

# 1400 Calorie Menu Plan - 1

## Breakfast

- 1 cup cooked oatmeal
- 1 Tbsp nuts and 2 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
- ½ cup cubed vegetable

## Lunch

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

## Snack

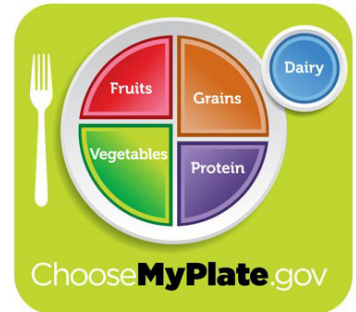
- ½ cup cottage cheese (low fat)
- 1 cup fruit

## Dinner

- ½ cup cooked brown rice or ½ cup cubed sweet potato
- 3 oz grilled chicken, or turkey or fish
- 1 cup green salad and 2 tsp extra virgin olive oil and 1 tsp vinegar

## Treat

- 1 medium oatmeal cookie



## Stars



## Total Daily Stars

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

## Calorie Breakdown: 1430 to 1460 Kcal

Food Group	Amount	Stars
Vegetable	2 cups	15 Stars
Fruit	1½ cup	15 Stars
Grains	5 ounces	15 Stars
Milk/Dairy	2 cups	15 Stars
Meat/Bean	5 ounces	15 Stars*

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

# 1400 Calorie Menu Plan - 2

## Breakfast

1 cup whole grain cereal (Cheerios, Chex, Great Grains, Kashi, Life, Mini Wheats)  
 2 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  
 ½ cup cubed vegetable

## Lunch

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

## Snack

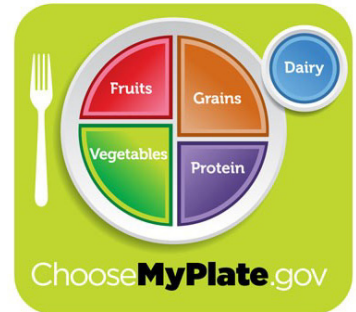
½ cup cottage cheese (1% low fat)  
 ½ cup fruit

## Dinner

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

## Treat

1 small oatmeal cookie



## Stars



## Total Daily Stars

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

## Calorie Breakdown: 1440 to 1470 Kcal

Food Group	Amount	Stars
Vegetable	2 cups	15 Stars
Fruit	1½ cup	15 Stars
Grains	5 ounces	15 Stars
Milk/Dairy	2 cups	15 Stars
Meat/Bean	5 ounces	15 Stars*

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