

SAMPLE MEAL PLAN 2200 Calorie Menu- Space meals every 2-1/2 to 3 hours apart

MEAL PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 2 carbohydrates (30 grams) Vegetables Protein Fat	2 slice of whole wheat toast fresh tomato slices 2 scrambled eggs 1 tsp. margarine	1/2 WW English muffin + 1 cup 1% milk 6 oz. V8 juice 2 oz. Canadian bacon/ham 1 tsp. margarine	1 small whole wheat bagel Fresh tomato slices 1 egg + 1 oz. cheese 1 tsp. margarine	1 slice whole wheat toast + 1 cup 1% milk 6 oz. V8 juice 2 scrambled eggs 1 tsp. margarine	1 whole English muffin fresh tomato slices 2 Tbsp. peanut butter
Morning Snack 2 carbohydrates (30 grams) Protein	8 whole wheat crackers 1 oz. cheese	6 oz. Lite yogurt 4 pretzel twists 1 oz. string cheese	6 saltines 1 cup 1% milk 1 oz. of cheese cubes	14 mini rice cakes 1 oz. cheese	6 oz. Lite yogurt 5 Triscuits 1 oz. cheese
Lunch 3 carbohydrates (45 grams) Vegetables Protein Fat	1 whole wheat hamburger bun 1 cup 1% milk Lettuce + tomato 3 oz. grilled hamburger 1 tsp. mayonnaise	1 slice whole wheat bread + 1 apple + 1 cup 1% milk Lettuce + tomato slices ½ cup tuna 1 tsp. mayonnaise	1 slice whole wheat bread 1 pear + 1 cup 1% milk Lettuce & tomato slices 2 oz. sliced turkey 1 tsp. mayonnaise	2 slices whole wheat bread 15 grapes Lettuce & tomato slices 2 roast beef 1 tsp. mayonnaise	2 slices whole wheat bread + 1 pear Lettuce & tomato slices 2 slices cheese (2 oz.) 1 tsp. margarine
Afternoon Snack 2 carbohydrates (30 grams) Protein	½ cup unsweetened fruit + 5 Triscuits ¼ cup cottage cheese	3 plain graham crackers 1 ¼ cup strawberries 2 Tbsp. peanut butter	1 granola bar (15 gm) 1 peach ¼ cup nuts	1 orange 3 cups popcorn ¼ c. sunflower kernels	1 cup milk 1 slice whole wheat toast 1 oz. turkey w/mustard
Dinner 4 carbohydrates (60 grams) Vegetables Protein Fat	1 medium baked potato + 1 slice whole grain bread + 1 cup 1% milk ½ cup broccoli + ½ cup carrots 3 oz. baked chicken 1 tsp. margarine	2/3 cup brown rice + ½ cup unsweetened pineapple + 1 cup 1% milk 1 cup lettuce salad + ½ cup green beans 3 oz. pork chop 1 Tbsp. salad dressing	1 medium baked potato + 1 baked apple + 1 cup 1% milk 1 cup green beans 4 oz. sirloin steak 2 Tbsp. sour cream	2/3 cup brown rice + ½ cup unsweetened peaches + 1 cup 1% milk 1 cup cooked spinach 4 oz. baked chicken 3 tsp. margarine	1 medium sweet potato + 1 small apple + 1 cup 1% milk 1 cup lettuce and tomato 1 cup raw cucumber slices 3 oz. sliced roast turkey 1 tsp. mayonnaise 1 tsp. oil with vinegar
Evening Snack 2 carbohydrates (30 grams) Protein	3 graham cracker squares + 1 small apple 2 Tbsp. peanut butter	12 crackers 1 oz. cheese	6 cups popcorn 2 Tbsp. peanut butter with celery	1 apple 12 wheat thins ¼ cup cottage cheese	½ medium banana 3 cups plain popcorn 1 oz. peanuts
Rev. 10/13					

* WW – Whole Wheat

** Check label for carbohydrate content

* Remember: fruit, cereal and milk at breakfast may raise your blood sugars.

* Fruit at the bedtime snack may raise your fasting blood sugar the next morning.