

1000 Calorie Menu Plan - 1

Breakfast

½ cup cooked oatmeal
 1 Tbsp nuts and 1 Tbsp raisins (added to cereal)
 8 oz fat free or 1% milk
 ½ cup fruit (strawberries, blueberries, peaches, apples)

Snack

1 oz whole wheat cracker
 ¼ cup cubed vegetable

Lunch

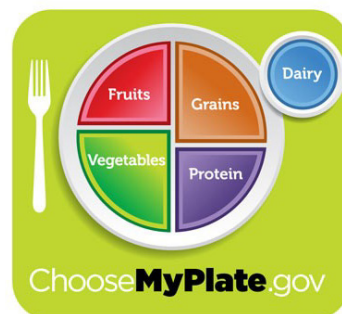
Sandwich – ½ slice whole wheat bread (½ oz) and 2 slices turkey or chicken breast (1 oz)
 ½ tsp light mayonnaise and lettuce
 ½ cup cubed vegetable
 4 oz fat free milk

Snack

½ cup cottage cheese (1% low fat)
 ½ cup fruit

Dinner

½ cup cooked brown rice or ½ cup cubed sweet potato
 1 oz grilled chicken, or turkey or fish
 ½ cup green salad and 1 tsp extra virgin olive oil and 1 tsp vinegar



Stars



Total Daily Stars

60 Stars or more – Great
 45 - 59 Stars – Good
 44 Stars or less – Not so good!

Calorie Breakdown: 1015 to 1035 Kcal

Food Group	Amount	Stars
Vegetable	1 cup	10 Stars
Fruit	1 cup	10 Stars
Grains	3 ounces	15 Stars
Milk/Dairy	2 cups	15 Stars
Meat/Bean	3 ounces	15 Stars*

* Protein in the dairy products increase protein to equal 15 stars.

1000 Calorie Menu Plan - 2

Breakfast

1 cup whole grain cereal (Cheerios, Chex, Great Grains, Kashi, Life, Mini Wheats)
 1 Tbsp raisins (added to cereal)
 8 oz fat free or 1% milk
 ½ cup fruit (strawberries, blueberries, peaches, apples)

Snack

1 oz whole wheat cracker
 1/4 cup cubed vegetable

Lunch

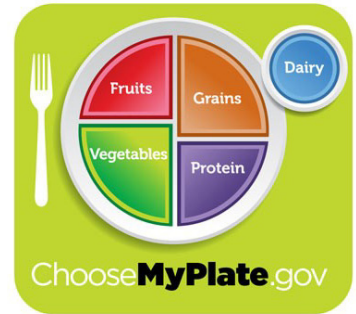
Sandwich – ½ slice whole wheat bread (½ oz) and 1 Tbsp all natural peanut butter
 ½ cup cubed vegetable
 4 oz fat free milk

Snack

½ cup cottage cheese (1% low fat)
 ½ cup fruit

Dinner

½ cup cooked brown rice or ½ cup cubed sweet potato
 1½ oz grilled chicken, or turkey or fish
 ½ cup green salad and 1 tsp extra virgin olive oil and 1 tsp vinegar



Stars



Total Daily Stars

60 Stars or more – Great
 45 - 59 Stars – Good
 44 Stars or less – Not so good!

Calorie Breakdown: 1050 to 1070 Kcal

Food Group	Amount	Stars
Vegetable	1 cup	10 Stars
Fruit	1½ cups	15 Stars
Grains	3 ounces	15 Stars
Milk/Dairy	1½ cups	15 Stars
Meat/Bean	2½ ounces	15 Stars*

* Protein in the dairy products increase protein to equal 15 stars.