

2000 Calorie Menu Plan

2000 calorie food plan- 3 fruit, 3 vegetables, 8 grains/starch, 7 ounces lean meat/ protein, 2 fat -free milk, 7 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 2 fat</p> <p><u>Lunch</u> 2 grains/starch 1 fruit vegetables 3 oz meat/protein 2 fat</p> <p><u>Dinner</u> 4 grains/starch vegetables 4 oz meat/protein 3 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 w/ 1 teas. margarine Mushrooms/onions sautéed in 2 teas. olive oil Small whole wheat roll Broccoli</p> <p><u>Snack</u> 6 oz plain yogurt 2 T. dried fruit</p> | <p><u>Breakfast</u> 1 whole wheat 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, ¾ cup tuna, and 2 teas. mayo 2 small tangerines</p> <p><u>Dinner</u> 4 ounces white fish with lemon 1 1/3 cup brown rice Green beans 3 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 1 1/3 cup whole wheat pasta w/ 1 teas. olive oil w/ 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 grain bread 2 T. peanut butter w/ ½ sliced banana ¼ cup cottage cheese Baby carrots</p> <p><u>Dinner</u> 4 oz lean grilled lean hamburger on a whole grain bun 1 cup 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 waffles 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 1 cup wild rice Spinach Salad w/ ¼ cup croutons 2 T. vinaigrette salad Dressing</p> <p><u>Snack</u> 1 cup fat- free milk 1 banana</p> |