

2400 Calorie Menu Plan

2400 calorie food plan- 3 fruit, 4 vegetables, 9 grains/starch, 8 ounces lean meat/ protein, 3 fat -free milk, 7 fats- add 250 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 1 milk</p> <p><u>Snack</u> 1 milk 1 fruit 1 grain</p>	<p><u>Breakfast</u> 1 ½ cup cold 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. Salad Dressing 1 small kiwi</p> <p><u>Dinner</u> 5 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. fat free milk</p> <p><u>Snack</u> 6 oz light yogurt 2 T. dried fruit 3-4 small whole grain crackers</p>	<p><u>Breakfast</u> 1 whole 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> 5 ounces white fish with lemon 1 1/3 cup brown rice Green beans 3 teas. margarine 1 c. fat free milk</p> <p><u>Snack</u> 1 cup fat- free milk ½ cup light applesauce 1 slice whole grain toast</p>	<p><u>Breakfast</u> 1 small bagel 1 cup berries 6 oz light 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> 5 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. fat free milk</p> <p><u>Snack</u> ½ cup sugar free pudding ½ banana 1 c. whole grain dry cereal</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 bread 2 T. peanut butter w/ low sugar jelly ¼ cup cottage cheese Baby carrots 1 cup melon</p> <p><u>Dinner</u> 5 oz lean grilled lean hamburger on a bun 1 cup baked beans onion/lettuce/tomato Salsa 2 teas. mayo 1 c. fat free milk</p> <p><u>Snack</u> 6 oz light yogurt 1 cup melon 1 whole grain tortilla</p>	<p><u>Breakfast</u> 2 small whole grain waffles 1 cup blueberries 1 cup fat- free milk 1 teas. margarine</p> <p><u>Lunch</u> 1 pita bread w/ chicken salad- 3 oz chicken breast Celery, onion 2 teas. Mayo 15 grapes</p> <p><u>Dinner</u> 5 oz grilled shrimp 1 cup wild rice Spinach Salad w/ ¼ cup croutons 2 T. Salad Dressing 1 c. fat free milk</p> <p><u>Snack</u> 1 cup fat- free milk 1 banana 3-4 small whole grain crackers</p>