/ lettuce/ onion is allowed for hamburger</i></p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. Pork tenderloin Veggie: 1 cup cooked zucchini Starch: 4 oz. baked potato Salad: 1 cup leafy greens and 1 cup optional veggies</p> <p>Meal 6 Protein: 2 square Graham crackers Starch: 1/4 cup fat free cottage cheese</p>
Day 3	<p>Meal 1 Protein: 1 oz. low fat cheese for toast Starch: 1 1/2 slices of whole grain toast Fruit: 30 small grapes Dairy: 4 oz. Skim Milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. tuna salad made with spices and 1 T. fat free mayonnaise Starch: 6 Triscuit style crackers Veggie or Salad: 1 cup raw veggies</p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. Lean meatballs with 1/3 cup of fat free marinara sauce Veggie: 1 cup seasoned</p>

	<p>carrots Starch: 1/2 cup whole grain cooked pasta Salad: 1 cup leafy greens and 1 cup optional veggies</p> <p>Meal 6 Protein: 1 oz. string cheese Starch: 6 wheat thins crackers</p>
Day 4	<p>Meal 1 Protein: 1 oz. Lean Ham Starch: 6" at free waffle Fruit: 3/4 cup blueberries (<i>may use sugar substitute</i>) Dairy: 4 oz. Skim Milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. Chicken salad made with spices and 1 T. fat free mayonnaise Starch: 6 Saltine Crackers Veggie or Salad: 1 cup leafy greens and 1 cup optional veggies</p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. lean grilled steak Veggie: 1 cup grilled asparagus Starch: 2/3 cup corn Salad: 1 cup leafy greens with optional free veggies</p> <p>Meal 6 Protein: 1 oz. shaved turkey Starch: 15 fat free or baked chips</p>
Day 5	<p>Meal 1 Protein: 1/4 cup fat free cottage cheese Starch: 1 – 100 calorie bagel Fruit: 1 small peach Dairy: 4 oz. skim milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. Lean Ground Beef (Extra Lean 96/4) Starch: 1 1/2 whole grain tortilla Veggie: 1 cup leafy greens with optional free veggies **May add tomato/ onions to taco</p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. grilled salmon Veggie: 1 cup cooked broccoli/ cauliflower Starch: 1/2 wild rice Salad: 1 cup leafy greens with optional free veggies</p> <p>Meal 6 Protein: 1 oz. low fat cheese for toast Starch: 1 1/2 slices whole grain toast</p>
Day 6	<p>Meal 1 Protein: 2 hardboiled egg whites Starch: 1 cup unsweetened cereal Fruit: 1 cup strawberries Dairy: 3 oz. fat free yogurt **may make a fruit parfait</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 2 oz. ham with 1 oz. low fat cheese Starch: 2 slices diet whole grain bread Veggie: 1 cup carrots ** add lettuce/ tomato for sandwich</p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. beef tenderloin Veggie: 1 cup cooked green peppers, yellow peppers, onions ** may make and season as a fajita Starch: 1 1/2 whole grain tortilla Salad: 1 cup leafy greens with free veggies</p> <p>Meal 6 Protein: 2 teaspoons peanut butter Starch: 1 -100 calorie bagel</p>
Day 7	<p>Meal 1 Protein: 1/4 egg substitute for omelet **add green peppers/ onion/ tomatoes Dairy: 4 oz. skim milk Starch: 1 English muffin Fruit: 1 cup melon</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. grilled chicken Starch: 15 fat free or baked chips Veggie or Salad: 1 cup leafy greens and 1 cup optional veggies</p> <p>Meal 4 Protein: Protein Bar</p> <p>Meal 5 Protein: 3 oz. pork loin chops Starch: 1/2 cup brown rice Salad: 1 cup leafy greens with free veggies Veggie: 1 cup green beans</p> <p>Meal 6 Protein: 1 oz. shaved deli ham Starch: 1/2 whole grain pita</p>