

Sample Menu for 1600 Calorie Meal Plan

Meal 1	2 Very Lean, Lean or Medium Protein 1 Starch 1 fruit 1 skim dairy	130 100 100 90	Meal 4	1 Lean or medium protein 1 starch	65 100
Meal 2	1 Protein Shake	100	Meal 5	4 Lean or Medium Protein 1 starch 1 salad 1 veggie	260 100 50 50
Meal 3	3 Very Lean, Lean or Medium Protein 2 Starches 1 veggie or salad	195 200 50		Total = 1590	

*****ON THE 1600 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: 1 Scrambled egg with 1 oz. low fat cheese Fruit: 1 small banana Starch: 1 Whole grain English muffin with 1 T. all fruit jam Dairy: 8 oz. skim milk</p> <p>Meal 2 Protein: 2 oz. lean turkey breast shaved with 1 oz. low fat cheese Starch: 1 whole grain pita & 15 baked chips **may use 1 T. fat free salad dressing on pita Salad: 1 cup salad greens with 1 cup free veggies **choice: celery/ radishes/ cucumbers/ mushrooms</p> <p>Meal 4 Protein: 1 T. peanut butter Starch: 2 squares of graham crackers</p> <p>Meal 5 Protein: 4 oz. grilled pork tenderloin Starch: 1 cup cooked brown rice Salad: 1 cup salad greens with 1 cup free veggies Veggie: 1 cup seasoned green beans</p>
Day 2	<p>Meal 1 Protein: 1/2 cup cottage cheese low fat Starch: 100 calorie cinnamon bagel Fruit: 1 small peach Dairy: 8 oz. skim milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. lean beef patty Starch: 1 light whole grain hamburger bun Veggie and Salad: 1 cup fresh veggies (carrots / cauliflower / broccoli) **tomato/ lettuce/ onion for hamburger is allowed **may use 1 T fat free salad dressing for veggies</p> <p>Meal 4 Protein: 1 oz. light mozzarella cheese stick Starch: 6 baked crackers of your choice</p> <p>Meal 5 Protein: 4 oz. grilled salmon Starch: 1 small baked potato Salad: 1 cup leafy greens with optional free veggies Veggie: 1 cup grilled asparagus</p>
Day 3	<p>Meal 1 Protein: 1/2 cup Egg substitute omelet Fruit: 1 cup strawberries **you may add onions/ green pepper Dairy: 8 oz. skim milk Starch: 1 1/2 slices of whole grain toast **may use zero calorie butter spray</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. tuna salad made with 1 T. fat free or light mayonnaise Starch: 1 whole grain light bun and 15 fat free baked potato chips Veggie or Salad: 1 cup salad greens with 1 cup optional free veggies</p> <p>Meal 4 Protein: 1 oz. shredded low fat cheese (for popcorn) Starch: 3 cups 94% fat free popcorn</p> <p>Meal 5 Protein: 4 oz. lean sirloin Starch: 1/4 cup cooked whole grain pasta Salad: 1 cup greens with 1 cup optional free veggies Veggie: 1 cup cooked carrots</p>

Day 4	<p>Meal 1 Protein: 2 T. peanut butter (for English muffin) Fruit: 1 small banana Starch: 1 whole grain English muffin Dairy: 8 oz. skim milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 2 oz. cooked ground sirloin plus 1 oz. shredded Low fat cheese (for soft tacos) Starch: 3 whole grain small tortillas Veggie or Salad: 1 cup salad greens **may use in your soft tacos *tomato/onion allowed for tacos</p> <p>Meal 4 Protein: 1 oz. shaved lean honey ham Starch: 6 low fat Ritz crackers</p> <p>Meal 5 Protein: 4 oz. boneless pork chops Starch: 1/2 cup wild rice Salad: 1 cup greens with optional free veggies Veggie: 1 cup steamed broccoli</p>
Day 5	<p>Meal 1 Protein 1 scrambled egg with 1 oz. shredded low fat cheese Starch: 1 1/2 whole grain tortilla Fruit: 1 medium or 2 small apples sliced Dairy: 8 oz. skim milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. grilled chicken breast Starch: 1 bun (<i>sandwich can be from a restaurant as long as there is <u>no</u> butter or mayonnaise</i>) Veggie and Salad: 1 cup salad greens with 1 cup optional free veggies</p> <p>Meal 4 Protein: 1/2 cup trail mix (<i>accommodates for protein & starch</i>) Starch: <i>mix dry roasted nuts, dried fruit & mixture of whole grain cereal/pretzels/crackers</i></p> <p>Meal 5 Protein: 4oz. meat loaf Starch: 1/2 cup mashed potatoes (made with chicken broth) Salad: 1 cup greens with 1 cup optional free veggies Veggie: 1 cup steamed carrots</p>
Day 6	<p>Meal 1 Protein: 2oz. lean breakfast ham Starch: yogurt parfait made with 8 oz. fat free yogurt Fruit: 1 cup unsweetened cereal & 1 cup berries Dairy: 8 oz. skim milk</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 2 oz. Lean Meatballs with fat free marinara sauce Starch: 4oz whole grain sub roll with 1 oz. low fat mozzarella cheese Veggie or Salad: 1 cup mixed veggies</p> <p>Meal 4 Protein: 1 T. peanut butter Starch: 2 squares of graham crackers</p> <p>Meal 5 Protein: 4 oz. grilled fish Veggie: 1cup green beans almandine Starch: 1/2 cup wild rice Salad: 1 cup greens with optional free veggies</p>
Day 7	<p>Meal 1 Protein: 2 oz. Canadian bacon Dairy: 6 oz. nonfat sugar free yogurt Starch: 1 onion bagel (100 calorie) Fruit: 30 grapes</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. grilled chicken Veggie: 1 cup cucumbers and/ or tomatoes Starch: 2/3 cup Corn or 1 small baked potato (4 oz.) Fruit: 1 small pear</p> <p>Meal 4 Protein: 1 T. peanut butter Starch: 12 squares of graham crackers</p> <p>Meal 5 Protein: 4oz. turkey breast baked Salad: 1 cup salad greens with 1cup free veggies Starch: 1 1/2 cup cooked pasta (may use 1 T. fat free gravy) Veggie: 1 cup seasoned green beans</p>

***** When eating sandwiches, wraps or hamburgers, 1 T. of fat free or low fat salad dressing or mayonnaise is allowed. When seasoning vegetable with different herbs and spices, marinated in fat free beef or chicken broth. Mashed potatoes can be made with fat free chicken broth and light margarine or zero calorie butter spray.**