

2000 Calorie Menu Plan - 1

Breakfast

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

Snack

- 2 oz whole wheat cracker
- ½ cup cubed vegetable
- 1 oz nuts

Lunch

- Sandwich – 2 slices whole wheat bread (2 oz) and 6 slices turkey or chicken breast (3 oz)
- 1 tsp light mayonnaise and lettuce
- ½ cup cubed vegetable
- 8 oz fat free milk

Snack

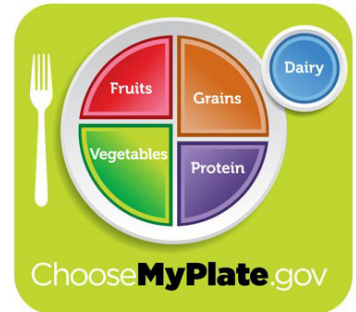
- ½ cup cottage cheese (low fat)
- 1 cup fruit

Dinner

- 1 cup cooked brown rice or 1 cup cubed sweet potato
- 3 oz grilled chicken, or turkey or fish
- 1½ cups green salad and 2 Tbsp extra virgin olive oil and 1 tsp vinegar
- 8 oz fat free milk

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: 2065 to 2085 Kcal

Food Group	Amount	Stars
Vegetable	2½ cups	15 Stars
Fruit	2 cups	15 Stars
Grains	8 ounces	15 Stars
Milk/Dairy	3 cups	15 Stars
Meat/Bean	7 ounces	15 Stars*

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

2000 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

2 oz whole wheat cracker
 ½ cup cubed vegetable
 1 oz nuts

Lunch

Sandwich – 2 slices whole wheat bread (2 oz) and 2 Tbsp all natural peanut butter
 ½ small banana
 ½ cup cubed vegetable
 8 oz fat free milk

Snack

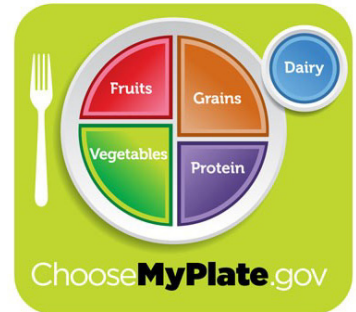
½ cup cottage cheese (low fat)
 1 cup fruit

Dinner

1 cup cooked brown rice or 1 cup cubed sweet potato
 3 oz grilled chicken, or turkey or fish
 1½ cups green salad and 1 Tbsp extra virgin olive oil and 1 tsp vinegar
 8 oz fat free milk

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: 2010 to 2050 Kcal

Food Group	Amount	Stars
Vegetable	2½ cups	15 Stars
Fruit	2 cups	15 Stars
Grains	7 ounces	15 Stars
Milk/Dairy	3 cups	15 Stars
Meat/Bean	6 ounces	15 Stars*

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