

# 3000 Calorie Menu Plan - 1

## Breakfast

- 1 cup cooked oatmeal
- 2 Tbsp nuts and 2 Tbsp raisins (added to cereal)
- 8 oz fat free or 1% milk
- 1 cup fruit (strawberries, blueberries, peaches, apples)
- 2 boiled eggs

## Snack

- 3 oz whole wheat cracker
- 1 cup cubed vegetable
- 2 oz mixed nuts
- 8 oz fat free milk

## Lunch

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

## Snack

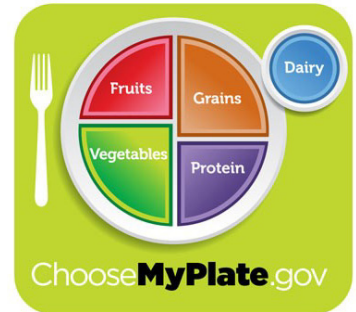
- ½ cup cottage cheese (low fat)
- 1 cup fruit
- 1 whole wheat roll (or 2 cups air popped popcorn)

## Dinner

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

## Treat

- 1 large oatmeal cookie



## Stars



## Total Daily Stars

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

## Calorie Breakdown: 3023 to 3043 Kcal

Food Group	Amount	Stars
Vegetable	4 cups	15 Stars
Fruit	2½ cups	15 Stars
Grains	10 ounces	15 Stars
Milk/Dairy	4 cups	15 Stars
Meat/Bean	9 ounces	15 Stars

# 3000 Calorie Menu Plan - 2

## Breakfast

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

## Snack

3 oz whole wheat cracker  
 1 cup cubed vegetable  
 2 oz mixed nuts  
 8 oz fat free milk

## Lunch

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

## Snack

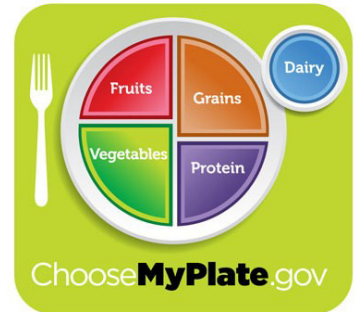
½ cup cottage cheese (low fat)  
 1 cup fruit  
 1 whole wheat roll (or 2 cups air popped popcorn)

## Dinner

1 cup cooked brown rice or 1 cup cubed sweet potato  
 3 oz grilled chicken, or turkey or fish  
 2 cups green salad and 3 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: 3040 to 3080 Kcal

Food Group	Amount	Stars
Vegetable	4 cups	15 Stars
Fruit	3 cups	15 Stars
Grains	11 ounces	15 Stars
Milk/Dairy	4 cups	15 Stars
Meat/Bean	7 ounces	15 Stars