

# SAMPLE MENU FOR 2200 CALORIE MEAL PLAN

<b>Meal 1</b>	2 Very Lean, Lean or Medium Protein 1 Starch 1 fruit 1 skim dairy	130 100 100 90	<b>Meal 4</b>	1 Lean or medium protein 1 starch	65 100
<b>Meal 2</b>	1 Protein Shake 1 Starch	100 100	<b>Meal 5</b>	4 Lean or Medium Protein 1 starch 1 salad 1 veggie 1 Fat	260 200 50 50 45
<b>Meal 3</b>	3 Very Lean, Lean or Medium Protein 2 Starches 1 veggie 1 fruit 1 Fat	260 200 50 100 45	<b>Meal 6</b>	1 protein bar	155
<b>TOTAL = 2200</b>					

**\*\*\*\*ON THE 2200 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\*\*\*\***

**\*\*\*\*FAT CHOICES CAN BE SALAD DRESSING, AVACODOS, MARGARINE, VEGETABLE OIL, OR CREAM. SERVING SIZE FOR MARGARINE AND OIL IS 1 TEASPOON. SALAD DRESSING IS 1 TABLESPOON FOR SERVING SIZE. FOR THE AVACODO THE SERVING SIZE 1/5 OF A MEDIUM.\*\*\*\***

<b>Day 1</b>	<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 <b>Meal 2 Protein:</b> Protein Shake <b>Starch:</b> 2 square graham crackers <b>Meal 3 Protein:</b> 4 oz. grilled chicken <b>Starch:</b> 1 light whole grain bun & 15 baked chips <b>Veggies:</b> 1 cup raw carrots <b>Fruit:</b> 30 small grapes <b>Fat:</b> 1 T. ranch dressing <b>Meal 4 Protein:</b> 1 T. peanut butter <b>Starch:</b> 6 saltine crackers <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 <b>Fat:</b> 1 T. salad dressing <b>Meal 6 Protein:</b> Protein Bar
<b>Day 2</b>	<b>Meal 1 Protein:</b> 1 scrambled egg & 1 oz. Canadian bacon <b>Starch:</b> 1 English muffin <b>Fruit:</b> 1 cup strawberries <b>Dairy:</b> 8 oz. skim milk <b>Meal 2 Protein:</b> Protein Shake <b>Starch:</b> 6 wheat crackers <b>Meal 3 Protein:</b> 3 oz. lean deli ham & 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 <b>Fat:</b> 1 T. mayonnaise <b>Meal 4 Protein:</b> 3 cups popcorn (94% fat free) <b>Starch:</b> 1 oz. shredded low fat cheese <b>Meal 5 Protein:</b> 4 oz. grilled salmon <b>Starch:</b> 1 cup wild rice <b>Salad:</b> 1 cup leafy greens with optional free veggies <b>Veggie:</b> 1 cup seasoned green beans <b>Fat:</b> 1 tsp. margarine <b>Meal 6 Protein:</b> Protein bar
<b>Day 3</b>	<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 <b>Meal 2 Protein:</b> Protein Shake <b>Starch:</b> 1 – 100 calorie bagel <b>Meal 3 Protein:</b> 3 oz. lean ground beef and 1 oz. low fat cheese <b>Starch:</b> 3 whole grain tortillas <b>Veggie:</b> 1 cup sliced tomatoes <b>Fruit:</b> 3/4 cup pineapple chunks <b>Fat:</b> 1 T. sour cream <b>***Beef/ tortilla/ cheese for soft taco</b> <b>Meal 4 Protein:</b> 1 oz. string cheese <b>Starch:</b> 15 fat free baked chips

	<p><b>Meal 5 Protein:</b> 4 oz. grilled chicken <b>Starch:</b> 1 cup cooked whole grain pasta  <b>Fat:</b> 1 T. salad dressing <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 (<i>may use sugar sub</i>) <b>Dairy:</b> 8 oz. skim milk</p> <p><b>Meal 2 Protein:</b> Protein Shake <b>Starch:</b> 3 cups popcorn (94% fat free)</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  <b>Fat:</b> 1 T. mayonnaise</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 leafy greens with optional free veggies <b>Veggie:</b> 1 cup green beans almandine <b>Fat:</b> 1 T. salad dressing</p> <p><b>Meal 6 Protein:</b> Protein Bar</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 <b>Starch:</b> 1 English muffin</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  <b>Fat:</b> 1 T. salad dressing</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>Fat:</b> 1 T. sour cream <b>***Use ingredients to make fajitas</b></p> <p><b>Meal 6 Protein:</b> Protein Bar</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 <b>Starch:</b> 6 Triscuit crackers</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  <b>Fat:</b> 1 T. Mayonnaise</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 <b>Fat:</b> 1 T. gravy</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 <b>Starch:</b> 1 cup unsweetened cereal</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 <b>Fat:</b> 1 T. peanut butter</p> <p><b>Meal 4 Protein:</b> 1 T. peanut butter <b>Starch:</b> 1 - 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 <b>Fat:</b> 1 T. salad dressing</p> <p><b>Meal 6 Protein:</b> Protein Bar</p>