

## 1600 Calorie Menu Plan

1600 calorie food plan- 3 fruit, 3 vegetables, 6 grains/starch, 7 ounces lean meat/ protein, 2 fat -free milk, 4 fats- add 100 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><b><u>Breakfast</u></b> 2 grains/starch 1 fruit 1 milk 1 fat</p> <p><b><u>Lunch</u></b> 2 grain/starch 1 fruit vegetables 3 oz meat/protein 1 fat</p> <p><b><u>Dinner</u></b> 2 grains/starch vegetables 4 oz meat/protein 2 fat</p> <p><b><u>Snack</u></b> 1 milk</p>	<p><b><u>Breakfast</u></b> 1 ½ cup cereal ½ banana 1 cup fat- free milk 1 T. Nuts</p> <p><b><u>Lunch</u></b> Salad with 1 cup beans 3 oz turkey Hard boiled egg 1 T. vinaigrette salad Dressing 1 small kiwi</p> <p><b><u>Dinner</u></b> 4 oz flank steak Medium sweet potato with cinnamon Mushrooms/onions sautéed in 2 teas. olive oil Broccoli</p> <p><b><u>Snack</u></b> 6 oz plain yogurt</p>	<p><b><u>Breakfast</u></b> 1 whole english muffin 1 cup melon 1 cup fat-free milk 2 teas. peanut butter</p> <p><b><u>Lunch</u></b> 2/3 cup whole wheat pasta mixed with veggies, 3/4 cup tuna, and 2 teas. light mayonnaise 2 small tangerines</p> <p><b><u>Dinner</u></b> 4 ounces white fish with lemon 2/3 cup brown rice Green beans 2 teas. margarine</p> <p><b><u>Snack</u></b> 1 cup fat- free milk</p>	<p><b><u>Breakfast</u></b> 1 small bagel 1 cup berries 6 oz plain yogurt 1 T. cream cheese</p> <p><b><u>Lunch</u></b> <u>Roll-up</u> 1 large whole wheat tortilla 1 oz low- fat cheese and 2 oz turkey Cucumbers/lettuce/tomato 1/ 8 avocado Fresh small peach</p> <p><b><u>Dinner</u></b> 4 oz chicken breast 2/3 cup whole wheat pasta with/ ¼ cup marinara sauce Salad w/ tomatoes, green peppers, carrots 2 T. vinaigrette salad dressing</p> <p><b><u>Snack</u></b> 1 cup unsweetened almond milk</p>	<p><b><u>Breakfast</u></b> 1 cup cooked oatmeal 1 small apple 1 cup fat- free milk 1 T. walnuts</p> <p><b><u>Lunch</u></b> 2 slices bread 2 T. peanut butter w/ ½ sliced banana ¼ cup cottage cheese Baby carrots</p> <p><b><u>Dinner</u></b> 4 oz lean grilled hamburger open face on ½ bun ½ c. baked beans onion/lettuce/tomato Salsa 2 teas. mayo</p> <p><b><u>Snack</u></b> 6 oz plain yogurt</p>	<p><b><u>Breakfast</u></b> 2 small whole grain waffle 1 cup blueberries 1 cup fat- free milk 1 teas. trans fat free margarine</p> <p><b><u>Lunch</u></b> 1 pita bread w/ chicken salad- 3 oz chicken breast Celery, onion 2 teas. light mayonnaise 15 grapes</p> <p><b><u>Dinner</u></b> 4 oz grilled shrimp 2/3 cup wild rice Spinach Salad w/ a few croutons 2 T. vinaigrette salad Dressing</p> <p><b><u>Snack</u></b> 1 cup fat- free milk ½ banana</p>