

# SAMPLE MENU FOR 2000 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	260 200 50 50
Meal 3	3 Very Lean, Lean or Medium Protein 2 Starches 1 veggie 1 fruit	260 200 50 100	Meal 6	1 protein bar	155
			<b>Total = 2010</b>		

**\*\*\*\*ON THE 2000 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\*\*\*\***

<b>Day 1</b>	<p><b>Meal 1 Protein:</b> 2 Scrambled eggs    <b>Fruit:</b> 1 cup of melon    <b>Starch:</b> 1 1/2 slices of whole grain toast <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 4 oz. grilled chicken    <b>Starch:</b> 1 light whole grain bun &amp; 15 baked chips <b>Veggies:</b> 1 cup raw carrots    <b>Fruit:</b> 30 small grapes</p> <p><b>Meal 4 Protein:</b> 1 T. peanut butter    <b>Starch:</b> 6 saltine crackers</p> <p><b>Meal 5 Protein:</b> 4 oz. grilled pork tenderloin    <b>Starch:</b> 1 cup cooked brown rice    <b>Salad:</b> 1 cup salad greens with 1 cup free veggies    <b>Veggie:</b> 1 cup grilled asparagus</p> <p><b>Meal 6 Protein:</b> Protein Bar</p>
<b>Day 2</b>	<p><b>Meal 1 Protein:</b> 1 scrambled egg &amp; 1 oz. Canadian bacon    <b>Starch:</b> 1 English muffin <b>Fruit:</b> 1 cup strawberries    <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 3 oz. lean deli ham &amp; 1 oz. low fat cheese    <b>Starch:</b> 6 inch whole grain sub roll <b>Veggie:</b> 1 cup sliced cucumbers    <b>Fruit:</b> 6 inch banana</p> <p><b>Meal 4 Protein:</b> 3 cups popcorn (94% fat free) 1 oz. shredded low fat cheese</p> <p><b>Meal 5 Protein:</b> 4 oz. grilled salmon    <b>Starch:</b> 1 small baked potato    <b>Salad:</b> 1 cup leafy greens with optional free veggies    <b>Veggie:</b> 1 cup seasoned green beans</p> <p><b>Meal 6 Protein:</b> Protein bar</p>
<b>Day 3</b>	<p><b>Meal 1 Protein:</b> 1/2 cup fat free cottage cheese    <b>Starch:</b> 2 squares of graham crackers <b>Fruit:</b> 1 small peach    <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 3 oz. lean ground beef &amp; 1 oz. low fat cheese    <b>Starch:</b> 3 whole grain tortillas <b>Veggie or Salad:</b> 1 cup sliced tomatoes    <b>Fruit:</b> 3/4 cup pineapple chunks <b>**Beef/ tortilla/ cheese for soft taco</b></p> <p><b>Meal 4 Protein:</b> 1 oz. string cheese    <b>Starch:</b> 15 fat free baked chips</p>

	<p><b>Meal 5 Protein:</b> 4 oz. grilled chicken <b>Starch:</b> 1 cup cooked whole grain pasta  <b>Salad:</b> 1 cup leafy greens with 1 cup free veggies <b>Veggie:</b> 1 cup steamed broccoli</p> <p><b>Meal 6 Protein:</b> Protein Bar</p>
<b>Day 4</b>	<p><b>Meal 1 Protein:</b> 2 oz. lean ham <b>Starch:</b> 6 inch fat free waffle <b>Fruit:</b> 1 cup strawberries  <b>**may use sugar sub Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 3 oz. roast beef &amp; 1 oz. low fat cheese Low fat cheese <b>Starch:</b> 1/2 pita &amp; 15 baked chips <b>Fruit:</b> 1 cup of Melon <b>Veggie:</b> 1 cup celery &amp; carrot sticks</p> <p><b>Meal 4 Protein:</b> 1 T. peanut butter <b>Starch:</b> 2 squares of graham crackers</p> <p><b>Meal 5 Protein:</b> 4 oz. meat balls with 1/3 cup low fat marinara sauce <b>Starch:</b> 1 cup whole grain pasta <b>Salad:</b> 1 cup greens with optional free veggies <b>Veggie:</b> 1 cup green beans almandine</p> <p><b>Meal 6 Protein:</b> Protein Shake</p>
<b>Day 5</b>	<p><b>Meal 1 Protein</b> 1/2 cup egg substitute omelet <b>**may add onions/ green peppers/ tomatoes</b>  <b>Starch:</b> 1 bagel (100 Calorie) <b>Fruit:</b> 1 small pear <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 4 oz. tuna salad made with spices &amp; low fat mayonnaise <b>Starch:</b> 3 slices whole grain bread <b>Veggie:</b> 1 cup raw broccoli / cauliflower <b>Fruit:</b> 1 small mango</p> <p><b>Meal 4 Protein:</b> 1oz. shaved deli turkey <b>Starch:</b> turkey 6 wheat thins</p> <p><b>Meal 5 Protein:</b> 4oz. lean flank steak <b>Starch:</b> 2 whole grain tortillas <b>Salad:</b> 1 cup greens with 1 cup optional free veggies <b>Veggie:</b> 1 cup grilled green/ yellow peppers and onions  <b>**Use ingredients to make fajitas</b></p> <p><b>Meal 6 Protein:</b> Protein shake</p>
<b>Day 6</b>	<p><b>Meal 1 Protein:</b> 1 scrambled egg with 1 oz. shredded low fat cheese <b>Starch:</b> 1 cup unsweetened cereal <b>Fruit:</b> 6 inch banana <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 3 oz. beef patty &amp; 1 oz. low fat cheese <b>Veggie:</b> 1 cup carrots  <b>Starch:</b> 1 light whole grain bun &amp; 15 baked chips <b>Fruit:</b> 30 small cherries</p> <p><b>Meal 4 Protein:</b> 1 oz. low fat cheese <b>Starch:</b> 6 Triscuit crackers</p> <p><b>Meal 5 Protein:</b> 4 oz. roast beef <b>Veggie:</b> 1 cup seasoned squash <b>Starch:</b> 1 cup mashed potatoes  <b>Salad:</b> 1 cup greens with optional free veggies</p> <p><b>Meal 6 Protein:</b> Protein Bar</p>
<b>Day 7</b>	<p><b>Meal 1 Protein:</b> 2 oz. Canadian bacon <b>Dairy:</b> 6 oz. yogurt <b>Starch:</b> 1 English muffin  <b>Fruit:</b> 1 small orange</p> <p><b>Meal 2 Protein:</b> Protein Shake</p> <p><b>Meal 3 Protein:</b> 4 oz. chicken salad <b>Starch:</b> 1 whole grain pita <b>Veggie:</b> 1 cup cucumbers and/ or tomatoes <b>Fruit:</b> 1 small pear</p> <p><b>Meal 4 Protein:</b> 1 T. peanut butter <b>Starch:</b> 100 calorie bagel</p> <p><b>Meal 5 Protein:</b> 4 oz. meat loaf <b>Starch:</b> 1 cup whole grain noodles <b>Salad:</b> 1 cup salad greens with 1cup free veggies <b>Veggie:</b> 1 cup asparagus</p> <p><b>Meal 6 Protein:</b> Protein Bar</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.**