

1400 Calorie Menu Plan

1400 calorie food plan- 2 fruit, 3 vegetables, 5 grains/starch, 6 ounces lean meat/ protein, 2 fat -free milk, 4 fats- add 200 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 1 grains/ starch 1 fruit 1 milk 1 fat</p> <p><u>Lunch</u> 2 grains/starch 1 fruit vegetables 3 oz meat/protein 1 fat</p> <p><u>Dinner</u> 2 grains/starch vegetables 3 oz meat/protein 2 fat</p> <p><u>Snack</u> 1 milk</p>	<p><u>Breakfast</u> 3/4 cup cereal 1/2 banana 1 cup fat-free milk 1 T. Nuts</p> <p><u>Lunch</u> Salad with 1 cup beans 2 oz turkey Hard boiled egg 1 T. vinaigrette salad dressing 1 small kiwi</p> <p><u>Dinner</u> 3 oz flank steak Medium sweet potato with cinnamon Mushrooms/onions sautéed in 2 teas. olive oil Broccoli</p> <p><u>Snack</u> 6 oz plain yogurt</p>	<p><u>Breakfast</u> 1/2 english muffin 1 cup melon 1 cup fat-free milk 2 teas. peanut butter</p> <p><u>Lunch</u> 2/3 cup whole wheat pasta mixed with veggies, 3/4 cup tuna and 2 teas. light mayo 2 small tangerines</p> <p><u>Dinner</u> 3 ounces white fish with lemon 2/3 cup brown rice Green beans 2 teas. margarine</p> <p><u>Snack</u> 1 cup fat- free milk</p>	<p><u>Breakfast</u> 1/2 small bagel 1 cup berries 6 ounces plain yogurt 1 T. cream cheese</p> <p><u>Lunch</u> <u>Roll-up</u> 1 large whole wheat tortilla 1 oz each low- fat cheese and 2 oz turkey Cucumbers/lettuce/tomato 1/8 avocado Fresh small peach</p> <p><u>Dinner</u> 3 oz chicken breast 2/3 cup whole wheat pasta with/ 1/4 cup marinara sauce Salad w/ tomatoes, green peppers, carrots 2 T. vinaigrette salad dressing</p> <p><u>Snack</u> 1 cup unsweetened almond milk</p>	<p><u>Breakfast</u> 1 cup cooked oatmeal 1/2 small apple 1/2 cup fat- free milk 1 T. walnuts</p> <p><u>Lunch</u> 2 slices bread 2 T. peanut butter w/ 1/2 sliced banana 1/4 cup cottage cheese Baby carrots</p> <p><u>Dinner</u> 3 oz. lean grilled lean hamburger open face on 1/2 bun 1/2 c. baked beans onion/lettuce/tomato Salsa 2 teas. mayo</p> <p><u>Snack</u> 6 oz plain yogurt</p>	<p><u>Breakfast</u> 1 small whole grain waffle 1/2 cup blueberries 1 cup fat-free milk 1 teas. trans fat free margarine</p> <p><u>Lunch</u> 1 pita bread w/ chicken salad- 3 oz chicken breast Celery, onion 1 teas. light mayo 15 grapes</p> <p><u>Dinner</u> 3 oz grilled shrimp 2/3 cup wild rice Spinach Salad w/ a few croutons 2 T. vinaigrette salad Dressing</p> <p><u>Snack</u> 1 cup fat- free milk 1/2 banana</p>