

SAMPLE MENU FOR 1800 CALORIE MEAL PLAN

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| Meal 1 | 2 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 Lean or Medium Proteins 2 Starches 1 veggie or salad | 195 200 50 | Meal 6 | 1/2 Skim Dairy 1 starch 1 protein | 45 100 100 |
| Total = 1800 | | | | | |

****ON THE 1800 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****

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| 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: Protein Shake</p> <p>Meal 3 Protein: 2 oz. lean turkey breast shaved with 1 oz. low fat cheese Starch: 1 whole grain pita **may use 1 T. Fat free salad dressing on pita sandwich 15 fat free baked potato chips Veggies or Salad: 1 cup salad greens with 1 cup free veggies of your 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: 1/2 cup cooked brown rice Salad: 1 cup salad greens with 1 cup free veggies Veggie: 1 cup seasoned green beans</p> <p>Meal 6 Protein: 1 T. peanut butter Starch: 1 whole grain English muffin Dairy: 4 oz. skim milk</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 6 wheat thin crackers Veggie or Salad: 1 cup fresh veggies carrots/ cauliflower/ broccoli *tomato/ lettuce/ onion for hamburger 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 choice</p> <p>Meal 5 Protein: 4 oz. grilled salmon Starch: 1 small baked potato Salad: 1 cup salad greens with optional free veggies Veggie: 1 cup grilled asparagus</p> <p>Meal 6 Protein: 1 oz. string cheese Starch: 1 cup unsweetened cereal Dairy: 4 oz. skim milk</p> |
| Day 3 | <p>Meal 1 Protein: 1/2 cup Egg substitute omelet may add onions/ green pepper Starch: 1 – 2 slices of whole grain toast **may use zero calorie butter spray Fruit: 1 cup strawberries Dairy: 8 oz. skim milk</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: 1/2 cup cooked whole grain pasta Salad: 1 cup greens with 1 cup optional free veggies Veggie: 1 cup cooked carrots</p> |

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| | Meal 6 Protein: 1 oz. low fat shredded cheese (<i>for popcorn</i>) Starch: 3 cups popcorn (94% fat free) Dairy: 4 oz. skim milk |
| Day 4 | <p>Meal 1 Protein: 2 T. peanut butter (for English muffin) Starch: 1 whole grain English muffin Fruit: 1 small banana 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 w/ optional free veggies Veggie: 1 cup steamed broccoli</p> <p>Meal 6 Protein: 1 T. peanut butter Starch: 2 squares of graham crackers Dairy: 4oz. fat free yogurt</p> |
| Day 5 | <p>Meal 1 Protein: 2 oz. lean Canadian bacon Starch: 1 onion bagel (100 Calorie) Fruit: 30 grapes Dairy: 6 oz. nonfat sugar free yogurt</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 3 oz. grilled chicken 2/3 cup corn Starch: 1 small baked potato (4 oz.) Veggie or Salad: 1 cup salad greens with optional free veggies</p> <p>Meal 4 Protein: 1 T. peanut butter Starch: 2 squares of graham crackers</p> <p>Meal 5 Protein: 4oz. turkey breast baked Salad: 1 cup greens with optional free veggies Starch: 1/2 cup cooked pasta **may use 1 T. fat free gravy Veggie: 1 cup seasoned green beans</p> <p>Meal 6 Protein: 1 oz. shaved ham Starch: 6 wheat thin crackers Dairy: 4 oz. skim milk</p> |
| Day 6 | <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 or Salad: 1 cup salad greens with 1 cup optional free veggies</p> <p>Meal 4 Protein: 1/2 cup trail mix **accommodates for protein & starch Starch: **Mix dry roasted nuts, dried fruit & mixture of whole grain cereal/pretzels/crackers</p> <p>Meal 5 Protein: 4oz. meat loaf Veggie: 1 cup steamed carrots Starch: 1/2 cup mashed potatoes **made with chicken broth Salad: 1 cup greens with optional free veggies</p> <p>Meal 6 Protein: 1 oz. shaved deli meat Starch: 15 baked fat free chips Dairy: 4 oz. skim milk</p> |
| Day 7 | <p>Meal 1 Protein: 2oz. Jean breakfast ham Dairy: 8 oz. skim milk Starch: Yogurt parfait made with 8 oz. fat free yogurt Fruit: 1 cup unsweetened cereal & 1 cup berries</p> <p>Meal 2 Protein: Protein Shake</p> <p>Meal 3 Protein: 2 oz. Lean Meatballs with fat free marinara sauce With 1 oz. low fat mozzarella cheese Starch: 4oz whole grain sub roll 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 Starch: 1/2 cup wild rice Salad: 1 cup salad greens with 1cup free veggies Veggie: 1 cup green beans almandine</p> <p>Meal 6 Protein: 1 oz. low fat cheese **combine cheese/ tortilla for quesadilla Starch: 1/2 whole grain tortilla Dairy: 4 oz. skim milk</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. *****