

3200 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
- 1½ cups fruit (strawberries, blueberries, peaches, apples)
- 1 boiled egg

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
- 2 cups cubed vegetable
- 8 oz fat free milk

Snack

- ½ cup cottage cheese (low fat)
- 1½ cups 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 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: 3225 to 3245 Kcal

Food Group	Amount	Stars
Vegetable	5 cups	15 Stars
Fruit	3½ cups	15 Stars
Grains	10 ounces	15 Stars
Milk/Dairy	4 cups	15 Stars
Meat/Bean	10 ounces	15 Stars

3200 Calorie Menu Plan - 2

Breakfast

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

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 3 Tbsp all natural peanut butter
 1 small banana
 2 cups cubed vegetable
 8 oz fat free milk

Snack

½ cup cottage cheese (low fat)
 1½ cups 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: 3218 to 3258 Kcal

Food Group	Amount	Stars
Vegetable	5 cups	15 Stars
Fruit	3 cups	15 Stars
Grains	11 ounces	15 Stars
Milk/Dairy	4 cups	15 Stars
Meat/Bean	9 ounces	15 Stars