

## Eating plan for 2000 calories

### Breakfast: 450 calories

This is one meal... Feel free to eat this in parts.

Choose **ONE** of the following:

- Toast (2 slices 100% whole wheat)
- 1 English muffin
- 1 cup bran cereal
- ½ cup Grape-Nuts
- 1 ½ cups Puffed cereal with 3 Tablespoons Wheat Germ
- 1 cup grits
- 1 cup cooked oatmeal
- 1 cup shredded wheat

And **ONE** of the following...

- 1 ½ cup nonfat or 1% milk
- 2/3 cup plain, fat-free yogurt and 1 ½ Tablespoons Wheat Germ
- ¾ cup nonfat or 1% cottage cheese

And **ONE** of the following...

- 1 boiled egg (up to 4 per week)
- 1 turkey sausage link
- 2 slices Canadian bacon
- 2 ¼ teaspoons peanut butter

And **ONE** of the following...

- 1 small banana
- ½ cup orange juice (with calcium)
- ¾ cup red or green grapes
- 1 ounce raisins
- 1 apple
- 1 orange

And...

- 8 ounces water

### Snack: 200 calories

Choose **ONE** of the following:

- 100 Calorie snack pack and 30 grapes
- 4 Tablespoons hummus with ½ pita
- 1 cup nonfat or 1% cottage cheese and 2/3 cup pineapple chunks
- 2 large graham cracker squares and 1 ½ Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 4 Tablespoons Grape Nuts
- 20 almonds
- 20 cashews
- ½ medium apple and 1 ½ Tablespoon peanut butter
- 2 rice cakes and 1 ½ Tablespoon peanut butter
- 1 string cheese with 6 saltines
- 2 oz tuna salad with 6 saltines

And...

- 16 ounces water

**Lunch: 500 calories**

Choose **ONE** of the following:

- Note: 3 ounces = 1 deck of cards or size of palm of hand
- Grilled chicken on a pita – (3 ounces)
- Tuna sandwich – (3 ounces tuna, 2 slices reduced-calorie wheat bread)
- Chicken/turkey/tuna/beans in salad– (3 ounces /3 slices)
- 1 Tbsp peanut butter sandwich with 1 Tbsp jam on reduced calorie whole wheat bread
- 2 eggs (hardboiled or scrambled) with 2 slices whole wheat toast
- 1 ½ cup low-fat cottage cheese with 2 slices whole wheat toast
- 3 Tbsp. Hummus with lettuce and tomato in a wrap
- Chicken and veggie stir-fry (1½ cups), rice (1/2 cup)
- 1 bowl soup, 2 Saltine crackers, small salad with 2 Tablespoons reduced fat oil and vinegar
- 1 grilled cheese sandwich on whole wheat bread
- Large garden salad large (1 cup leafy greens, 1 cup mixed colorful vegetables, 6 oz sliced chicken, 2 Tablespoons reduced fat oil and vinegar, ½ cup wheat thins)

And **ONE** of the following...

- 1 cup low-fat yogurt with 1 cup applesauce
- 1 cup non-fat or 1% milk with 1 cup applesauce

And **ONE** of the following...

- 1 small banana
- ½ cup orange juice (with calcium)
- ¾ cup red or green grapes
- 1 ounce raisins
- 1 apple
- 1 orange

And **ONE** of the following...

- 6 almonds or cashews
- 10 peanuts
- 4 pecan halves
- 1 Tablespoon pumpkin or sunflower seeds

And...

- 16 ounces water

**Snack: 200 calories**

Choose **ONE** of the following:

- 100 Calorie snack pack and 30 grapes
- 4 Tablespoons hummus with ½ pita
- 1 cup nonfat or 1% cottage cheese and 2/3 cup pineapple chunks
- 2 large graham cracker squares and 1 ½ Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 4 Tablespoons Grape Nuts
- 20 almonds
- 20 cashews
- ½ medium apple and 1 ½ Tablespoon peanut butter
- 2 rice cakes and 1 ½ Tablespoon peanut butter
- 1 string cheese with 6 saltines
- 2 oz tuna salad with 6 saltines

**Dinner: 500 calories**

Choose **ONE** of the following:

- 2/3 cup beans and rice
- 2/3 cup whole wheat pasta
- 2/3 cup couscous
- Bread, multi-grain (2 slices)
- 1 cup lentils

And **ONE** of the following...

- 3 ounces chicken or turkey (white meat, no skin)
- 3 ounces fish (fresh or frozen cod, flounder, haddock, halibut, trout, canned or fresh tuna and salmon)
- 3 ounces tofu (not deep fried)
- 3 ounces shellfish (clams, lobster, crab, shrimp, scallops, imitation crab)
- 2 fat-free hot dogs
- 2 ounces lean deli meat

And **ONE** of the following...

- Garden salad (large = 1 cup leafy greens, 1 cup mixed colorful vegetables, 2 Tbsp. Low fat dressing)
- 1 cup broccoli with 1 pat butter
- 1 cup carrots with 1 pat butter
- 1 cup non-starchy vegetable (full list at the end) with 1 pat butter

And **ONE** of the following...

- 1 cup nonfat or 1% milk
- 2/3 cup plain, fat-free yogurt
- 1/2 cup nonfat or 1% cottage cheese

And **ONE** of the following...

- 1 small banana
- 1/2 cup orange juice (with calcium)
- 3/4 cup red or green grapes
- 1 ounce raisins
- 1 apple
- 1 orange

And...

- 16 ounces water

**Snack: 150 calories**

Choose **ONE** of the following:

- 100 Calorie snack pack and 15 grapes
- 4 Tablespoons hummus with 12 baby carrots
- 1 cup nonfat or 1% cottage cheese and 1/3 cup pineapple chunks
- 2 large graham cracker squares and 1 Tablespoon peanut butter
- 2/3 cup plain, fat-free yogurt and 2 Tablespoons Grape Nuts
- 15 almonds
- 15 cashews
- 1/2 medium apple and 1 Tablespoon peanut butter
- 2 rice cakes and 1 Tablespoon peanut butter
- 1 string cheese with 3 saltines
- 2 oz tuna salad with 3 saltines

<b>Non-Starchy Vegetables</b>	Mixed vegetables (without corn or peas)
Artichoke	Mushrooms
Artichoke hearts	Okra
Asparagus	Onions
Beans (green, wax, Italian)	Pea pods
Bean sprouts	Peppers (all types)
Beets	Radishes
Broccoli	Salad greens (endive, escarole, lettuce, romaine, spinach)
Brussels sprouts	Sauerkraut
Cabbage	Spinach
Carrots	Summer squash
Cauliflower	Tomato (fresh or canned)
Celery	Tomato sauce
Cucumber	Tomato/vegetable juice
Eggplant	Turnips
Green onions/scallions	Water chestnuts
Greens (collard, kale, mustard, turnip)	Watercress
Kohlrabi	Zucchini
Leeks	