

## 2200 Calorie Menu Plan

2200 calorie food plan- 3 fruit, 4 vegetables, 8 grains/starch, 8 ounces lean meat/ protein, 3 fat -free milk, 7 fats- add 230 extra calories/day

	Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Breakfast</b></p> <p>2 grains/starch 1 fruit 1 milk 2 fat</p> <p><b>Lunch</b></p> <p>2 grains/starch 1 fruit vegetables 4 oz meat/protein 2 fat</p> <p><b>Dinner</b></p> <p>4 grains/starch vegetables 4 oz meat/protein 3 fat 1 milk</p> <p><b>Snack</b></p> <p>1 milk 1 fruit</p>	<p><b>Breakfast</b></p> <p>1 ½ cup cold cereal ½ banana 1 cup fat- free milk 1 T. Nuts</p> <p><b>Lunch</b></p> <p>Salad with 1 cup beans 4 oz turkey Hard boiled egg 2 T. Salad Dressing 1 small kiwi</p> <p><b>Dinner</b></p> <p>4 oz flank steak Medium sweet potato with cinnamon w/ 1 teas. margarine Mushrooms/onions sautéed in 2 teas. olive oil Small roll Broccoli 1 c. skim milk</p> <p><b>Snack</b></p> <p>6 oz light yogurt 2 T. dried fruit 1 c. berries</p>	<p><b>Breakfast</b></p> <p>1 whole english muffin 1 cup melon 1 cup fat-free milk 2 teas. peanut butter</p> <p><b>Lunch</b></p> <p>2/3 cup whole wheat pasta mixed with veggies, 3/4 cup tuna, and 2 teas. mayo 2 small tangerines</p> <p><b>Dinner</b></p> <p>4 ounces white fish with lemon 1 1/3 cup brown rice Green beans 3 teas. margarine 1 c. skim milk</p> <p><b>Snack</b></p> <p>1 cup fat- free milk ½ cup light applesauce 1 c. melon</p>	<p><b>Breakfast</b></p> <p>1 small bagel 1 cup berries 6 oz light yogurt 1 T. cream cheese</p> <p><b>Lunch</b></p> <p><b>Roll-up</b></p> <p>1 large whole wheat tortilla 1 oz each low- fat cheese and 3 oz turkey Cucumbers/lettuce/tomato 1/4 avocado Fresh small peach</p> <p><b>Dinner</b></p> <p>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. salad dressing 1 c. skim milk</p> <p><b>Snack</b></p> <p>½ cup sugar free pudding ½ banana 1 small apple</p>	<p><b>Breakfast</b></p> <p>1 cup cooked oatmeal 1 small apple 1 cup fat- free milk 1 T. walnuts</p> <p><b>Lunch</b></p> <p>2 slices bread 2 T. peanut butter w/ low sugar jelly 1/2 cup cottage cheese Baby carrots 1 cup melon</p> <p><b>Dinner</b></p> <p>4 oz lean grilled lean hamburger on a bun 1 cup baked beans onion/lettuce/tomato Salsa 2 teas. mayo 1 c. skim milk</p> <p><b>Snack</b></p> <p>6 oz light yogurt 1 cup melon 17 grapes</p>	<p><b>Breakfast</b></p> <p>2 small whole grain waffles 1 cup blueberries 1 cup fat- free milk 1 teas. margarine</p> <p><b>Lunch</b></p> <p>1 pita bread w/ chicken salad- 4 oz chicken breast Celery, onion 2 teas. Mayo 15 grapes</p> <p><b>Dinner</b></p> <p>4 oz grilled shrimp 1 cup wild rice Spinach Salad w/ ¼ cup croutons 2 T. Salad Dressing 1 c. skim milk</p> <p><b>Snack</b></p> <p>1 cup fat- free milk 1 banana 1 pear</p>