

1800 Calorie Menu Plan

1800 calorie food plan- 3 fruit, 3 vegetables, 7 grains/starch, 7 ounces lean meat/ protein, 2 fat -free milk, 5 fats- add 200 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><u>Breakfast</u> 2 grains/starch 1 fruit 1 milk 1 fat</p> <p><u>Lunch</u> 2 grains/starch 1 fruit vegetables 3 oz meat/protein 2 fat</p> <p><u>Dinner</u> 3 grains/starch vegetables 4 oz meat/protein 2 fat</p> <p><u>Snack</u> 1 milk 1 fruit</p>	<p><u>Breakfast</u> 1 ½ cup cold whole grain cereal ½ banana 1 cup fat- free milk 1 T. nuts</p> <p><u>Lunch</u> Salad with 1 cup beans 3 oz turkey Hard boiled egg 2 T. vinaigrette salad Dressing 1 small kiwi</p> <p><u>Dinner</u> 4 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 2 T. dried fruit</p>	<p><u>Breakfast</u> 1 whole grain 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. mayonnaise 2 small tangerines</p> <p><u>Dinner</u> 4 ounces white fish with lemon 1 cup brown rice Green beans 2 teas. olive oil</p> <p><u>Snack</u> 1 cup fat- free milk ½ cup light applesauce</p>	<p><u>Breakfast</u> 1 small bagel 1 cup berries 6 oz 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 1/4 avocado fresh small peach</p> <p><u>Dinner</u> 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><u>Snack</u> 1 cup unsweetened almond milk ½ banana</p>	<p><u>Breakfast</u> 1 cup cooked oatmeal 1 small apple 1 cup fat- free milk 1 T. walnuts</p> <p><u>Lunch</u> 2 slices whole wheat bread 2 T. peanut butter w/ ½ sliced banana ¼ cup cottage cheese Baby carrots</p> <p><u>Dinner</u> 4 oz lean grilled hamburger on a small whole grain bun ½ c. baked beans onion/lettuce/tomato Salsa 2 teas. mayo</p> <p><u>Snack</u> 6 oz plain yogurt 1 cup melon</p>	<p><u>Breakfast</u> 2 small whole grain waffle 1 cup blueberries 1 cup fat- free milk 1 teas. trans fat free margarine</p> <p><u>Lunch</u> 1 whole wheat pita bread w/ chicken salad- 3 oz chicken breast celery, onion 2 teas. Mayo 15 grapes</p> <p><u>Dinner</u> 4 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 banana</p>